

WHITE	GOLD	GOLD/BLACK
	10th Kyu	9th Kyu
BASICS	BASICS	BASICS
Stances: Natural, Parallel, Front	Stances: Natural, Parallel, Front	Stance: Horse stance
How to Line Up	Punches: Straight from natural stance; Reverse & Lunge from fighting stance and front stance	Punches/Strikes: same as before
Student Expectations: Listen, Learn, Practice, and Improve	Blocks: Upper, Downward	Blocks: Outside Block (starts from outside); Inside Block (starts from inside)
	Kicks: Front Kick from fighting stance and front stance	Kicks: Side Snap Kick
	Turning from front stance and fighting stance	All Previous Basics
	SPARRING & SD	SPARRING & SD
	sparring: keep hands up, weight on balls of feet	sparring: use block and counters; vary speed; quick thinking under pressure
Instructors: Gohan Ippon & Kihon Ippon Kumite directions: - defender in natural stance - attacker in front stance, steps with attack - defender steps back, block, strike(s)	Go Han Kumite, 'Jodan' - 5 Step Upper level defense (Upper block, add reverse punch on last step); attacker: high lunge punch	Go Han Kumite, 'Chudan' - 5 Step mid-section defense (outside block, add reverse punch on last step); attacker: mid lunge punch
		Tai Sabaki (whole body movement) Movements 1-4 Moving In & Crowding
	Wrist Release: - same side grab - cross side grab	Choke Release: - #1: turn head, palm heel thrust - #2: Trap hand & knife hand block the other; palm heel to opponent with blocking hand
	- two hand grab	
FORM	FORM	FORM
	Taikioku Shodan	Taikyoku Shodan
FITNESS	FITNESS	FITNESS
	1/8 mile, 5SU, 1PU, 10JJ	1/4 mile, 10SU, 3PU, 20 JJ
MENTAL	MENTAL	MENTAL
Japanese Terms: Shisentai	Japanese Terms: Zuki, Barai, Geri, Uke	Japanese Terms: Jodan, Chudan, Soto, Uchi, Kiba Dachi
	2 rules of karate (be nice, pay attention)	Definition of Taikyoku (first cause)
	Style of karate; founder, country of origin (Shotokan, Funakoshi, Okinawa)	Gichin Funakoshi developed Taikyoku training katas
	How did karate come to America? (WWII)	
Wude Virtue:	Wude Virtue:	Wude Virtue:
Humility - Open Mind	Humility - No Ego	Respect starts with Self Respect
	CHR #1 & #2	CHR #3 & #4
CHILDREN'S HOME RULES (CHR) 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.
WUDE (Wu - Deh)		
Morality of Deed - how we interact with each other Humility, Respect, Righteousness, Trust, Loyalty		