

# Youth Yellow to Orange Belt Curriculum

(4-12 years old)

## Stance (Dachi)

- Hook stance – kosa dachi
- Cat stance – neko ashi dachi
- Long forward stance – zen kotsu dachi
- Small forward stance - Moto dachi

## Block (Uke)

- Knife hand block –shuto uke

## Kick (Geri)

- Jump kick –mae tobi geri
- Round house kick – Mawashi geri

## Basic (Kihons)

- Moving side ways -in straddle stance- and executing side kick
- Moving forward and backward executing front kick
- Moving forward and backward -in cat stance- and executing knife hand block/strike

## Kihon (Basic)

- Kihon Kata #1

## Kata

- Heian Nidan (4/6 years old)
- Heian nidan & Heian Sandan (7/12)

## Sparring (Kumite)

- Youth students, at this rank, start to learn and practice free sparring style movements and distancing.
- Safety equipment is mandatory when sparring. A minimum of a mouth guard and approved knuckle pads must be worn when sparring with a partner. A groin protector is highly recommended for male students (mandatory in competition).

**Important Note....**In addition to the above subjects, all of the white to yellow belt test subjects are also carried forward.

Although knowing the proper sequence of the kata and or kihon is important, more weight is placed on the following criterion;

- Spirit (assimilation to battle –a realistic demonstration of the kata meaning)
- Focus (eye position before and during the execution of techniques)
- Balance
- Strength of individual and combination techniques
- Accuracy of targets –in offensive and defensive moves.
- Good timing, rhythm, speed and power.

## Requirement Time at This Rank

- Minimum number of classes attended -before being graded to Orange Belt –30 classes
- All students -9 years and older – must also complete a written test