

JACINTO KARATE CIRRICULUM

Updated 8/16/2026

Activstars Karate Workbook (Kihon, Kata, Self Defense, One Steps & Sparring)

KIHON										SHOTOKAN KATA						
YELLOW		Blocks	Page	Strikes	Page	Kicks	Page	Stances	Page	Workbook		Pg				
	1	High	38 #1	High	52 #1	Knee	68 #2	Anza	14	1/2	Taikyoku Shodan	112				
	2	Side	38 #2	Middle	52 #1	Snap Front	68 #3	Attention/Bow/Ready	26 #1,4,3	First Cause (Kihon)						
	3	Low	38 #3	Lower	52 #1	Thrust	68 #4	Horse Riding	30 #19							
GREEN	4	Palm (H,M,L)	39 #7	Backfist (FLS)	55 #13-15	RH Knee	70 #10	Front	29 #16	KARATE-DO KYOHAN		Pg				
	5	Inside/Front	38 #5	Hammerfist (FLS)	56 #17-19	Crescent	69 #5	Cat	28 #9	1	Taikyoku Shodan	42				
	6	Outside	38 #4	Upper Cut	52 #4	Reverse Crescent	69 #6	Back	28 #11	2	Taikyoku Sandan	47				
BLUE	7	Dropping	39 #6	Vertical (UM)	53 #6	Front Leg RH	70 #11	Fighting/Fixed	30 #15	3	Heinan Shodan	48				
	8	X - Hand	43 #24	Roundhouse Punch	53 #5	Back Leg RH	70 #11B	X	32 #26	Peaceful Mind (Pinan)						
	9	Scooping	40 #11	Reverse Punch	53 #8	Switching RH	71 #15	Crane	31 #23							
	10	Sweeping	40 #12	Turning Backfist	55 #16	Back	71 #14	ONE STEPS Video (Time)		Page						
PURPLE	11	Grasping	41 #15	Spearhand(UML)	58 #25-27	Axe	70 #12	1	Palm Block:Opposite Elbow(0)	96 #1	4	Heinan Nidan	54			
	12	Knifehand Guarding	40 #10	Palm (UML)	59 #29-31	Stomping Front	69 #8	2	Same Side Elbow (1:02)	96 #2						
	13	Guarding	29 #8	Downward Punch	54 #9	Stomping Back	69 #9	3	Spinning Elbow (1:49)	97 #3						
	14	Double Forearm	42 #18	Turning Hammerfist	56 #20	Groin	72 #20	4	Grasping Takedown (3:18)	97 #4						
	Must have all required sparring gear!						5	Arm Bar (0:40)	98 #5							
	Sparring: (1) 90-second round						6	Knee Takedown (2:27)	98 #6							
ORANGE	15	Double Grasping	41 #16	Front Elbow	64 #49	Front Leg Side	69 #7	7	X-Hands: Hammer to Arm Break (3:55)	5	Heinan Sandan	62				
	16	Palm Pressing	45 #31	Rising Elbow	64 #50	Back Leg Side	69 #7B	8	Hammer to Takedown (4:15)							
	17	Ball of Wrist	45 #30	Reinf Side Elbow	65 #55	Skipping Side	72 #19	9	Hammer to Hand Lock (4:40)					6	Heinan Yondan	71
	18	Elbow Block	46 #36	Downward Elbow	64 #52	Step Behind Side	72 #18	10	Hammer to Devil's Handshake (2:55)							
	Must have all required sparring gear!						11	Hammer to Grasping Takedown (#4)								
	Sparring: (2) 1-minute rounds with 30-second break						12	Front Kick to Side Kick (Heinan Sandan)								
RED	19	Twin Forearm	42 #19	Hook	57 #21	Hook	73 #22	13	Knife Hand: Outside (11:26)	7	Heinan Godan	79				
	20	Scissors	43 #21	Arc Hand Strike	57 #23	Turning Hook	75 #30	14	Knife Hand: Inside (10:53)							
	21	X-Hand Open	44 #25	Eagle Claw	57 #24	Jumping Front	72 #17	15	Knife Hand: Side Kick (11:53)					8	Tekki Shodan	120
	22	Seperating A/B	43 #26,27	Reinf Turn Elbow	65 #56	Jumping Side	77 #39	16	Break the Weapon: Elbow (5:02)					Horse Riding (Naihanchi)		
	Must have all required sparring gear!						17	Break the Weapon: Knife Hand (5:27)								
	Sparring: (3) 1-minute rounds with 30-second breaks						18	Break the Weapon: Rising Punch (5:46)								
BROWN	23	"L" Shape	43 #22	Knifehand (Neck)	61 #37	Jumping Back	71 #16	19	Double Punch: Cross Block (6:28)	9	Bassai Dai	88				
	24	"U" Shape	43 #23	Knifehand (Front)	62 #42	Turning Side	74 #27	20	Double Punch: Elbow Block (6:54)	Penetrate A Fortress (Passai)						
	25	Crescent Kick	47 #39	Knifehand (Temple)	61 #39	Rear Sweep	73 #21	21	Double Punch: Paint the Fence (7:23)					10	Kwanku	103
	26	Reverse Crescent	47 #40	Knifehand (Body)	62 #41	Sweep Foot Block	78 #41	22	Drifiting Block (7:43)					Look At The Sky (KuShanku)		
	Must have all required sparring gear!						23	Hooking Block/Arc Hand (9:28)								
	Sparring: (2) 2-minute rounds with 30-second break						24	Inverted Hook Push/Snake (10:04)								
BLACK	27	Drifting	46 #33	Ridgehand	62 #44	Jump Axe Kick	77 #37	25	Crescent Kick Block (Punch) (5:58)	11	Hangetsu	144				
	28	Hooking	46 #34	Dragon Tail Strike	63 #47	Crescent	73 #24	26	Front Kick Block (Punch) (8:04)	Half-Moon (Seisan)						
	29	Snake	46 #35	Four Knuckle	66 #58	Jump - Turn RH	74 #28	27	On Your Back/ Front (Ground) (8:24)					12	Gankaku	177
	30	Mountain	44 #28	Crane Hand Strike	63 #46	Jump - Turn Wheel	78 #42	28	On Your Back/Side-Scissor (8:58)					Crane on Rock (Chinto)		
	Must have all required sparring gear!						29	Scooping Block (Front) (13:15)								
	Sparring: (3) 2-minute rounds with 30-second breaks						30	Sweeping Block (Front) (13:51)								
STANDARDIZED SELF DEFENSE CURRICULUM (See Videos Online)																
YELLOW: Workbook Pg. 82 #1-4				GREEN (8)			BLUE (14)			PURPLE (20)						
Single Hand Grab/ Pull Away				Double One Arm Grab/ Reach Through Pull			Single Hand Grab/Circle Outside			Bear Hug Under/Drop/Strike/Pull Finger						
Double Hand Grab/Outside Inside				Cross Grip/Circle Outside Push			Single hand Grab/Dropping Block			Single Hand/Arm Bar						
Front Choke/Hands Through Rocket				Hair Pull/Seize Hand Pull Down/Kick			Front Choke/ Rising Up Down			Double Hand/Arm Bar						
Back Choke/ Step Back Hit				Bear Hug/Drop to Horse/Push Back/Raise Arms			Lapel Grab/Seize Hand Rising Down Up			Double Hand/Cross One Arm/Elbow						
Blue Belt & Above: Practical Finishing Sequences-X,Y & Z Framework(Grappling & Self-Defense) X= Control (Wrist/head,trap) Y=Disruption (Strike,sweep,push) Z=Resolution (Lock,pin,escape)							Double Hand/ Pull Down Up			Cross Grip/Knifehand						
							Double One Arm/ Pull Elbow			Cross Grip/Pull Takedown						
ORANGE (20)				RED (20)			Brown (20)			BLACK (30)						
Single Hand Grab/Outward Wrist Lock				Cross Grip/Arm Break			Cross Grip/Outward Turning Wrist Lock			Side Headlock/Seize Arm/Pull/Reach & Pull Off						
Double One Arm Grab/Out Wrist Lock				Cross Grip/Devil's Handshake			Cross Grip/Inward Turning Takedown			Full Nelson/Pull Arms Down/Step Behind Takedown						
Single Hand Grab/Inward Wrist Lock				Lapel Grab/Devil's Handshake			Inverted Single Hand Grab/Double Nine			Mug 1/Turn Takedown						
Double One Arm Grab/ In. Wrist Lock				Double Hand Wrist Lock			Double Hand Grab/Double Nine			Mug 2/Grab High/Kneling Takedown						
Cross Grip/Wrist Lock				Lapel Grab/Inward Wrist Lock			Hair Pull from Back/Turn Grab/Takedown			Clinch 1/Front Leg Sweep						
Double 1 Arm/Cross Grip Wrist Lock				Lapel Grab/Outward Wrist Lock			Back Choke/Secure Arms/Takedown			Clinch 2/Step Through/Takedown						

File Location <https://movetomeditate.org/jacinto-karate>