

United Karate Centers

Jr Yellow Belt Curriculum

Required equipment: Shin pads with instep and gloves \$80.

1st Tip

- Respectful attitude (yes sir / yes ma'am)
- What does KARATE mean? (Empty hand or open hand)
- Polite greeting (Hello my name is ___ very nice to meet you)
- When do you bow? (entering and leaving the mat and Dojo, showing respect to instructors/peers)

- 4 Count jumping jacks to jumping jacks
- 4 Count roundhouse kick to roundhouse kick
- Front kick to jump front kick
- Inside/outside crescent kicks
- Kicking combination #1 (Low leg kick to front kick to cross step side kick)
- Falls (front, back)

1st Tip _____ Date _____

Punching

- Chain punches
- Outward chop
- Back fist to spinning back fist (left and right side)
- Palm strike (both hands)
- Knee to elbow attack
- Traditional karate punches (single, double)

2nd Tip _____ Date _____

Stances

- Defense stance
- Guarding stance/switch from right to left
- Footwork (step and slide circle, all directions)
- Pass of front stance
- Step sweep to knee ride

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Fitness

20 sit ups, 15 pushups, 25 squats, run for 3 min.

- Basic grappling (Basic clinch on knees, full guard, full mount, side control)
- Introduction to boxing with partner (sparring)

Red Tip _____ **Date** _____