

# JACINTO KARATE CIRRICULUM

Updated 9/21/2025

## Activstars Karate Workbook (Kihon, Shotokan Kata, One Steps, Self Defense)

KIHON										SHOTOKAN KATA			
	Blocks	Page	Strikes	Page	Kicks	Page	Stances	Page	Workbook	Pg			
YELLOW	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: YouTube (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			
	<a href="https://youtu.be/Dj68dNLDhpM?si=5TzftnP_hAAJbtp_">https://youtu.be/Dj68dNLDhpM?si=5TzftnP_hAAJbtp_</a>							5	Arm Bar (0:40)	98 #5			
	YouTube link for ONE-STEPS Video							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)	96 #1	4	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)				
								11	Hammer to Grasping Takedown (#4)				
RED								12	Front Kick to Side Kick (Heinan Sandan)				
	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	Bassai Dai	88
	22	Seperating A/B	43 #26,27	Reinf Turn Elbow	65 #56	Jumping Side	77 #39	16	Break the Weapon: Elbow (5:02)		Penetrate A Fortress (Passai)		
								17	Break the Weapon: Knife Hand (5:27)				
								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	Kwanku	103
	24	"U" Shape	43 #23	Knifehand (Front)	62 #42	Turning Side	74 #27	20	Double Punch: Elbow Block (6:54)		Look At The Sky (KuShanku)		
	25	Crescent Kick	47 #39	Knifehand (Temple)	61 #39	Rear Sweep	73 #21	21	Double Punch: Paint the Fence (7:23)		10	Tekki Shodan	120
	26	Reverse Crescent	47 #40	Knifehand (Body)	62 #41	Sweep Foot Block	78 #41	22	Drifiting Block (7:43)		Horse Riding (Naihanchi)		
								23	Hooking Block/Arc Hand (9:28)				
BLACK								24	Inverted Hook Push/Snake (10:04)				
	27	Drifiting	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)		
								29	Scooping Block (Front) (13:15)				
								30	Sweeping Block (Front) (13:51)				

### STANDARDIZED SELF DEFENSE CURRICULUM

YELLOW: Workbook Pg. 82 #1-4	GREEN	BLUE	PURPLE
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
		Double Hand/ Pull Down Up	Cross Grip/Knifehand
		Double One Arm/ Pull Elbow	Cross Grip/Pull Takedown
ORANGE	RED	Brown	BLACK
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>