

# United Karate Centers

## Jr Orange Belt Curriculum

Required equipment for this belt: Kali sticks \$40.

### 1<sup>st</sup> Tip

- Pike stretch
- L stretch
- Switch legs
- Butterfly stretch
- Straddle stretch (hold for 20 seconds each middle, left, right, back to middle)
- Tuck position
- Rock and Roll (5 times)
- How to make a fist
- 4 Corner Blocks (4 of 8) Left hand elbow raise, right hand repeat, Left hand paddle block, right hand repeat
- High blocks (right hand and left) 45 degree angle above and in front of head
- Low blocks right and left hands
- Jab, cross, hook
- 4 Count front kick to (process front kick, balance fairly good)
- Front kick
- Student creed 1st sentence required only
- Forward roll tuck
- Shin kick (kick with instep of foot towards person's shin bone)
- High kicks (both sides)
- Ax kicks (inside and outside)
- 6 Basic positions (ready, at ease, listening, guarding stance, attention, bow)
- Stances (Front stance, horse stance, switching guarding stance)
- Foot work (step and slide forwards, backwards, side ways to left, right)
- Putting away shoes (consistently without being asked)

1<sup>st</sup> Tip achieved \_\_\_\_\_ Date \_\_\_\_\_

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### 2<sup>nd</sup> Tip

- Attempt to tie your own belt
- Meaning of making a fist (be nice tell the teacher 4 times ,5<sup>th</sup> time no more nice) practicing self, control and nonviolent response to conflict)
- 4 count sidekick (step behind hug knee, kick out to side, left and right side)
- Sidekick
- Elbow strike
- Knee attack
- Falls Left side/Right side
- Kali Basic blocks single stick (roof, inside deflection/outside deflection)
- Fitness Run for 2 minutes,15 sit ups,10 pushups, 20 squats, 20 jumping jacks

**2<sup>nd</sup> Tip achieved** \_\_\_\_\_ **Date** \_\_\_\_\_

### 3<sup>rd</sup> Tip

- What are the names of your instructors?
- What is the name of your Martial Arts School?
- What is your home address?
- What are your parent's phone number? (one of them)
- What is the name of Karate you are learning

**Red Tip Achieved** \_\_\_\_\_ **Date** \_\_\_\_\_