

UNITED KARATE CENTERS

JR. RED BELT CURRICULUM

Second Half of Boxing Combinations:

Jab, Cross, low hook, high hook, cross, hook

Jab, Cross, upper cut, hook, cross, hook

Jab, shovel punch, faint back, cross, hook, cross hook

Jab, cross, low hook with left hand, low hook with right hand, hook, cross, hook, cross, hook

1st Tip _____ Date

Second Half of Four Counts:

Right kick, hook, cross, left elbow

Left switch kick, cross, hook, right elbow

Right kick, hook, cross, hook

Left switch kick, cross, hook, cross

Jab, cross, right kick, step with right foot forward then left kick

Jab, cross, switch kick, left kick to right kick

Jab, cross, right knee, switch left knee

Jab, cross, switch left knee to right knee

2nd Tip _____

Date _____

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Wing Chung Trapping:

Slap hit

Slap hit, pull hit

Slap hit to slap hit

Slap hit to eye strike to slap hit

3rd Tip _____

Date_____

Staff:

Staff Form #1

Staff Form #2

Four directional staff

Combat staff

Nunchak:

Nunchak Form #1

Nunchak Form #2

Forms:

Basic Form# 1

Basic Form #2

Basic Form #3

Basic Form #4

4th Tip _____

Date_____

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