

Yellow Belt to Orange Belt *JUNIOR*®

YELLOW BELT - STRIPE ONE junior

BASIC MARTIAL ARTS

- Manner/Respect:** bowing appropriately.
asking questions and answering appropriately.
- Fit Belt:** left over right and under all; right over left through the loop
- Warm Up:** 10 star jumps
5 push ups (from the knees)
5 sit ups (knees bent and ankles may be supported)
- Stretches:** 6 (3 standing up + 2 sitting down + 1 standing up)
- Sparring Strategies:** a. moving with fighting rhythm and timing
b. parry and punch
- Shadow Sparring:** 2 x 30 seconds rounds
- Stances:** heiko dachi / \
musuba dachi \\
heisoku dachi ||
- Fighting Positions:** fighting stance
- Focus:** stand still, starring forward
- Footwork:** switch
- Defence:** right and left parry (with open hand – across)
an upper block and a lower block
cover
evade (by stepping back or leaning back)
ground cover “ROCK”
- Basic Hand Strikes:** jab
reverse
- Basic Leg Strikes:** front kick
round house
front scissor kick
- Sparring Drill:** a. jab, reverse, front kick » parry, parry, evade

YELLOW BELT - STRIPE TWO junior**GRAPPLING BASICS**

Warm Up: 20 star jumps,
10 push ups
10 sit ups
5 squats
5 second plank
back stretch
crawl across the floor

Breakfalls: backward (basic level-seated)

Locks: *inner wrist lock (# 1)

Throws: outer reap (osoto gari)

Hold Downs: *scarf hold (kesa gatame)
ground one

Grapple: 2 x 1 - 2 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.

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

Kata: Tensho 2/3 (moves T1-T30)
Tensho bunkai 2/3 (T1,2,3, T11,12,13 and T21,22,23)

Weapon: Rubber Nunchaku kata
4 x directions

Stripe THREE continued next page ...

YELLOW BELT – STRIPE THREE junior

SELF DEFENCE and STOP Bullies

- Shadow Defence:**
1. “book” double block – (from imagined pushes)
 2. wrist turn – (from imagined wrist grabs)
 3. “kick land - lawnmower” – (from imagined wrist grabs)
 4. upper/outer block and step back - (from imagined punch)

- Self Defence from:**
1. pushes
 2. wrist grabs and wrist pull
 3. grab to the ear
 4. reverse punch
 5. bear hug
 6. ground kicks
 7. picked up, dragged or lured away / anti abduction

- Gang Defence:**
1. multiple BAG defence
 2. two on one holds

- STOP Bullies - from**
1. gauntlet (walk bye)
 2. class room niggles (move away or “stop it please”)
 3. “dirty shoe bag” (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)

ORANGE BELT junior

SPARRING and FINAL ASSSSMENT

Fit Belt: left over right and under all; right over left through the loop

Manners/Respect: bowing appropriately
 asking and answering questions appropriately

Leadership taking class warm ups

Warm Up:	20-30	star jumps
Stretch:	7	(previous 6 + 1 back stretch)
Strength Exercises:	15-20	push ups
	15-20	sit ups
	10	squats
	5-10	second plank

Kata: Tensho (moves 1 – 35)

Sparring:	2 x 1 - 2 minutes	point sparring
	2 x 1 - 2 minutes	continuous sparring
	2 x 1 - 2 minutes	grappling

Impact Training: 1 x round of light contact sparring from a Senior Belt or light impact training in stance

Junior