

White	Back Fist	Side Kick	Roundhouse Kick	Protecting Head	Punch
Yellow	Knife Hand	Front Kick	2 Roundhouse	Check Low	Back Ridge Hand
Orange	Front Ridge Hand	Hook Kick	3 Roundhouse Kicks	Body Block	Hook Kick/ Roundhouse
Green	Spinning Back Kick	Spinning Side Kick	4 Roundhouse Kicks	Check High	Jump Front Kick
Blue	Jab	Jump Side Kick	4 Side Kicks	Jump Hook Kick	Back Leg Crescent
High Blue	Hook Punch	Spinning Back Fist	4 Hook Kicks	Front Leg Front Kick	Stepping Side Kick
1st Purple	Back Leg Rev. Crescent	Front Rev. Crescent	1 Set Side/ Roundhouse/ Hook Kick	Stepping Roundhouse	Counter Side Kick
High 1st Purple	Upper Cut	Inside Roundhouse	1 Set S/R/H Kick	Parry	Back Leg Roundhouse Kick
2nd Purple	Spinning Roundhouse	Stepping Hook Kick	2 Sets	Sliding Side Kick	Back Leg Side Kick
High 2nd Purple	Spinning Reverse Crescent	Horse Stance	2 Sets	Sliding Roundhouse	Back Leg Hook Kick
3rd Purple	Jump Spinning Reverse Crescent	Turning Jump Crescent	3 Sets	Sliding Hook Kick	Counter Roundhouse
High 3rd Purple	Forward Stance Down Block	Spinning Hook Kick	3 Sets	Flying Side Kick	Counter Hook Kick
1st Red	Back Stance Backfist Block	Forward Stance High Block	4 Sets	Back Stance Knife Hand Block	1,2,3 Lunge Punch
2nd Red	Rear Defense Stance	Back Stance Inside Block	5 Sets	Jump Spinning Back Kick	Forward Stance Outside Block
3rd Red	Cat Stance Inside Block	Crane Stance High/low block	6 Sets	Jump Back Roundhouse	Forward Stance Inverted Knife/ High block

All-American Society of Karate Abduction Prevention Tips for the Junior Program

- 1) What phone number do you call if you are in trouble?
A) 911!
- 2) If your house is on fire what is the first thing you do?
A) Get out of the house! (*Call 911 from neighbor's house*)
- 1) If you need help what do you scream?
A) Help! Fire! (*Everyone wants to see a fire*)
- 2) Memorize your home phone number, your parents work number, and pager number.
- 1) If an adult grabs you what do you scream?
A) Help! This is not my Mother! / Help! This is not my father!
- 2) Use the "buddy" system. Always try to go places with a friend or buddy.
- 1) Always carry enough change for a phone call.
- 2) Walk against traffic instead of with traffic.
(*It's hard for someone driving by to pick you up, and you can run back the other direction*)
- 1) Don't help strangers out. If they need help finding their dog or child, tell them no!
- 2) Always tell your parents where you are going.
- 1) Don't accept gifts, candy, or a ride from a stranger.
- 2) Have a code word for someone if they are going to pick you up.
- 1) Play in safe places such as backyards or playgrounds. NEVER play in abandoned or vacant buildings or in the woods.
- 2) Never open the door for strangers or deliverymen if your parents are not at home.
- 1) Don't let strangers know you are home alone.
- 2) If someone puts you in the trunk of a car, try and unplug or kick out the taillights.
(*A police officer may pull them over for no lights, then you can scream*)
- 1) If you see something scary or a strange person, tell an adult.
- 2) If someone touches you in a way you do not like tell an adult immediately.
- 1) Never get within arms reach of a car and never get into a car with someone without your parent's permission - even if you know the person!
- 2) Bad Guys don't always wear black or dress funny. Most of the times they dress just like you and me.

JUNIOR SHEET

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PARENTS: Please have your child **ON TIME** for their class. This is important so they can get their hour credit, which applies for their next belt. If they are late they **DO NOT** do not get their class hour's credit, nor are they allowed to participate in the class. Karate is a contact sport. However, unlike boxing where the objective is to knock the opponent out, the objective in sport karate is to score points without hurting the opponent. Appropriate safety gear is provided, and qualified instructors closely supervise all contact. As reported by the United States Product Commission, Karate is one of the **SAFEST** recreational Activities in the United States. Karate is ranked 29th out of the top 35 recreational activities (*35 being the safest*).

SIGNING IN: Before sitting down in class report to your instructor and sign in by stating your First Name, Last Name, Ma'am, or Sir in a loud clear voice, followed by a good karate bow.

INSTRUCTORS: Students should always address instructors as Mr., Sir, Ma'am, or Miss.

EQUIPMENT NEEDED: A clean and pressed Black uniform and properly tied belt with no patches or marking on either (*instructor approved only*). Head and hand gear is furnished for class and tournament sparring. There is no contact in junior sparring in class to the face or groin, but for safety reasons parents should purchase a cup & supporter, and a karate mouthpieces for their child. Parents may order these items from the instructor.

RULES: Always practice with safety and respect towards your instructors and classmates. No horseplay before, during or after class. Only wear your karate uniform in class. Never wear your uniform shopping, playing sports, eating, etc. No jewelry is to be worn in class (*watches, rings, earrings, etc.*).

MISSED CLASSES: Should the child miss a class the parent needs to check with instructor for other locations and times that the child can attend throughout the week for credit

OBTAINING BELT RANK: To be eligible for belt ranking you, the student, must have the minimum class hours, entered at least one karate tournament per belt color, be doing well at home and school, and have a good attitude in Karate class. Advancing in rank is not a requirement for class. **There is an additional fee for rank testing**

TOURNAMENTS: Tournaments are held four times a year, with the emphasis is placed on doing our best not winning.

There is an additional fee for tournaments. Tournaments are a requirement for belt rank testing.

UNIFORM: Before the second week of class the student must have their **FIRST NAME** on the back of their uniform top in **2" WHITE BLOCK LETTERS**. Please use a professional T-shirt printing shop or embroidery, no hand printing or painting. Wash the uniform in cold water. **NEVER WASH THE BELT** (*regardless of how dirty it gets*).

UNIFORM PATCHES: Your school patch and association patch is obtained after passing your yellow belt test. Yellow Belts and above who have an "A" average in school and straight A's in conduct in the school semester (*August - December or January - May*) will earn an "A-Team" patch which is worn on the left sleeve. Students who win a first place in the tournaments will earn a "Black Ace" patch, which is worn on the right sleeve. **There is a charge for the A-Team and Black Ace Patches.** There are 4 levels of A-Team and Black Ace patches that your child can earn.

Rules and History Please Learn

The founder of modern day karate was a man named **FUNAKOSHI**. Karate began in the country of **INDIA** in the year **500 A.D.** Karate is a Japanese word that means **EMPTY HANDS**. The most important part of karate is **CONDITIONING**. Karate is divided into 3 groups: **ART, SPORT, and SELF DEFENSE**. The art part of karate is made of **FORMAL EXERCISES** called **KATA**. The most important part of kata is **BREATHING** and **TENSION**. The goals of karate are to train your **MIND, BODY, and SPIRIT**. There are **7 LEVELS of BLACK BELT**. It takes the average adult **3 to 5 YEARS** to obtain a black belt. Karate is made up of different types of **KICKS, PUNCHES, and STRIKES**. **JUDO** is made up of different **THROWING TECHNIQUES**. The style of karate that you will be studying is called **AMERICAN KARATE**. The father of karate in the United States is a man named **ED PARKER**. The most important aspect of your training is having a **GOOD ATTITUDE**. The most important parts of sparring are **TIMING** and **DISTANCE**.