

awma.

**KIDS KARATE
GRADING
PASSPORT**

this book belongs to

how to use this book

Your Grading Passport is your guid 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 you look awesome every time you train
- Grading Goals - the techniques and skills you need to earn your next belt
- Home Training Ideas - cool ways to practice, even when your not in the dojo!

Keep your passport safe, you'll need to bring it with you every time you test for a stripe or a belt. The instructors will also put notes in your passport to help you improve along the way!

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!



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.

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. (You need this stuff before you test for Yellow Belt!)

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!

how do gradings work?

At AWMA, kids progress at their own pace.
There's no rushing — just steady improvement and confidence building!

Each time you come to class, remember to check in on the tablet.
Your classes add up, and the tablet shows how close you are to your next grading.

Every month, we run Grading Sessions. When you've done enough classes, you can put your name down to work one-on-one with an instructor. They'll check the skills listed in the back of this book.

If you're ready, you'll earn a stripe. If there's something to improve, your instructor will show you how — and you can try again at the next grading session.

After earning a stripe, your class count starts again. The next time, we'll make sure you're still doing great — and then you'll earn your next belt!

Parents Note: This system helps children grow at their own speed, without pressure or mass gradings. It teaches the value of preparation, effort, and perseverance — skills that last far beyond the dojo.

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

At AWMA, karate is taught as a complete martial art. That means kids don't just learn one thing — they learn lots of useful skills, step by step, at the right pace. Here's what that looks like...

Basics & Foundational Techniques

Kids learn cool punches, strong kicks, blocks, stances, and movement — all the things you'd expect in a great karate class. These build confidence, coordination, and control.

Real-World Self-Defence Skills

We also teach kids how to keep themselves safe.

What if someone tries to grab you? Push you? Hold you?

We train these as situational drills — simple, age-appropriate “what would I do if...” scenarios.

This helps kids stay calm, make good choices, and get away safely.

Kata (Karate's Instruction Book)

Kata is like the textbook of karate.

It teaches balance, posture, timing, breathing, and focus — and it's also how kids can practice by themselves at home and keep improving.

Sparring (Done the Right Way)

Sparring starts very easy.

At first, it's about reflexes, movement, and distance — not fighting.

As kids grow, they slowly add punches, kicks, and later controlled takedowns and ground work.

Everything is supervised, progressive, and focused on skill, not winning.

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!

hey parents!

Our program is designed to build practical skills in a holistic way — not rushing, not pigeonholing, and not teaching things in isolation.

Every grade builds toward confident, capable kids who know how to move, think, and respond — both in karate and in life.

Still working
on it You got it!

Basics

Jab, Cross, Front Kick, Roundhouse Kick

Combos - 1-2, Front Kick-1-2, 1-2-Roundhouse

Stances - Attention, Ready, Natural, Front, Cat

Situational Drills - Punch Defence

Checking & Parrying

Crashing In & Shelling Up

Kata

Kihon Dosa Ichi

Kihon Dosa Ni

Sparring

1 Round Punches Only & 1 Round Kickboxing

STRIPE DATE & INITIAL _____ BELT DATE & INITIAL _____

orange belt

Basics

Hook, Uppercut, Side Kick, Switch Roundhouse

Combos - 1-1-2, 1-2-3, 1-1-2-Switch Roundhouse

Footwork - Dash, Fade, Level Change

Situational Drills - Wrist Control

Strip the Grip - Escape

Limb Control - Arm Drag Set Up

Kata

Kihon Dosa San

Kihon Dosa Yon

Sparring

1 Round Punches Only & 1 Round Kickboxing

STRIPE DATE & INITIAL _____ BELT DATE & INITIAL _____

green belt

Still working
on it You got it!

Basics

Back Fist, Ridge Hand, Low Roundhouse, Knee Strike	<input type="checkbox"/>	<input type="checkbox"/>
Combos - Blitz 1-2, Blitz Back Fist, 1-2-Low Roundhouse	<input type="checkbox"/>	<input type="checkbox"/>
Footwork - Blitz, Circling	<input type="checkbox"/>	<input type="checkbox"/>

Situational Drills - Choke Defences

Single/Double Hand Choke	<input type="checkbox"/>	<input type="checkbox"/>
Rear Choke Defences	<input type="checkbox"/>	<input type="checkbox"/>
Guillotine Defence	<input type="checkbox"/>	<input type="checkbox"/>

Kata

Pinan Nidan	<input type="checkbox"/>	<input type="checkbox"/>
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Sparring

1 Round Punches Only & 3 Rounds Kickboxing	<input type="checkbox"/>	<input type="checkbox"/>
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STRIPE DATE & INITIAL _____ BELT DATE & INITIAL _____

blue belt

Basics

Hatchet Kick, Switch Front Kick	<input type="checkbox"/>	<input type="checkbox"/>
Combos - 1-2-Duck-2-Roundhouse, Hatchet-Side Kick	<input type="checkbox"/>	<input type="checkbox"/>
Footwork - Angle Out (Into Side Kick, Into Blitz)	<input type="checkbox"/>	<input type="checkbox"/>

Situational Drills - Taekdown Basics

Sprawl - Framing & Redirection	<input type="checkbox"/>	<input type="checkbox"/>
Arm Drag into Hip Bump Throw	<input type="checkbox"/>	<input type="checkbox"/>
Punch Defence - Shoot into Valley Drop Throw & Body Fold Throw	<input type="checkbox"/>	<input type="checkbox"/>

Kata

Pinan Nidan (with Bunkai)	<input type="checkbox"/>	<input type="checkbox"/>
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Sparring

1 Round Punches Only & 3 Rounds Kickboxing	<input type="checkbox"/>	<input type="checkbox"/>
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STRIPE DATE & INITIAL _____ BELT DATE & INITIAL _____

purple belt

Still working
on it You got it!

Basics

Spin Back Kick

Combos - Revision (Instructors Choice), Own Combinations x2

Joint Locks - Standing Arm Bar (transition grips for control)

Situational Drills - Ground Defence (Basics)

Position Awareness - Mount, Guard

Positional Control - Mount

Escaping Basics - Hip Movement, Create Space, Tactical Get-Up

Kata

Pinan Shodan

Sparring

3x2min Rounds Kickboxing, 1x2min Free Sparring (w/Submissions)

STRIPE DATE & INITIAL _____ BELT DATE & INITIAL _____

brown belt

Basics

Combos - Revision (Instructors Choice), Own Combinations x2

Sweeps - Inside Foot Sweep, Major Foot Sweep, Outer Leg Reap

Situational Drills - Ground Defence & Control

Guard Pass & Trap/Roll Escape Flow Drill

Punch Defence - Mount & Guard

Flow - Striking to Ground Control

Kata

Pinan Shodan (with Bunkai)

Sparring

3x2min Rounds Kickboxing, 1x2min Free Sparring (w/Submissions)

(NB: Black Belt requirements provided separately to all Brown Belt students)

STRIPE DATE & INITIAL _____ BELT DATE & INITIAL _____

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

2 – Ni

3 – San

4 – Shi / Yon

5 – Go

6 – Roku

7 – Shichi / Nana

8 – Hachi

9 – Ku

10 – Juu

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.

