

Orange Belt to Purple Belt *JUNIOR*®

ORANGE BELT - STRIPE ONE junior

KARATE and KICK BOXING

Manner/Respect:	bowing appropriately. asking questions and answering appropriately.
Leadership:	a. Taking class warm ups b. Welcoming and mentoring a beginner, or c. Assisting Instructor with teaching
Fit Belt:	left over right and under all; right over left through the loop
Warm Up:	20-30 star jumps 20 push ups (from the knees) 20 sit ups (knees bent and ankles may be supported) 10 squats 10 second plank
Stretches:	8 (6 leg + 1 back + 1 glute)
Sparring Strategies:	a. moving with fighting rhythm and timing b. parry and punch
Shadow Sparring:	2 x 1 minute rounds
Stances:	heiko dachi / \ musuba dachi // heisoku dachi shiko dachi \ /
Fighting Positions:	fighting stance points fighting stance
Focus:	stand still, starring forward
Footwork:	step up and step back switch
Defence (drill):	right and left parry, with open hand - across upper block. Lower block cover evade leg check
Ground Cover:	“Rock”, “Turnaround”, “ROCK n ROLL”, “Beatles”
Fist Strikes:	Hooks (from fighting stance). Low reverse punch (from point stance).
Leg Strikes:	Front kick. Knee. Round house. Front scissor kick. Side kick
Hand Sequence Drill:	Jab, reverse, palm, rake, elbow
Kick Sequence Drill:	Front scissor, round house, side kick
Drills:	a. jab, reverse, front kick » parry, parry, evade back b. round house kicks » double blocks
One Step Sparring Drill:	jodan tsuki » jodan uke

ORANGE BELT - STRIPE TWO junior**GRAPPLING SKILLS**

Manner/Respect:	bowing appropriately. asking questions and answering appropriately.	
Leadership:	a. Taking class warm ups b. Welcoming and mentoring a beginner, or c. Assisting Instructor with teaching	
Fit Belt:	left over right and under all; right over left through the loop	
Warm Up:	30	star jumps
	20	push ups (from the knees)
	20	sit ups (knees bent and ankles may be supported)
	10	squats and 10 second plank
	Crawl. Bridge	
Stretches:	back	
Breakfalls:	backward (basic level-seated and intermediate level-squatting) left and right side (basic level-seated)	
Hold Downs:	*scarf hold	kesa gatame
	ground one	
	side control	
Take Down:	*front leg	
Throws:	*outer reap	osoto gari
Locks:	*inner wrist lock	# 1
	*outer wrist lock	# 2
Defences from ...	kesa gatame	» protect throat, space
	ground 1.	» trap and bridge
	leg shoot	» sprawl or switch
Combinations/Drills:	Osoto to kesa to ground one to side control *wrist lock 1 to the ground front leg shoot to ground follow up	
Grappling:	3 x 2 - 3 minute rounds	

***CONTROL must be used here.** As children progress in Martial Arts, control is vital. This attitude will spill over into teenage and adult life, both in their friendships and in their relationships.
Control should not just be physical but also verbal.
Treating people with respect and maintaining a firm but fair attitude is the right way.

ORANGE BELT – STRIPE THREE junior**TRADITIONAL FORMS and WEAPONS**

Manner/Respect:	bowing appropriately. asking questions and answering appropriately.	
Leadership:	a. Taking class warm ups b. Welcoming and mentoring a beginner, or c. Assisting Instructor with teaching	
Fit Belt:	left over right and under all; right over left through the loop	
Kata:	Tensho (all 35 moves) and Nahainchin (all 20 moves) Tensho bunkai and Naihanchin bunkai	
Weapons:	rubber nanchuku kata (4 x directions) jo kata (4 steps with and without partner)	

Stripe THREE continued next page ...

ORANGE BELT – STRIPE THREE junior *continued*

SELF DEFENCE and STOP Bullies

- Shadow Defence:**
1. from pushes
 2. from wrist grabs
 3. from a punch
 4. from bear hug
- Self Defence from:**
1. pushes
 2. wrist grabs and wrist pull
 3. reverse punch
 4. bear hug
 5. ground kicks
 6. pushed to a wall
 7. being dragged away, picked up or lured away / anti abduction
- Gang Defence:**
1. multiple BAG defence
 2. two on one holds
- STOP Bullies, from**
1. gauntlet and coward punch
 2. class room niggles (move away or “stop it please”)
 3. verbal taunts (walk away, “if you say so” or ‘sorry what was that you said”)
 4. BULLIES (“LEAVE ME ALONE! I’m not afraid of you”)
- “Wrong behaviour”** “Get Away From Me!” (any person touching or talking about private parts).
- Responsible and Respectful Behavior** A discussion with young people about entering into teenage years.

PURPLE BELT junior

SPARRING and GRAPPLING - MMA

- Manner/Respect:** bowing appropriately.
asking questions and answering appropriately.
- Leadership:**
- a. Taking class warm ups
 - b. Welcoming and mentoring a beginner, or
 - c. Assisting Instructor with teaching
- Fit Belt:**
- Warm Up:** 30-40 star jumps
- Stretch:** 8
- Strength Exercises:** 20-25 x push ups and 20-25 x sit ups
10-15 x squats and 10-15 second plank
- Kata:** Tensho (all 35 moves)
Naihanchin (all 20 moves)
- Sparring:**
- | | |
|-------------------|---------------------|
| 3 x 2 - 3 minutes | point sparring |
| 3 x 2 - 3 minutes | continuous sparring |
| 3 x 2 - 3 minutes | grappling |
- Impact Training:** 2 x rounds of contact sparring from a Senior Belt
or impact training in stance

A white stripe is worn through each junior Yellow, Orange, Purple, Brown and Black Belt

Junior

Junior

Junior