

United Karate Centers

Jr Blue Belt Curriculum

Required equipment for this belt: Pair of Nunchakus, \$25.00

1st Tip

Movement of head for kick boxing

Basic Defense

Bob left, bob right, weave left, weave right, faint forward, faint back, faint down, perry with right hand, body block left, body block right, redirect left, redirect right. Leg check left, leg check right.

Focus mitt training for boxing (back and forth between two partners)

Jab, cross, hook

Jab, cross, weave left, hook, cross, hook

Jab, cross, weave right, cross, hook

Jab, cross, roll back, cross, hook

Jab, cross, body block left, cross, hook

1st Tip Achieved _____ Date

2nd Tip

Focus mitt training for kick boxing (Back and forth between partners)

Right roundhouse, left hook, right cross, switch left roundhouse

Switch left roundhouse, cross, hook, right roundhouse

Right roundhouse, left hook, right cross, switch left knee

Switch left roundhouse, cross, hook, right knee

Basic Form #2

2nd Tip Achieved _____ Date

3rd Tip

Nunchakus Form #1

Bow, basic swing, circle up, circle down, circle up, switching circle up to left side, circle down, circle up

Red Tip Achieved _____ Date
