

January 2023 – Week #1
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE - REWARD

High Energy Warm Ups, Stretching and Mokuso for 30 Seconds at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes: Stance Drills - Instructors are encouraged to be creative and use games that will also develop the student's coordination, physical fitness and concentration as they are practicing the stances.

- **Mae Ashi Geri**
- **Heiko Dachi**
- **At Ease Position**
- **Zenkutsu Dachi**
- **Left & Right Guarding Stance**
- **Musubi Dachi**
- **Kiba Dachi**

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills. Stances can be practiced in obstacle courses, Sensei Says (Simon Says) and relay races. Have fun and be creative this week.

Last 10 Minutes Mat Chat and Awards:

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

January 2023 – Week #2
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE - REWARD

High Energy Warm Ups, Stretching and Mokuso for 30 Seconds at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Kizami Tsuki - Gyaku Tsuki (Jab-Cross)
- 2) Mae Geri

Next 10 Minutes: Wrestling

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 Minutes 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
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 minute at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Review Week 1 and 2

Next 30 Minutes:

- **Kizami Tsuki - Gyaku Tsuki (Jab-Cross)**
- **Mae Ashi Geri**
- **Mae Geri**
- **Heiko Dachi**
- **At Ease Position**
- **Zenkutsu Dachi**
- **Left & Right Guarding Stance**
- **Musubi Dachi**
- **Kiba Dachi**

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 Minutes Mat Chat and Awards:

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

January 2023 – Week #4
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 minute at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Stripe Week

Little Samurai earn their stripe based on attendance alone (8 classes). Students will be evaluated on technique proficiency when they test for their belt rank to be promoted.

- **Instructor Choice**

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 Minutes Mat Chat – Awards and Stripe Promotion

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

February 2023 – Week #1
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Mawashi Ashi Geri**
- 2) Jodan Uke**

Note: If you need more time for training use the Extra, Extra Fun Time below.

Next 10 Minutes: Extra, Extra Fun Time (Instructors Choice)

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes 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
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Chudan Shuto Uke**
- 2) Mawashi Geri**

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Extra, Extra Fun Time (Instructors Choice)

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills.

Last 10 minutes 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
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Review Week 1 and 2

Next 30 Minutes:

- 1) Mawashi Ashi Geri
- 2) Mawashi Geri
- 3) Chudan Shuto Uke
- 4) Jodan Uke

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes 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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February 2023 – Week #4
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Stripe Week

Little Samurai earn their stripe based on attendance alone (8 classes). Students will be evaluated on technique proficiency when they test for their belt rank to be promoted.

- **Instructor Choice For Class**

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat – Awards and Stripe Promotion:
What is the name of our Dojo?

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March 2023 – Week #1
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Soto Uke
- 2) Uchi Uke

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Extra, Extra Fun Time (Instructors Choice)

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat and Awards:

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

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March 2023 – Week #2
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Yoko Ashi Geri
- 2) Yoko Geri

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Wrestling

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat and Awards:

Name all 8 Little Samurai belt ranks in order
Orange, Yellow, Green, Red, Blue, Purple, Brown, Black

March 2023 – Week #3
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 3 minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Review Week 1 and 2

Next 30 Minutes:

- 1) Soto Uke
- 2) Uchi Uke
- 3) Yoko Ashi Geri
- 4) Yoko Geri

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat and Awards:

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

March 2023 – Week #4
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 3 minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Stripe Week

Little Samurai earn their stripe based on attendance alone (8 classes). Students will be evaluated on technique proficiency when they test for their belt rank to be promoted.

- **Instructor Choice For Class**

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat – Awards and Stripe Promotion

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

April 2023 – Week #1
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE - REWARD

High Energy Warm Ups, Stretching and Mokuso for 30 Seconds at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes: Stance Drills - Instructors are encouraged to be creative and use games that will also develop the student's coordination, physical fitness and concentration as they are practicing the stances.

- **Kizami Tsuki**
- **Heiko Dachi**
- **At Ease Position**
- **Zenkutsu Dachi**
- **Left & Right Guarding Stance**
- **Musubi Dachi**
- **Kiba Dachi**

Instructor Notes: When working on techniques always emphasize proper application and skills. Stances can be practiced in obstacle courses, Sensei Says (Simon Says) and relay races. Have fun and be creative this week.

Last 10 Minutes Mat Chat and Awards:

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

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April 2023 – Week #2
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE - REWARD

High Energy Warm Ups, Stretching and Mokuso for 30 Seconds at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes: You may use targets for Jun Tsuki with safety gloves.

- 1) Jun Tsuki
- 2) Gedan Barai

Next 10 Minutes: Wrestling

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 Minutes 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 #3
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 minute at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Review Week 1 and 2

Next 30 Minutes:

- Heiko Dachi
- At Ease Position
- Zenkutsu Dachi
- Left & Right Guarding Stance
- Musubi Dachi
- Kiba Dachi
- Kizami Tsuki
- Gedan Bara
- Jun Tsuki

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 Minutes 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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April 2023 – Week #4
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 minute at the beginning of class. Spend no more than 15-0 minutes total on the warm up and stretching.

Stripe Week

Little Samurai earn their stripe based on attendance alone (8 classes). Students will be evaluated on technique proficiency when they test for their belt rank to be promoted.

- **Instructor Choice For Class**

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 Minutes Mat Chat – Awards and Stripe Promotion

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

May 2023 – Week #1
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes: Use targets and safety gear. You may also incorporate jab-cross strikes.

- 1) **Mae Ashi Geri**
- 2) **Mae Geri.**

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Extra, Extra Fun Time (Instructors Choice)

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat and Awards:

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

May 2023 – Week #2
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Jodan Uke
- 3) Chudan Shuto Uke

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Extra, Extra Fun Time (Instructors Choice)

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat and Awards

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

May 2023 - Week #3
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Review Week 1 and 2

Next 30 Minutes:

- 1) Mae Ashi Geri
- 2) Mae Geri
- 3) Chudan Shuto Uke
- 4) Jodan Uke

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes 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 #4 Little Samurai Beginner to Advanced EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Stripe Week

Little Samurai earn their stripe based on attendance alone (8 classes). Students will be evaluated on technique proficiency when they test for their belt rank to be promoted.

- **Instructor Choice For Class**

Next 10 Minutes: Extra, Extra Fun Time (Instructors Choice)

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching

Last 10 minutes Mat Chat – Awards and Stripe Promotion:

What is the name of our Dojo?



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June 2023 – Week #1

Little Samurai Beginner to Advanced EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Soto Uke**
- 2) Uchi Uke**

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Extra, Extra Fun Time (Instructors Choice)

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching

Last 10 minutes Mat Chat and Awards:

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

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June 2023 – Week #2
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Yoko Geri
- 2) Yoko Ashi Geri

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Wrestling

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat and Awards:

Name all 8 Little Samurai belt ranks in order
Orange, Yellow, Green, Red, Blue, Purple, Brown, Black

June 2023 – Week #3
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 3 minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Review Week 1 and 2

Next 30 Minutes:

- 1) Soto Uke
- 2) Uchi Uke
- 3) Yoko Ashi Geri
- 4) Yoko Geri

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat and Awards:

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

June 2023 – Week #4
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 3 minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Stripe Week

Little Samurai earn their stripe based on attendance alone (8 classes). Students will be evaluated on technique proficiency when they test for their belt rank to be promoted.

• **Instructor Choice For Class**

Next 10 Minutes: Extra, Extra Fun Time (Instructors Choice)

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat – Awards and Stripe Promotion

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

July 2023 – Week #1**Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE - REWARD**

High Energy Warm Ups, Stretching and Mokuso for 30 Seconds at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes: Stance Drills - Instructors are encouraged to be creative and use games that will also develop the student's coordination, physical fitness and concentration as they are practicing the stances.

- **Kizami Tsuki**
- **Heiko Dachi**
- **At Ease Position**
- **Zenkutsu Dachi**
- **Left & Right Guarding Stance**
- **Musubi Dachi**
- **Kiba Dachi**

Instructor Notes: When working on techniques always emphasize proper application and skills. Stances can be practiced in obstacle courses, Sensei Says (Simon Says) and relay races. Have fun and be creative this week.

Last 10 Minutes Mat Chat and Awards:

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

July 2023 – Week #2**Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE - REWARD**

High Energy Warm Ups, Stretching and Mokuso for 30 Seconds at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Jun Tsuki
- 2) Gedan Barai

Next 10 Minutes: Wrestling

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 Minutes Mat Chat and Awards:

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

July 2023 – Week #3**Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD**

High Energy Warm Ups, Stretching and Mokuso for 1 minute at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Review Week 1 and 2**Next 30 Minutes:**

- Heiko Dachi
- At Ease Position
- Zenkutsu Dachi
- Left & Right Guarding Stance
- Musubi Dachi
- Kiba Dachi
- Kizami Tsuki
- Gedan Bara
- Jun Tsuki

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 Minutes Mat Chat and Awards

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

July 2023 – Week #4
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 minute at the beginning of class. Spend no more than 10 minutes total on the warm up and stretching.

Stripe Week

Little Samurai earn their stripe based on attendance alone (8 classes). Students will be evaluated on technique proficiency when they test for their belt rank to be promoted.

- **Instructor Choice For Class**

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 Minutes Mat Chat – Awards and Stripe Promotion

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



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August 2023 – Week #1 Little Samurai Beginner to Advanced EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Mawashi Ashi Geri
- 2) Mawashi Geri

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Extra, Extra Fun Time (Instructors Choice)

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes 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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August 2023 – Week #2
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 ½ minutes at the beginning of class. Spend no more than 10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Jodan Uke
- 2) Shuto Uke

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Extra, Extra Fun Time (Instructors Choice)

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat and Awards

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

August 2023 - Week #3
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Review Week 1 and 2

Next 30 Minutes:

- 1) Mawashi Ashi Geri
- 2) Mawashi Geri
- 3) Chudan Shuto Uke
- 4) Jodan Uke

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat and Awards:

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

August 2023 – Week #4
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Stripe Week

Little Samurai earn their stripe based on attendance alone (8 classes). Students will be evaluated on technique proficiency when they test for their belt rank to be promoted.

- **Instructor Choice For Class**

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching

Last 10 minutes Mat Chat – Awards and Stripe Promotion:
What is the name of our Dojo?

菩提心道流

International
Budo Renmei

連武國際
盟道的

September 2023 – Week #1
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Soto Uke
- 2) Uchi Uke

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Extra, Extra Fun Time (Instructors Choice)

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching

Last 10 minutes Mat Chat and Awards:

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

菩提心道流

International
Budo Renmei

連武國際
盟道的

September 2023 – Week #2
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Yoko Geri
- 2) Yoko Ashi Geri

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Wrestling

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat and Awards:

Name all 8 Little Samurai belt ranks in order
Orange, Yellow, Green, Red, Blue, Purple, Brown, Black

September 2023 – Week #3
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 3 minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Review Week 1 and 2

Next 30 Minutes:

- 1) Soto Uke
- 2) Uchi Uke
- 3) Yoko Geri
- 4) Yoko Ashi Geri

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat and Awards:

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

September 2023 – Week #4
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 3 minutes at the beginning of class. Spend no more than 10 minutes total on the warm up and stretching.

Stripe Week

Little Samurai earn their stripe based on attendance alone (8 classes). Students will be evaluated on technique proficiency when they test for their belt rank to be promoted.

- **Instructor Choice For Class**

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat – Awards and Stripe Promotion

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

October 2023 – Week #1
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE - REWARD

High Energy Warm Ups, Stretching and Mokuso for 30 Seconds at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes: Stance Drills - Instructors are encouraged to be creative and use games that will also develop the student's coordination, physical fitness and concentration as they are practicing the stances.

- **Kizami Tsuki**
- **Heiko Dachi**
- **At Ease Position**
- **Zenkutsu Dachi**
- **Left & Right Guarding Stance**
- **Musubi Dachi**
- **Kiba Dachi**

Instructor Notes: When working on techniques always emphasize proper application and skills. Stances can be practiced in obstacle courses, Sensei Says (Simon Says) and relay races. Have fun and be creative this week.

Last 10 Minutes Mat Chat and Awards:

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

October 2023 – Week #2
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE - REWARD

High Energy Warm Ups, Stretching and Mokuso for 30 Seconds at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Jun Tsuki
- 2) Gedan Barai

Next 10 Minutes: Wrestling

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 Minutes 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 #3
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 minute at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Review Week 1 and 2

Next 30 Minutes:

- Heiko Dachi
- At Ease Position
- Zenkutsu Dachi
- Left & Right Guarding Stance
- Musubi Dachi
- Kiba Dachi
- Kizami Tsuki
- Gedan Bara
- Jun Tsuki

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 Minutes 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 #4
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 minute at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Stripe Week

Little Samurai earn their stripe based on attendance alone (8 classes). Students will be evaluated on technique proficiency when they test for their belt rank to be promoted.

- **Instructor Choice For Class**

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 Minutes Mat Chat – Awards and Stripe Promotion

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

November 2023 – Week #1
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Mae Ashi Geri to a Jab-Cross**
- 2) Jab-Cross to a Mae Geri**

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Extra, Extra Fun Time (Instructors Choice)

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat and Awards:

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

November 2023 – Week #2
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 1 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Jab-Cross Mawashi Geri**
- 2) Jab-Cross Mawashi Ashi Geri**

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Extra, Extra Fun Time (Instructors Choice)

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes 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 #3
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Review Week 1 and 2

Next 30 Minutes:

- 1) Mae Ashi Geri to a Jab-Cross**
- 2) Jab-Cross to a Mae Geri**
- 3) Jab-Cross Mawashi Ashi Geri**
- 4) Jab-Cross Mawashi Geri**

Instructor Notes: When working on techniques always emphasize proper application and skills. Stances can be practiced in obstacle courses, Sensei Says (Simon Says) and relay races. Have fun and be creative this week.

Last 10 minutes 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 #4
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 minutes at the beginning of class. Spend no more than 10 minutes total on the warm up and stretching.

Stripe Week

Little Samurai earn their stripe based on attendance alone (8 classes). Students will be evaluated on technique proficiency when they test for their belt rank to be promoted.

- **Instructor Choice For Class**

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching

Last 10 minutes Mat Chat – Awards and Stripe Promotion:
What is the name of our Dojo?

菩提心道流

International
Budo Renmei

連武國際
盟道的

December 2023 – Week #1
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Jodan Uke - Gyaku Tsuki**
- 2) Gedan Barai - Gyaku Tsuki**

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Extra, Extra Fun Time (Instructors Choice)

Note: Extra Fun Time at the end of class is earned by good behavior and working hard in class.

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching

Last 10 minutes Mat Chat and Awards:

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

December 2023 – Week #2
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 2 ½ minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Next 20 Minutes:

- 1) Uchi Uke - Gyaku Tsuki (Strike can be thrown from a head position)**
- 2) Jab - Cross to Mae Geri to Cross**

Note: If you need more time use the Extra, Extra Fun Time below.

Next 10 Minutes: Wrestling

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes Mat Chat and Awards:

Name all 8 Little Samurai belt ranks in order
Orange, Yellow, Green, Red, Blue, Purple, Brown, Black

December 2023 – Week #3
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

High Energy Warm Ups, Stretching and Mokuso for 3 minutes at the beginning of class. Spend no more than 5-10 minutes total on the warm up and stretching.

Review Week 1 and 2 And Stripe Week

Little Samurai earn their stripe based on attendance alone (8 classes). Students will be evaluated on technique proficiency when they test for their belt rank to be promoted.

Next 30 Minutes:

- 1) Jodan Uke - Gyaku Tsuki**
- 2) Gedan Barai - Gyaku Tsuki**
- 3) Uchi Uke - Gyaku Tsuki (Strike can be thrown from a head position)**
- 4) Jab - Cross to Mae Geri to Cross**

Instructor Notes: When working on techniques always emphasize proper application and skills. Practice may be done in self-defense, focus mitt and bag work. Kids love hitting targets! Keep your lines small, no more than five students.

Use your assistant instructors and the parents as coaches when applicable. Parents of advanced students are ideal because of their basic knowledge of the skills you are teaching.

Last 10 minutes 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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December 2023 – Week #4
Little Samurai Beginner to Advanced
EMPOWER – MOTIVATE – REWARD

Closed For Christmas and New Year Break!