

January 2023 - Week #1
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Ippon Kumite** - Utilizing Lead Hand Attack
- **Bunkai** - Breakdown the opening series of Pinan Godan
- **Pinan Godan** - First Half of Kata

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, target practice, Ippon kumite or controlled sparring drills.

Mat Chat and Awards:

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

January 2023 - Week #2
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Discuss a concept from the Karatedo or Instructor Primer**
- **Ippon Kumite** - Utilizing Lead Hand Attack
- **Bunkai** - Breakdown a section in the first half of Pinan Godan
- **Pinan Godan** - First half of Kata

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, target practice, Ippon kumite or controlled sparring drills.

Mat Chat and Awards:

RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

菩提心道流

International
Budo Renmei

連武國際
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January 2023 - Week #3
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

- **Kihon**
- **Bunkai - Pinan Godan**
- **Ippon Kumite**
- **Kata Pinan Godan - First half of Kata**
- **Review Kata Pinan Shodan**

Mat Chat and Awards:

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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International
Budo Renmei

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January 2023 -Week #4
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards:

DETERMINATION: - Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



February 2023 - Week #1 Gokyu to Ikkyu Karatedo EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Bunkai** - Breakdown a section in the second half of Pinan Godan
- **Pinan Godan** - Second Half of Kata
- **Sparring Drills and Skills with Partners and Safety Gear**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, target practice, Ippon kumite or controlled sparring drills.

Mat Chat and Awards:

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

February 2023 - Week #2

Gokyu to Ikkyu Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

- **Discuss a concept from the Karatedo or Instructor Primer**

***Kihon Practice** (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)*

- **Bunkai** - Breakdown a section in the second half of Pinan Godan
- **Pinan Godan - Second Half of Kata**
- **Kumite** - Work on basic kumite skills

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, target practice, Ippon kumite or controlled sparring drills.

Mat Chat and Awards:

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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February 2023 - Week #3
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching and ukemi, tenkan, and kokyu practice (No more than 10 minutes)

- **Kihon**
- **Kumite**
- **Bunkai**
- **Pinan Godan - Second Half of Kata**
- **Review Kata Pinan Nidan**

Mat Chat and Awards:

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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February 2023 - Week #4
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

- **Discuss a concept from the Karatedo or Instructor Primer**

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards:

Name all of the IBR belts ranks in order from white belt to black belt.
Hachikyu - Nanakyu - Rokyū - Gokyu - Yonkyū - Sankyu - Nikyu - Ikkyū
Shodan

March 2023 - Week #1
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Ippon Kumite** - Utilizing Rear Hand Attack
- **Bunkai** - Breakdown two (2) sections of Pinan Godan
- **Pinan Godan - Complete Kata**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, target practice, Ippon kumite or controlled sparring drills.

Mat Chat and Awards:

What is the name of the organization our dojo belongs to and what is our style? International Budo Renmei/Bodai Shindo Ryu

March 2023 - Week #2
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Pinan Godan - Complete Kata**
- **Bunkai** - Breakdown two (2) sections of Pinan Godan
- **Ippon Kumite** - Utilizing Rear Hand Attack

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, target practice, Ippon kumite or controlled sparring drills.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies

Mat Chat and Awards:

Name all of the belts ranks in order from white belt to black belt.

Hachikyu - Nanakyu - Rokyū - Gokyu - Yonkyū - Sankyu - Nikyu - Ikkyū
Shodan

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International
Budo Renmei

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March 2023 - Week #3
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching (No more than 10 minutes)

- **Kihon**
- **Bunkai**
- **Ippon Kumite**
- **Kata Pinan Godan - Complete Kata**
- **Review Kata Pinan Sandan**

Mat Chat and Awards:

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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Budo Renmei

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March 2023 - Week #4
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching and ukemi, tenkan, and kokyu practice (No more than 10 - 15 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



April 2023 - Week #1 Gokyu to Ikkyu Karatedo EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Bunkai** - Breakdown the opening series of Pinan Yondan
- **Pinan Yondan** - First Half of Kata
- **Sparring Drills and Skills with Partners and Safety Gear**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, target practice, Ippon kumite or controlled sparring drills.

Mat Chat and Awards:

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

April 2023 - Week #2
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Bunkai** - Breakdown the opening series of Pinan Yondan
- **Pinan Yondan - First Half of Kata**
- **Kumite** - Controlled sparring with emphasis on critical distance, closing the gap, and dogi touch contact.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, target practice, Ippon kumite or controlled sparring drills.

Mat Chat and Awards

DETERMINATION: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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April 2023 - Week #3
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

“Review Week 1 and 2”

- **Kihon**
- **Bunkai**
- **Kumite**
- **Pinan Yondan - First Half of Kata**
- **Review Kata Pinan Nidan**

Mat Chat and Awards

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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April 2023 - Week #4
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

May 2023 - Week #1
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Ippon Kumite** - From any grab (Kosadori, Katatedori, Morotedori, Ryotedori, Katadori)
- **Bunkai** - Breakdown a section in the second half of Pinan Yondan
- **Pinan Yondan** - Second Half of Kata

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies. Practice may be done in self-defense, target practice, Ippon kumite or controlled sparring drills.

Mat Chat and Awards

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



May 2023 - Week #2 Gokyu to Ikkyu Karatedo EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Ippon Kumite** - From any grab (Kosadori, Katatedori, Morotedori, Ryotedori, Katadori)
- **Bunkai** - Breakdown a section in the second half of Pinan Yondan
- **Pinan Yondan** - Second Half of Kata

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

What is the name of the organization that our dojo belongs to?
International Budo Renmei

May 2023 - Week #3
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

“Review Week 1 and 2”

- **Kihon**
- **Ippon Kumite**
- **Bunkai**
- **Pinan Yondan - Second Half of Kata**
- **Review Kata Pinan Godan**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

PRIDE and RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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May 2023 - Week #4
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

June 2023 - Week #1
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Bunkai** - Select a section of relating kata and break down the techniques and how they can be used in kumite/self-defense.
- **Pinan Yondan** - Complete Kata
- **Kumite** - Controlled sparing with emphasis on critical distance, closing the gap, and dogi touch contact.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

DETERMINATION: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



June 2023 - Week #2 Gokyu to Ikkyu Karatedo EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Bunkai** - Select a section of relating kata and break down the techniques and how they can be used in kumite/self-defense.
- **Sparring Drills and Skills with Partners and Safety Gear**
- **Pinan Yondan** - Complete Kata

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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June 2023 - Week #3
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

“Review Week 1 and 2”

- **Kihon**
- **Bunkai**
- **Kumite**
- **Kata Pinan Yondan** - Complete kata
- **Review Kata Pinan Shodan**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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June 2023 - Week #4
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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July 2023 - Week #1
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Ippon Kumite** - Utilizing Lead Hand Attack
- **Bunkai** - Breakdown the opening series of Pinan Sandan
- **Kata Pinan Sandan** - First Half of Kata

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

Name the IBR belt ranks in order up to black belt.

*Hachikyu - Nanakyu - Rokyū - Gokyu - Yonkyū - Sankyu - Nikyu -
Ikkyū - Shodan*



International Budo Renmei



July 2023 - Week #2 Gokyu to Ikkyu Karatedo EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Ippon Kumite** - Utilizing Lead Hand Attack
- **Bunkai** - Breakdown the opening series of Pinan Sandan
- **Kata Pinan Sandan** - First Half of Kata

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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July 2023 - Week #3
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

“Review Week 1 and 2”

- **Kihon**
- **Bunkai**
- **Ippon Kumite**
- **Kata Pinan Sandan - First Half of Kata**
- **Review Kata Pinan Nidan**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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July 2023 - Week #4
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



August 2023 - Week #1 Gokyu to Ikkyu Karatedo EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Bunkai** - Select a section of relating kata and break down the techniques and how they can be used in kumite/self-defense.
- **Kata Pinan Sandan** - Second Half of Kata
- **Sparring Drills and Skills with Partners and Safety Gear**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

Name the IBR belt ranks in order up to black belt.

*Hachikyu - Nanakyu - Rokyū - Gokyu - Yonkyū - Sankyu - Nikyu -
Ikkyū - Shodan*

August 2023 - Week #2
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Bunkai** - Select a section of relating kata and break down the techniques and how they can be used in kumite/self-defense.
- **Kumite** - Controlled sparing with emphasis on critical distance, closing the gap, and dogi touch contact.
- **Kata Pinan Sandan** - Second Half of Kata

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

What is the name of the organization that our dojo belongs to?
International Budo Renmei

What is the name of our martial arts style? Bodai Shindo Ryu



International Budo Renmei



August 2023 - Week #3 Gokyu to Ikkyu Karatedo EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

“Review Week 1 and 2”

- **Kihon**
- **Bunkai**
- **Kumite**
- **Kata Pinan Sandan** - Second Half of Kata
- **Review Kata Pinan Yondan**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

DETERMINATION: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



August 2023 - Week #4 Gokyu to Ikkyu Karatedo EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

September 2023 - Week #1

Gokyu to Ikkyu Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Ippon Kumite** - Utilizing Rear Hand Attack
- **Bunkai** - Select a section of relating kata and break down the techniques and how they can be used in kumite/self-defense.
- **Kata Pinan Sandan** - Complete Kata

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

September 2023 - Week #2

Gokyu to Ikkyu Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Bunkai** - Select a section of relating kata and break down the techniques and how they can be used in kumite/self-defense.
- **Kata Pinan Sandan** - Complete Kata
- **Ippon Kumite** - Utilizing Rear Hand Attack

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

September 2023 - Week #3
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

“Review Week 1 and 2”

- **Kihon**
- **Bunkai**
- **Ippon Kumite**
- **Kata Pinan Sandan - Complete Kata**
- **Review Kata Pinan Godan**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



September 2023 - Week #4 Gokyu to Ikkyu Karatedo EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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October 2023 - Week #1
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Bunkai** - Breakdown the opening series of Pinan Nidan
- **Kata Pinan Nidan** - First Half of Kata
- **Sparring Drills and Skills with Partners and Safety Gear**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

October 2023 - Week #2
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Kata Pinan Nidan** - First Half of Kata
- **Kumite** - Controlled sparring with emphasis on critical distance, closing the gap, and dogi touch contact.
- **Review Kata Pinan Godan**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

DETERMINATION: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

October 2023 - Week #3
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

“Review Week 1 and 2”

- **Kihon**
- **Bunkai**
- **Kumite**
- **Kata Pinan Nidan - First Half of Kata**
- **Review Kata Pinan Shodan**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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October 2023 - Week #4
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

November 2023 - Week #1

Gokyu to Ikkyu Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Kata Pinan Nidan** - Second Half of Kata
- **Bunkai** - Select a section of relating kata and break down the techniques and how they can be used in kumite/self-defense.
- **Ippon Kumite** - From any grab (Kosadori, Katatedori, Morotedori, Ryotedori, Katadori) Instructor pick 2 from the list.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

November 2023 - Week #2

Gokyu to Ikkyu Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Kata Pinan Nidan** - Second Half of Kata
- **Bunkai** - Select a section of relating kata and break down the techniques and how they can be used in kumite/self-defense.
- **Ippon Kumite** - From a grab (Kosadori, Katatedori, Morotedori, Ryotedori, Katadori) Instructor pick 2 from the list.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

Name the IBR belt ranks in order up to black belt.

*Hachikyu - Nanakyu - Rokyū - Gokyu - Yonkyū - Sankyu - Nikyu -
Ikkyū - Shodan*

November 2023 - Week #3

Gokyu to Ikkyu Karatedo

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching (No more than 10 minutes)

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

“Review Week 1 and 2”

- **Kihon**
- **Bunkai**
- **Ippon Kumite**
- **Kata Pinan Nidan - Second Half of Kata**
- **Review Kata Pinan Shodan**

Mat Chat and Awards

What is the name of the organization that our dojo belongs to?
International Budo Renmei

What is the name of our martial arts style? Bodai Shindo Ryu

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November 2023 - Week #4
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

December 2023 - Week #1

Gokyu to Ikkyu Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Kata Pinan Nidan - Complete Kata**
- **Bunkai** - Select a section of relating kata and break down the techniques and how they can be used in kumite/self-defense.
- **Sparring Drills and Skills with Partners and Safety Gear**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

December 2023 - Week #2

Gokyu to Ikkyu Karatedo

EMPOWER – MOTIVATE – REWARD

*High Energy Warm up with stretching (No more than 10 minutes)
(Instructors can use techniques in curriculum as warm-up tools)*

- **Discuss a concept from the Karatedo or Instructor Primer**

Kihon Practice (Punches - Blocks - Kicks) Stress stances and foot form. Instructor may elect to work on any kihon that need extra attention. (No more than 10 - 15 minutes)

- **Bunkai** - Select a section of relating kata and break down the techniques and how they can be used in kumite/self-defense.
- **Kata Pinan Nidan** - Complete Kata
- **Kumite** - Controlled sparing with emphasis on critical distance, closing the gap, and dogi touch contact.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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December 2023 - Week #3
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

Students who are not successful on their first stripe test attempt, will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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December 2023 - Week #4
Gokyu to Ikkyu Karatedo
EMPOWER – MOTIVATE – REWARD

Closed For Christmas and New Year Break!