

awma.
#MOVEWITHPURPOSE

KIDS KARATE GRADING PASSPORT

this book belongs to

how to use this book

**Your Grading Passport is your guide to success in Karate!!
Inside it, you'll find:**

Dojo Rules – so you always remember how to train safely and show respect.
Uniform Tips – so your gi looks awesome every time you wear it.
Grading Goals – the moves and skills you need to earn your next belt.
Home Training Ideas – cool ways to practice even when you're not in class.

Each time you learn something new in class, you can tick it off in your passport.

By the time grading comes around, you'll know you've got everything covered—and you'll feel ready to show it off!

Keep your passport safe, bring it to class, and use it to track your karate journey. Every tick gets you one step closer to your next belt!

dojo rules

To be a great Karate Kid, always remember these rules:

Bow when you enter and leave the training space
this shows respect for the dojo and everyone in it

Speak well and use good manners
kind words make training fun for everyone

Treat others with respect
be a good teammate, listen to your
instructors, and help your friends learn

Don't misuse what you learn
karate is for defense and discipline,
never for hurting others

Train hard, and have fun!
give your best effort and enjoy the journey.

**Following these rules makes you a
stronger martial artist, inside and outside the dojo!**



uniform

Your uniform shows that you're part of the AWMA team!

Here's how it works:

In winter, you wear your cool black karate uniform (gi) and your belt. This keeps you warm and looking super sharp.

In summer, you can choose to wear your AWMA t-shirt with either black exercise shorts or your gi pants. This helps you stay cool while you train hard.



what to bring to training

To be ready for class, make sure your training bag has:

Water bottle – so you stay fresh and hydrated.

Sweat towel (in summer) – to keep cool and wipe off after training hard.

Sparring equipment – gloves, shin guards, and mouthguard when it's time to spar.

Slides or sandals – to wear from the car into the dojo, and to slip on if you need to use the bathroom.

Bringing the right gear means you'll always be ready to train, stay safe, and have fun!

black belt tip!

A clean uniform and good hygiene show you're ready to train like a true martial artist!

Pack your Karate bag the night before your class, especially if you know you'll be in a hurry before training.

Remember - your uniform, your responsibility!

where does our karate come from?

A long time ago, on a small island in Japan called Okinawa, people began creating their own style of self-defense. They mixed their native fighting skills with ideas from China.

This became **Okinawan Karate** — the karate we practice today!

One very important master was **Chibana Chōshin (1885–1969)**. He trained under **Itosu Ankō**, who helped bring karate into Okinawan schools so kids could learn discipline, health, and self-defense. Chibana Sensei dedicated his life to teaching and preserving **Shorin-ryu Karate**, which is the style we practice in our dojo.



Thanks to him, our karate has been passed down through many generations, all the way to us!

Different Shorin-ryu dojos have special names which describe the way they practice karate. Our dojo's special name is **Shudokan**, which means The Hall of the Way of Defence.

Alongside karate, Okinawan people also trained with everyday tools like sticks, oars, and farm implements to defend themselves.

This is called **Kobudō** (ancient martial ways). You might see weapons like the bo staff, sai, or nunchaku.

Practicing kobudō helps karate students build strength, control, and a deep respect for tradition.

So every time we bow in, we're connecting to a history hundreds of years old, and to the teachers who kept karate alive so we could learn it today.

karate fun facts!

The word "karate" means "empty hand."

Karate was kept secret for many years before being taught openly.

Training isn't just about fighting — it teaches respect, patience, and focus.

Karate is now practiced by millions of people in over 190 countries!

In 2020, karate made its debut as an Olympic sport in Tokyo.

how do gradings work?

Every term, you'll train hard and learn lots of new karate skills. At the end of the school term, you'll have the chance to do a grading. This is like a special test to show what you've learned.

Sometimes, you'll grade for a black stripe on your belt. This stripe shows that you've been training hard and are on track to earn your next belt.

Other times, you'll grade for a new belt. This means you've learned all the skills for your level and are ready to step up!

Each belt has different things you need to show to pass. Sometimes these things can be tricky, and might need more than a term to get right. But that's okay! Karate is a personal journey, and everyone learns at a different pace.

what are the belts?

All students at AWMA start with a white belt, this means that you're officially a Karate student! Then you'll start working through each of the Kids Karate belt levels. They are:

Yellow Orange Green Blue
Purple Brown Black

hey parents!

We don't charge for gradings at AWMA. Each belt should be earned with hard work, not money. We'd love it if you have a chat to your Karate Kid about what a big deal earning a belt is, and what it means!



grading requirements

core syllabus (you'll do this at every grading)

Kihon-waza (basic techniques)

Stances Attention - Ready - Naifanchi - Natural - Front - Cat - Sumo

Blocks Upper - Inside - Outside - Lower - Knife Hand

Strikes Punch - Back fist - Hammer Fist - Elbow (Rising, Round, Side)

Kicks Front - Side - Roundhouse - Back - Knee

Each technique also has a special name in Japanese! See how many Japanese names you can learn during training.

Kihon-ido (complex basics)

Up to Green Belt Jab - Reverse Punch - Lunging Double - Ridge-hand

Green to Purple Jumping Front Kick - Lunging Triple - Side-step Punch

Brown & Black Hook Kick - Axe Kick - Foot Sweep

Renzoku-waza (combination techniques)

These are combinations of basic techniques. Each term you'll learn new combos, then you get to show them off at grading.

Kata (forms)

Kata is the heart of karate! Kata is a set pattern of karate moves that teaches you fighting ideas, which you can later use in real self-defence.

black belt tip! Every time you learn a new technique in class try to practice it a few times every day before your next class. Even if it's not perfect, or you don't remember it exactly, just keep working on it!

Kumite (sparring)

Sparring is important in Karate - we can do it for competition, to get fitter, or just to test out our techniques.

You'll have to demonstrate rounds of punches-only sparring, sparring with punches and kicks, and sometimes even wrestling to pass your belt.

yellow belt

Show your instructor how well you know each of these things, and get a stamp!
All AWMA instructors have a special "Hanko" stamp to use in your passport.
See how many you can collect!

Still working
on it

I can do It!

Kata

Kihon Dosa Ichi

☐☐

Kihon Dosa Ni

☐☐

Self-Defence

Punch Defence Series

☐☐

Flinch Blocking

☐☐

Move In & Defend

☐☐

Cover Up

☐☐

orange belt

Kata

Kihon Dosa San

☐☐

Kihon Dosa Yon

☐☐

Self-Defence

Wrist Grab Series

☐☐

Single Hand Grab

☐☐

Double Hand Grab

☐☐

Punch, Kick, Scream!

☐☐

green belt

Kata

Pinan Nidan

☐☐

Self-Defence

Choke Defence Series

Single Hand Choke

☐☐

Double Hand Choke

☐☐

Choke From Behind

☐☐

blue belt

	Still working on it	I can do It!
Kata		
Pinan Nidan Applications	☐	☐
Self-Defence		
Tackle Defence	☐	☐
Head Lock Defence	☐	☐
Jiyu Ippon Kumite (Head Punches)	☐	☐

purple belt

Kata		
Pinan Shodan	☐	☐
Self-Defence		
Rapid Fire	☐	☐
Jiyu Ippon Kumite (Body Punches)	☐	☐

brown belt

Kata		
Pinan Shodan Applications	☐	☐
Self-Defence		
Blunt Object Defence	☐	☐
Jiyu Ippon Kumite (Front Kick)	☐	☐

heads up!

you need to get two black stripes to go from brown to black belt

	Still working on it	I can do It!
Kata		
Pinan Sandan (plus applications)	☐	☐
Naifanchi Shodan	☐	☐
Self-Defence		
Own Defence	☐	☐
Rapid Fire	☐	☐
Edged Weapon	☐	☐
Jiyu Ippon Kumite (Free Choice)	☐	☐
10 Rounds Free Sparring	☐	☐
500 Word Essay “What A Black Belt Means”	☐	☐
Complete the 100 Kata Challenge	☐	☐

Kata		
Pinan Yondan (plus applications)	☐	☐
Pinan Godan (plus applications)	☐	☐
Self-Defence		
Own Defence	☐	☐
Rapid Fire	☐	☐
Ground - Positional Control & Escapes	☐	☐
Jiyu Ippon Kumite (Free Choice)	☐	☐
10 Rounds Free Sparring	☐	☐
500 Word Essay “Being A Leader”	☐	☐

karate words you might hear

You're going to hear a lot of words in Japanese while you're training. This can get confusing sometimes, but here's some basic ones that you can learn at home.

Dojo (道場) – Training hall

Gi (着) – Uniform

Obi (帯) – Belt

Sensei (先生) – Teacher

Sempai (先輩) – Senior student

Rei (礼) – Bow / respect

Yoi (用意) – Ready

Hajime (始め) – Begin

Yame (止め) – Stop

Seiza (正座) – Kneeling position

Kiai (気合) – Spirit shout

1 – Ichi (いち)

2 – Ni (に)

3 – San (さん)

4 – Shi / Yon (し / よん)

5 – Go (ご)

6 – Roku (ろく)

7 – Shichi / Nana (しち / なな)

8 – Hachi (はち)

9 – Ku (く / きゅう)

10 – Juu (じゅう)

Tsuki (突き) – Punch

Uchi (打ち) – Strike

Uke (受け) – Block

Dachi (立ち) – Stances

Kata (型) – Forms

Karate was created in Okinawa, Japan, so many of the words we use are still in Japanese. Using these words helps us honor the history of karate and show respect to the masters who passed it down.

Learning a few Japanese words is also like learning a secret karate language! It helps us all understand each other, no matter where in the world we train.

There's heaps of benefits of learning another language:

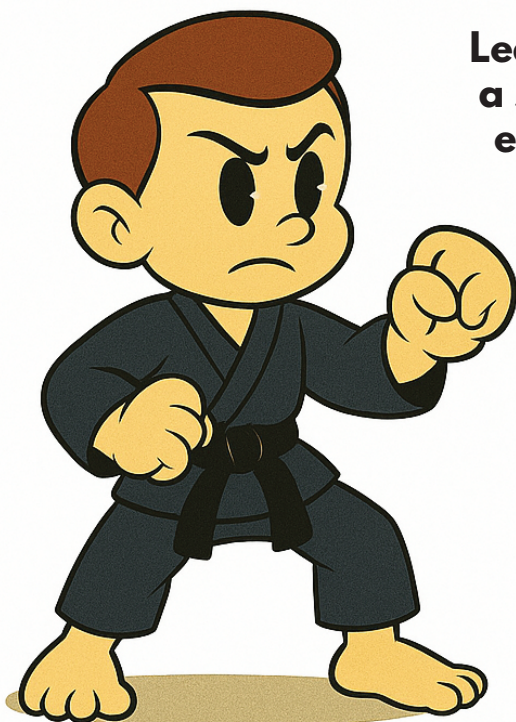
Builds a stronger memory.

Improves focus and listening.

Connects us to people and cultures around the world.

Makes training feel even more special!

Do you know anyone who speaks a different language? Ask them if they'll teach you some new words!



turn your house into a dojo!

Training doesn't stop when you leave the dojo! Turbo-charge your progress by getting practice in at home.

Here's some tips to help you get started.

Warm Up First: Always start with a few minutes of jumping, running on the spot, or stretching to get your body ready.

Practice Your Stances: Front stance, sumo stance, and cat stance help your balance and strength—hold them like a karate champion!

Work on Technique, Not Speed: Punches, kicks, and blocks are more effective when done correctly, even if slower.

Set Small Goals: Try to improve one thing each day, like holding a stance longer, doing more kicks, or perfecting a punch.

Take Breaks: If you get tired or lose focus, rest, then come back stronger—training is about consistency, not pushing too hard.

End With a Bow: Show respect to your training, your dojo, and yourself—even at home.

Use Small Spaces Safely: Move carefully around furniture or walls, and make sure you have room to kick and punch without hitting anything.

Shadow Karate is Your Friend: Pretend you're sparring against an invisible opponent—practice combos, blocks, and footwork.

Mix in Fun Drills: Try balance challenges, mini obstacle courses, or "freeze" games to make training exciting.

Have Fun: Karate is not just about skills—it's about confidence, focus, and enjoying the journey.

Remember: We never use our skills to hurt people. Make sure you have enough space to practice without hitting or running in to someone else. And never ever practice on your brother or sister, at school, or in the playground.

my karate progress

Write the date you get each belt in the box, all the way up to junior black belt!
If you ask an instructor really nicely, they might even stamp it for you...

white belt - the most important belt!	

get an extra stamp for doing other cool karate things

Went To Another AWMA Dojo	Made My Own Kata Application	Joined In A Karate Comp	Did A Karate Seminar	Went To One Of Sensei's Friends Dojos	Made My Own Kata
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This karate passport is a student resource provided by AWMA Justin Colbert Karate.
It is designed to support training, goal setting, and learning both inside and outside the dojo.
All information contained within this passport is for educational purposes only and reflects the training methods, rules, and philosophy of AWMA. It should not be copied, reproduced, or distributed without permission.
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