



# STANDARD CURRICULUM

## KIDS KARATE

### PRE-ASSESSMENT CHECKLIST

- Satisfactory Attendance
- Displays Maturity
- Follows Dojo Etiquette

### FUNDAMENTALS

- Basics - Strikes, Kicks, etc
- Combinations
- Counters & Sparring Drills
- Impact Drills (If required)

### SPARRING & LIVE TRAINING

- Punches Only - All Grades
- Comp Sparring - All Grades
- Clinching - Green Belt & Up
- Wrestling - Brown Belt & Up
- Close Quarter Sparring - Black Belt & Up

### SKILL BENCHMARKS

- Student moves, defends, and manages distance where necessary - All Grades
- Student employs effective striking and counter skills - Yellow
- Student creates combinations using a variety of techniques and while taking advantage of angles - Green
- Student learns during the drill, and adapts their technique to overcome the opponent - Purple
- Student "lays traps" and employs feigning tactics to coax opponent into moving - Brown

### REQUIRED EQUIPMENT

- Green Belt - Sparring Equipment - Mitts & Shin Insteps Min.
- Brown Belt - Sticks + Bag

# SHUDOKAN

## MARTIAL ARTS

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#### GRADE SPECIFIC REQUIREMENTS

Students will earn a Black Stripe between each belt. Black Stripes are awarded at normal gradings, and the student will be asked to demonstrate some items from their next belt. Brown Belt students must earn TWO Black Stripes to advance to Black Belt (Jnr. 1st Degree).

GRADE	MIN. TIME	KATA	ADDITIONAL REQ.
Yellow Belt	3 Months Since Starting	Term Focus Kata (Group)	Punch Defence Series
Orange Belt	6 Months Yellow Belt	Term Focus Kata (Group)	Wrist Grab Series
Green Belt	6 Months Orange Belt	Term Focus Kata (Group)	Choke Defence Series Standing Arm Bar Punch Defence Series (Follow Up)
Blue Belt	6 Months Green Belt	Term Focus Kata (Solo)	Tackle Defence Outer Leg Reap Punch Defence (Ground)
Purple Belt	6 Months Blue Belt	Term Focus Kata (Solo)	Bear Hug Defence Hip Bump Throw Positional Control (Mount)
Brown Belt	6 Months Purple Belt	Term Focus Kata (Solo)	Headlock Defence Ankle Pick Takedown Mount & Guard Escapes
Black Belt 1st Degree	12 Months Brown Belt	Term Focus Kata (Solo) + Additional Group Kata	Rapid Fire Defence Submit From Mount (Free Choice) Blunt Object Defence Weapons - Single Stick - Level One 100 Kata Challenge 500 Words on Meaning of a Black Belt
Black Belt 2nd Degree	2 Years at 1st Degree	Any 2 Kata + Personal Choice	Rapid Fire + Edged Weapon Defence Single Stick - Level Two Full Revision of Previous Req.
Provisional Shodan	2 Years at 2nd Degree	Any 2 Kata + Naihanchi	Rapid Fire + Edged Weapon Defence Full Revision of Prior Req. Min. 10 Rounds Free Sparring