

January 2023 - Week #1 Hachikyu to Rokyu Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes
(Instructors can use techniques in curriculum as warm-up tools)*

- **Blocking Pattern:** Jodan Uke - Gedan Uke - Soto Uke – Uchi Uke – Morote Uke – Shuto Uke
- **Mae Geri** (Front Kick) - Emphasize Foot Form, Chambering the Knee and Hip Alignment.
- **Jun Tsuki** (Stepping Punch) - Emphasize the Importance of the Back Foot Driving the body forward. Discuss the Alignment and width of the Stance and the Blading of the Body.
- **Ippon Kumite** - Utilizing Jun Tsuki Attack
- **Pinan Shodan First Half of Kata** - Emphasize the importance of the foot positions and weight distribution in stances.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, target practice, Ippon kumite or controlled sparring drills.

Mat Chat and Awards:

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion

January 2023 - Week #2 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

- **Mae Ashi Geri** (Slide in Front Kick) - Emphasize Foot Form, Chambering the Knee and Hip Alignment.
- **Gyaku Tsuki** (Reverse Punch) - Emphasize the proper chambering of the punching hand at the hip. Opposite hand is extended forward to pull the punch out. Twist and lower the hip. Consider drilling these techniques with bag work, focus mitt work, or soft to zero touch sparring drills and skill building.
- **Ippon Kumite** - Utilizing Jun Tsuki Attack
- **Pinan Shodan** - First half of Kata

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, target practice, Ippon kumite or controlled sparring drills.

Mat Chat and Awards:

RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

January 2023 - Week #3
Hachikyu to Rokyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching (No more than 10 minutes)

- **Blocking Pattern**
- **Mae Geri**
- **Mae Ashi Geri**
- **Jun Tsuki**
- **Gyaku Tsuki**
- **Ippon Kumite - Utilizing Jun Tsuki Attack**
- **Pinan Shodan First half of Kata**

Mat Chat and Awards:

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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International
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January 2023 -Week #4
Hachikyu to Rokyū Karatedo
EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards:

DETERMINATION - Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

February 2023 - Week #1
Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Shuto Uke** (Knife Hand Block) - Emphasize the Purpose of the Hand Rotations and Blocking Position. Also the push and pull movement for speed.
- **Mae Geri** (Front Kick) - Emphasize Foot Form, Chambering the Knee and Hip Alignment.
- **Bunkai** - Breakdown a section in the first half of Pinan Shodan
- **Pinan Shodan** - Second Half of Kata
- **Instructor Notes:** When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards:

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

February 2023 - Week #2
Hachikyu to Rokyu Karatedo

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Mawashi-Ashi Geri** (Slide in Round Kick) and **Mawashi-Geri** (Back Leg Round Kick)- Emphasize the Base Foot Position, Chambering the Knee, Hip Alignment, Shoulder Alignment, and Foot Form.
- **Bunkai** - Breakdown a section in the first half of Pinan Shodan
- **Pinan Shodan** - Second Half of Kata
- **Instructor Notes:** When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, target practice, Ippon kumite or controlled sparring drills.

Mat Chat and Awards:

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

February 2023 - Week #3
Hachikyu to Rokyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Shuto Uke**
- **Gyaku Tsuki**
- **Mae Geri**
- **Mawashi-Geri**
- **Mawashi-Ashi Geri**
- **Bunkai - First half of Pinan Shodan**
- **Pinan Shodan Second Half of Kata**

Mat Chat and Awards:

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



February 2023 - Week #4 Hachikyu to Rokyu Karatedo EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards:

Name all of the IBR belts ranks in order from white belt to black belt.

*Hachikyu - Nanakyu - Rokyu - Gokyu - Yonkyu - Sankyu - Nikyu -
Ikkyu - Shodan*

March 2023 - Week #1
Hachikyu to Rokyū Karatedo**EMPOWER – MOTIVATE – REWARD**

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Gedan Barai Uke** (Low Block) - Emphasize the blocking hand chambering at the ear right side out. The opposite blocking arm is protecting the lower center of the body.
- **Gyaku Tsuki** (Reverse Punch) - Emphasize the proper chambering of the punching hand at the hip. Twist and lower the hip.
- **Sparring Drills and Skills with Partners and Safety Gear**
- **Pinan Shodan** - Complete Kata
- **Instructor Notes:** When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, target practice, Ippon kumite or controlled sparring drills.

Mat Chat and Awards:

What is the name of the organization that our dojo belongs to and what is our style? International Budo Renmei/Bodai Shindo Ryu

March 2023 – Week #2
Hachikyu to Rokyū Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Yoko Geri** (Back Leg Side Kick) and **Yoko-Ashi Geri** (Slide In Side Kick)- Emphasize the importance of pivoting the front foot as you chamber the knee into position. Focus on foot form.
- **Pinan Shodan** - Complete Kata
- **Sparring Drills and Skills with Partners and Safety Gear**
- **Instructor Notes:** When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies

Mat Chat and Awards:

Name all of the belts ranks in order from white belt to black belt.
Hachikyu - Nanakyū - Rokyū - Gokyū - Yonkyū - Sankyū - Nikyū - Ikkyū Shodan

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March 2023 - Week #3
Hachikyu to Rokyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching (No more than 10 minutes)

- **Gedan Barai Uke**
- **Gyaku Tsuki**
- **Yoko Geri**
- **Yoko-Ashi Geri**
- **Sparring Drills and Skills**
- **Pinan Shodan - Complete Kata**

Mat Chat and Awards:

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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March 2023 - Week #4
Hachikyu to Rokyū Karatedo
EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

They will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

April 2023 - Week #1
Hachikyu to Rokyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Pinan Nidan** - First half of the kata
- **Kizami Tsuki** (Jabbing Punch) - Work on strategies to use the jabbing punch to open target areas and to set up finishing techniques.
- **Ippon Kumite** - Utilizing Jun Tsuki Attack

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards:

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

April 2023 - Week #2 Hachikyu to Rokyu Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Uraken - Yoko Ashi Geri** (Back Fist, Lead Leg Side Kick) Teach how to use the Uraken to set up the side kick. Emphasize the importance of distancing, foot work and timing of the techniques.
- **Pinan Nidan** - First half of the Kata
- **Ippon Kumite** - Utilizing Jun Tsuki Attack

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

DETERMINATION: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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April 2023 - Week #3 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching (No more than 10 minutes)

- **Kizami Tsuki**
- **Ippon Kumite - Utilizing Jun Tsuki Attack**
- **Uraken - Yoko Ashi Geri**
- **Pinan Nidan - First Half of Kata**

Mat Chat and Awards

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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April 2023 - Week #4
Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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May 2023 - Week #1 Hachikyu to Rokyu Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Pinan Nidan** - Second Half of Kata
- **Bunkai** - Breakdown a section in the first half of Pinan Nidan

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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May 2023 - Week #2 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Mawashi Geri - Kage Geri** - Back leg round kick - Spinning Hook Kick
- **Pinan Nidan** Second Half of Kata
- **Bunkai** - Breakdown a section in the second half of Pinan Nidan

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

What is the name of the organization that our dojo belongs to?
International Budo Renmei/Bodai Shindo Ryu

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May 2023 - Week #3
Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching (No more than 10 minutes)

- **Mawashi Geri - Kage Geri**
- **Bunkai - From second half of Pinan Nidan**
- **Pinan Nidan - Second Half of Kata**

Mat Chat and Awards

PRIDE and RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



May 2023 - Week #4 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

June 2023 - Week #1
Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Pinan Nidan** - Complete Kata
- **Sparring Drills and Skills with Partners and Safety Gear**
- **Mae Geri – followed by Jab-Cross – Mawashi Geri** - Explain, demonstrate, and practice how each technique sets up the next.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

DETERMINATION: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

June 2023 - Week #2
Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Pinan Nidan** - Work on the complete kata
- **Sparring Drills and Skills with Partners and Safety Gear**
- **Mae Geri – followed by Jab-Cross – Mawashi Geri**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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June 2023 - Week #3 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching (No more than 10 minutes)

- **Pinan Nidan - Complete Kata**
- **Sparring Drills and Skills**
- **Mae Geri – followed by Jab-Cross – Mawashi Geri**

Mat Chat and Awards

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



June 2023 - Week #4 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

July 2023 - Week #1
Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Sparring Drills and Skills with Partners and Safety Gear**
Offense works on using the lead leg round kick to get inside your opponent's range to follow through with hand techniques. Defense works on deflection blocks and downward to defend against techniques coming down the center line.
- **Pinan Shodan** - First half of kata. If time allows work on bunkai
- **Ippon Kumite** - Utilizing Jun Tsuki Attack

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

Name the IBR belt ranks in order up to black belt.

Hachikyu - Nanakyū - Rokyū - Gokyū - Yonkyū - Sankyū - Nikyū - Ikkyū Shodan

July 2023 - Week #2 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Sparring Drills and Skills with Partners and Safety Gear**
Offense works on using the lead leg round kick to get inside your opponent's range to follow through with hand techniques. Defense works on inward deflection blocks and downward deflection blocks to defend against techniques coming down the center line. You may want to give specific combinations.
- **Pinan Shodan** First half of Kata
- **Ippon Kumite** - Utilizing Jun Tsuki Attack

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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July 2023 - Week #3
Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching (No more than 10 minutes)

- **Pinan Shodan First Half of Kata**
- **Ippon Kumite - Utilizing Jun Tsuki Attack**
- **Sparring Drills and Skills with Partners and Safety Gear**

Mat Chat and Awards

RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



July 2023 - Week #4 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

August 2023 - Week #1
Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Pinan Shodan Second Half of Kata**
- **Jab – Cross – Hook – Upper Cut** - Work with focus mitts and or heavy bags. Don't hesitate to use parents as partners in practice to hold the mitts for students.
- **Sparring Drills and Skills with Partners and Safety Gear**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

Name the IBR belt ranks in order up to black belt.

Hachikyu - Nanakyū - Rokyū - Gokyū - Yonkyū - Sankyū - Nikyū - Ikkyū Shodan

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August 2023 - Week #2 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Pinan Shodan - Second Half of Kata**
- **Sparring Drills and Skills with Partners and Safety Gear**
- **Chanbara** (If Time Allows) - Use head gear and pair them up with different weapon combinations. Have them spar but also demonstrate and teach fighting strategies of each weapon. This good training to teach quickness and combat spacing awareness.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

What is the name of the organization that our dojo belongs to?
International Budo Renmei

What is our style of martial arts?
Bodai Shindo Ryu

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International Budo Renmei



August 2023 - Week #3 Hachikyu to Rokyu Karatedo

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching (No more than 10 minutes)

- **Review Kata - Second Half of Pinan Shodan**
- **Sparring Drills and Skills**

Mat Chat and Awards

DETERMINATION: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



August 2023 - Week #4 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

September 2023 - Week #1 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Pinan Shodan** - Complete Kata. You may use bunkai for application to assist in the learning process.
- **Bunkai** - Breakdown a section in the first half of Pinan Shodan
- **Sparring Defensive Blocking Drills and Offensive Combinations** - Work on the four basic parry blocks from the high guard position. Inward with both hands and downward with both hands. Also emphasize proper foot work, stances, balance and distancing.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

September 2023 - Week #2 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Pinan Shodan** - Complete Kata.
- **Bunkai** - Breakdown a section in the second half of Pinan Shodan
- **Sparring Defensive Blocking Drills and Offensive Combinations** - Use the defensive and offensive techniques, alone with evasive footwork and counter striking. First drill is the shuffle back – block and counter strike. Second drill is the step back – counter strike. You may add jodan mawashi geri to the attacks and work on defensive movement and counter strikes.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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September 2023 - Week #3 Hachikyu to Rokyu Karatedo

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching (No more than 10 minutes)

- **Pinan Shodan - Complete Kata**
- **Bunkai - from Pinan Nidan**
- **Sparring Defensive Blocking Drills and Offensive Combinations**

Mat Chat and Awards

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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September 2023 - Week #4 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

October 2023 - Week #1 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Pinan Nidan** – First half of Kata
- **Yoko Ashi Geri – Offensive and Defensive** - Work on how to set up the kick with the proper foot work and how to roll the hip over. Practice with an emphasis on the defensive strategies using the bunkai from the kata. If time allows you can also drill countering techniques.
- **Sparring Drills and Skills with Partners and Safety Gear**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

**October 2023 - Week #2
Hachikyu to Rokyu Karatedo**

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Mawashi Ashi Geri** - Work on how to use this technique as an effective set up to get you inside and close to your opponent.
- **Pinan Nidan** – First half of Kata
- **Sparring Drills and Skills with Partners and Safety Gear**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

DETERMINATION: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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October 2023 - Week #3 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching (No more than 10 minutes)

- **Mawashi Ashi Geri**
- **Yoko Ashi Geri – Offensive and Defensive**
- **Pinan Nidan - First Half of Kata**
- **Sparring Drills and Skills**

Mat Chat and Awards

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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October 2023 - Week #4 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

November 2023 - Week #1 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Pinan Nidan** Second half - Emphasize the importance of the stances. Also be conscientious of the angles and weight distribution during the turns.
- **Mae-Geri, Mawashi-Geri and Yoko-Geri** - Work on drills and skills to develop better foot form.
- **Ippon Kumite** - Utilizing Jun Tsuki Attack
- **Heavy Bag Work** - Finish class with some good, hard bag work.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

**November 2023 - Week #2
Hachikyu to Rokyū Karatedo****EMPOWER – MOTIVATE – REWARD**

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Pinan Nidan** - Second half. Emphasize the importance of the foot positions and weight distribution in stances.
- **Mae-Geri, Mawashi-Geri and Yoko-Geri** - Work on drills and skills to develop better foot form.
- **Ippon Kumite** - Work on the concepts of evasive foot work using the 5,6, and 7 o'clock foot work. Attack and defensive technique is at the instructors discretion. It may be a good idea to incorporate the Mae geri, Mawashi geri and Yoko geri kicks.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

Name the IBR belt ranks in order up to black belt.

*Hachikyu - Nanakyū - Rokyū - Gokyū - Yonkyū - Sankyū - Nikyū -
Ikkyū Shodan*

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November 2023 - Week #3 Hachikyu to Rokyu Karatedo

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching (No more than 10 minutes)

- **Pinan Nidan - Second Half of Kata**
- **Mae-Geri, Mawashi-Geri and Yoko-Geri**
- **Ippon Kumite - Utilizing Jun Tsuki Attack**

Mat Chat and Awards

What is the name of the organization that our dojo belongs to?
International Budo Renmei

What is our style of martial arts?
Bodai Shindo Ryu



International Budo Renmei



November 2023 - Week #4 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

**December 2023 - Week #1
Hachikyu to Rokyū Karatedo**

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Kata Pinan Nidan** Complete Kata.
- **Bunkai** - Breakdown a section in the first half of Pinan Nidan
- **Sparring Drills and Skills with Partners and Safety Gear**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

December 2023 - Week #2 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 minutes)

- **Pinan Nidan** - Review the complete kata four times. Starting each time facing a different direction.
- **Bunkai** - Breakdown a section in the second half of Pinan Shodan
- **Yoko-Ashi Geri Offensive and Defensive Drills** - Students really need to learn how to use this technique. You may drill on equipment or with partners.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, pad drills, ippon kumite or controlled sparring drills.

Mat Chat and Awards

RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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December 2023 - Week #3 Hachikyu to Rokyū Karatedo

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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**December 2023 - Week #4
Hachikyu to Rokyu Karatedo**

EMPOWER – MOTIVATE – REWARD

Closed For Christmas and New Year Break!