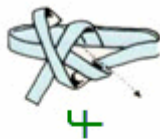
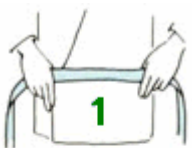




O'Fallon YMCA Karate Club

How to Tie a Karate Belt



O'Fallon YMCA Karate Club

Wude

'Wu' – Martial 'De' – Morality
Code of Conduct

Morality of Deed

Humility allows ourselves to be open to learn and allows one to admit the need for improvement

Respect is at the core of all relationships, and it starts with oneself.

Righteousness to act with wisdom and avoid guilt

Trust builds strong relationships and is the key to earning respect

Loyalty is at the heart of trust

Morality of Mind

Will determines one's success in all the other virtues

Endurance, Perseverance, and Patience are the key to achieving success in a chosen goal and their growth leads to understanding and wisdom

Courage is doing what you're afraid to do. There can be no courage unless you're scared.



O'Fallon YMCA Karate Club

Student Creed

To build good character through knowledge in the mind,
honesty in the heart,
and strength in the body.
To develop self-discipline to bring out the best in myself and others.
To do my best, every day, in every way,
to show my black belt attitude.

Children's Home Rules

1. I will be polite and thoughtful when speaking to others.
2. I will respect my parents, grandparents, and teachers at all times.
3. I will always tell the truth.
4. I will willingly help with the household chores.
5. I will keep my room neat and clean.
6. I will abide by my parents decisions.
7. I will not interrupt adult conversations.
8. I will clean my hair, body and teeth daily.
9. I will be kind to my brothers and sisters.
10. I will review, study, and finish my homework on time.



O'Fallon YMCA Karate Club

Martial Arts Creed For Children

We are the young
WARRIORS
Our lives are a gift
Our minds and bodies
are tools we will
strengthen
to contribute to society
With courage and
honor,
we will love and
appreciate our families
We will respect our
elders and teachers, and
protect nature
We will not fight, nor
misuse what we learn
We will be a good
friend and live a good
life
We, the children of
today, are the leaders
of tomorrow



O'Fallon YMCA Karate Club

Oi Zuki
(Stepping Lunge Punch)

Gyaku Zuki
(Reverse Punch)

Age uke (Upper Block)

Gedan Barai Uke
(Downward or Low Block)

Choku Zuki, Shisentai
(straight punch, natural stance)

Zenkutsu Dachi
(Front Stance)

Heiko Dachi
(Parallel Stance)

Mae Geri (Front Kick)

TERMS

Zuki - Punch
Uke - Block
Geri - Kick
Age - upward
Gedan - lower

Oi - lunge
Gyaku - Reverse
Shisentai - natural stance
Mae - front
Choku - straight