

South Calgary Karate Club

Goals and Objectives by Belt Level

○ White & White Stripe

Commitment:

- ☐ Attendance – 80%, students are welcome and encouraged to do make up classes
- ☐ Timeline for promotion – 3-9 months
- ☐ Tournaments – students are encouraged to participate in tournaments

Knowledge:

- ☐ *Etiquette:* Bow when entering & exiting dojo, line up shoes.
- ☐ *Count to 10 in Japanese*
- ☐ *Use the terms Sensei & Sempai*
- ☐ *Complete online quiz*

Waza (Techniques):

☐ **Stances:**

- *Kiba Dachi (Horse Stance):* Emphasize stability and even weight distribution.
- *Zenkutsu Dachi (Front Stance):* Focus on long, strong posture with proper knee alignment.

☐ **Blocks:**

- ☐ *Ude Uke (Inside Block)*
- ☐ *Osoto Uke (Outside Block)*
- ☐ *Age Uke (Rising Block)*
- ☐ *Gedan Barai (Downward Block)*
Learn proper chambering and execution with hip rotation.

☐ **Kicks:**

- ☐ *Mae Geri (Front Kick)*
- ☐ *Mawashi Geri (Roundhouse Kick)*
Focus on balance, chambering, and retraction.

Kata:

- ☐ **Youth:** Power Kata and/or Chonan – Emphasis on memorization and basic form.
- ☐ **Adults:** Power Kata and/or Chonan, plus introduction to Pinan Shodan – Focus on rhythm and technique.

Kumite (Sparring):

- ☐ Develop awareness of distance and timing.
- ☐ Practice respectful engagement with a partner.
- ☐ Learn legal target areas and basic Japanese terminology (e.g., *hajime*, *yame*, *mawatte*).

Yellow & Yellow Stripe

Commitment:

- ☐ *Attendance – 80%, students are welcome and encouraged to do make up classes*
- ☐ *Timeline for promotion – 3-9 months*
- ☐ *Tournaments – students are encouraged to participate in tournaments*

Knowledge:

- ☐ *Etiquette: Bow when entering & exiting dojo, line up shoes.*
- ☐ *Count to 10 in Japanese*
- ☐ *Use the terms Sensei & Sempai*
- ☐ *Complete online quiz*

Waza:

- ☐ Refine Kiba Dachi and Zenkutsu Dachi – stronger stances, better posture.
- ☐ Introduce Nekowashi Dachi & Kokutsu Dachi
- ☐ Combine blocks with stances in drills
- ☐ Ensure correct form in Mae Geri and Mawashi Geri – focus on hip rotation and snap.
- ☐ Learn the **3-point turn** – step, pivot, and set the foot with precision.

Kata:

- ☐ Improve Power Kata and Chonan – stronger stances, sharper techniques.
- ☐ Learn or review Pinan Shodan and Chonan Shodan – introduce flow and transitions.

Kumite:

- ☐ Practice techniques on both left and right sides.
- ☐ Introduce combinations: block → counterattack.
- ☐ Emphasize continuous movement and awareness.

● Orange & Orange Stripe

Commitment:

- ☐ *Attendance – 80%, students are welcome and encouraged to do make up classes*
- ☐ *Timeline for promotion – 6-12 months*
- ☐ *Tournaments – students are encouraged to participate in tournaments*

Knowledge:

- ☐ *Etiquette: Bow when entering & exiting dojo, line up shoes.*
- ☐ *Count to 10 in Japanese*
- ☐ *Use the terms Sensei & Sempai*
- ☐ *Complete online quiz*

Waza:

- ☐ Integrate stances and blocks as seen in kata.
 - ☐ *Kokutsu Dachi*
 - ☐ *Nekowashi Dachi*
 - ☐ *Kiba Dachi*
- ☐ Kicks.
 - ☐ *Yoko Geri (Side Kick)*
 - ☐ *Mikazuki Geri (Crescent Kick)*
 - ☐ *Ushiro Geri (Back kick)*
- ☐ Block/Strike combinations.

Kata:

- ☐ Improve Power Kata and Chonan – focus on transitions and breathing.
- ☐ Refine Pinan Shodan and Chonan Shodan – better flow and timing.
- ☐ Learn or review Pinan Sandan and Pinan Nidan – introduce more complex movements.

Kumite:

- ☐ Timing of strikes & kicks
- ☐ Practice both sides with fluid transitions.
- ☐ Develop a personal technique or combination.
- ☐ Begin connecting attacks and counters.
- ☐ Introduce shifting (tai sabaki) during offense and defense.

Green & Green Stripe

Commitment:

- ☐ *Attendance – 80%, students are welcome and encouraged to do make up classes*
- ☐ *Timeline for promotion – 6-12 months*
- ☐ *Tournaments – students are encouraged to participate in tournaments*

Knowledge:

- ☐ *Understand history of karate*
- ☐ *Bunakai*
- ☐ *Complete online quiz*

Waza:

- ☐ Practice **shifting** within and between stances.
- ☐ Combine blocks, strikes, and shifting in flowing drills.
- ☐ Improve all kicks with focus on height, control, and speed.
- ☐ Eliminate sets for turns & transitions.
- ☐ **Bonus:** Introduction to **Shindo** (weapon basics).

Kata:

- ☐ Refine Power Kata and Chonan – focus on energy and intent.
- ☐ Improve Pinan Shodan and Chonan Shodan – polish transitions and rhythm.
- ☐ Refine Pinan Sandan and Nidan – introduce more dynamic movement.
- ☐ Learn or review Pinan Yodan.
- ☐ Learn or review Tekki Shodan.

Kumite:

- ☐ Practice shifting and distancing with both sides.
- ☐ Learn to set up your opponent using feints and timing.
- ☐ Distancing & Timing

- ☐ Introduce sweeps and follow-up attacks.
- ☐ Continue developing personal combinations and counters.

Blue & Blue Stripe

Commitment:

- ☐ *Attendance – 80%, students are welcome and encouraged to do make up classes*
- ☐ *Timeline for promotion – 6-12 months*
- ☐ *Tournaments – students are encouraged to participate in tournaments*

Knowledge:

- ☐ *Understand history of karate*
- ☐ *Bunakai*
- ☐ *Japanese terminology*
- ☐ *Complete online quiz*

Waza:

- ☐ Master all stances with fluid transitions.
- ☐ Practice shifting dynamically in drills and kata.
- ☐ Execute all kicks from various stances with precision.
- ☐ Continue refining 3-point turns with speed and control.
- ☐ **Bonus:** Continue developing **Shindo** skills.

Kata:

- ☐ Perfect Power Kata and Chonan – demonstrate mastery.
- ☐ Refine all Pinan kata (Shodan to Yodan) – focus on advanced timing and rhythm.
- ☐ Learn or improve Rohai kata.

Kumite:

- ☐ Master shifting, timing and distancing strategies.
- ☐ Use setups, feints, and sweeps effectively.
- ☐ Develop advanced combinations and counters.
- ☐ Applying strategy and adaptability in sparring scenarios.

Belt Rank	Kata(s)
○ White & White Stripe	Power Kata, Chonan (<i>Youth</i>) Power Kata, Chonan, Intro to Pinan Shodan (<i>Adults</i>)
● Yellow & Yellow Stripe	Power Kata, Chonan Pinan Shodan, Chonan Shodan
● Orange & Orange Stripe	Power Kata, Chonan Pinan Shodan, Chonan Shodan Pinan Sandan, Pinan Nidan
● Green & Green Stripe	Power Kata, Chonan Pinan Shodan, Chonan Shodan Pinan Sandan, Pinan Nidan Pinan Yodan, Tekki Shodan
● Blue & Blue Stripe	Power Kata, Chonan Pinan Shodan to Yodan Rohai
● Brown	Pinan Shodan to Pinan Godan Tekki Shodan, Rohai Bassai, Jion