



# GKR KARATE Yōjis

KARATE FOR AGES 3 – 4 YEARS

*Yōji Definition: 'Yōji' is a Japanese word meaning 'infant' and broadly defines children between 1 and 6 years of age. It will now become the group name for our 3 - 4 year old karate students program.*

The aim of this program is to develop foundational karate skills and encourage positive behaviour in children aged 3-4 years old. It is also designed to prepare younger students for their eventual graduation into our core karate classes (5+ years).

The program focuses on balance, co-ordination, flexibility and general fitness activities. Students are introduced to a streamlined version of our regular syllabus with emphasis given to our common techniques like basic punches, simple blocks and some beginner level kicks.

It is vitally important that these classes are delivered in an enthusiastic manner with a strong focus on activity-based learning drills. This includes the use of equipment such as agility ladders, hoola hoops and witches' hats to promote fitness, co-ordination and balance. The Karate Games and Activities section of the GKR Karate Instructor Manual should also be used regularly as a supplement to syllabus teaching in these classes.

We should also regularly include some 'Mat Chat' time in the class, where instructors spend a few moments talking with students about their behaviour outside the dojo. As part of this we would promote virtues like manners, courtesy and respect. This could also include issuing basic homework assignments such as performing helpful chores around home or for someone in their family.

This program will have a modified belt system that serves as a valuable pre-cursor to our club's regular grading structure. This allows younger students to measure their progress and gain a valuable sense of achievement as they move through each developmental stage of their early karate learning. This adapted grading system is also structured so that children can transition smoothly into our core syllabus once they reach the age of 5.





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## Summary Of Yōjis Belt Progression

- Start at White Belt
- White Belt Yellow Tip
- Yellow and White Belt (ie: a yellow belt with a white stripe – like the B & W Belt)
- Yellow and White Belt – Red Tip
- Full Yellow Belt
- Full Yellow Belt – Orange Tip
- Orange and White Belt (ie: an orange belt with a white stripe)
- Orange and White Belt – Red Tip
- Full Orange Belt
- Transition to ‘standard’ syllabus at 5 years of age or upon achieving Full Orange Belt (whichever comes first).

## Timeline Comparison

	STANDARD SYLLABUS	YŌJIS SYLLABUS
12 Classes	Yellow Belt	Yellow and White Belt
+24 Classes	Orange Belt	Yellow Belt
+32 Classes	Green Belt	Orange and White Belt
+40 Classes	Blue Belt	Orange Belt



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## Training Requirements:

### YELLOW TIP

After a minimum of 6 classes or 3 weeks training  
Grading completed in class – no charge.

### YELLOW AND WHITE BELT

A minimum of 6 classes or 3 weeks training after Yellow Tip  
Grading completed in class - \$20 fee (includes belt)

*Summary:*

*12 classes or 6 weeks minimum to Yellow and White belt*

### YELLOW AND WHITE BELT – RED TIP

A minimum of 12 classes or 6 weeks training after Yellow and White belt grading  
Grading completed in class – no charge.

### FULL COLOUR YELLOW BELT

A minimum of 12 classes or 6 weeks training after Red Tip  
Grading completed at normal monthly grading – normal grading fees apply.

*Summary:*

*24 classes or 12 weeks minimum AFTER Yellow and White Belt to achieve 'full colour' Yellow Belt.  
36 classes or 18 weeks minimum so far for Yojis to achieve full Yellow Belt.*

### ORANGE TIP

A minimum of 12 classes or 6 weeks training after Full Yellow Belt grading  
Grading completed in class – no charge.

### ORANGE AND WHITE BELT

A minimum of 20 classes or 10 weeks training after Orange Tip  
Grading completed in class - \$20 fee (includes belt)

*Summary:*

*32 classes or 16 weeks minimum AFTER Yellow Belt grading to achieve Orange and White Belt.  
68 classes or 34 weeks so far for Yojis to achieve Orange and White Belt  
(same timeline as standard Green Belt).*

### ORANGE AND WHITE BELT - RED TIP

A minimum of 16 classes or 8 weeks training after Orange and White Belt grading  
Grading completed in class – no charge.

### FULL COLOUR ORANGE BELT

A minimum of 24 classes or 12 weeks after Red Tip  
Grading completed at normal monthly grading – normal grading fees apply.

*Summary:*

*40 classes or 20 weeks minimum AFTER Orange and White Belt grading to achieve Full Orange Belt.  
108 classes or 54 weeks so far to achieve Full Orange Belt (same timeline as standard Blue Belt).*



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## Related Notes:

1) The Yōjis grading timeline follows the identical path through the first 4 grades as our core syllabus does, in terms of minimum classes required and time trained.

2) We will design a special Grading Certificate for the 'in-class' gradings eg: Yellow and White Belt, Orange and White Belt plus tips gradings.

3) Whilst both the Yellow and White Belt and the Orange and White will be considered as 'official' grades for the Yōjis, we will not refer to them as 'kyu' gradings. However, the 'full' Yellow and Orange belts will still be considered as legitimate 'kyu' gradings even if the student is U/5 at the time.

4) If further definition was required, the Yellow and White Belt would be considered a 'provisional Yellow Belt' and same with the Orange and White Belt (provisional Orange).

5) Yellow and White or Orange and White belts can be purchased from MSA as part of a normal stock order. At this stage we will just use size #1 belts, which is the same size belt that comes with all our Gi's.

6) Given that students technically transition over to our standard syllabus at 5 years old, we need to establish some basic protocols to 'onboard' them in a suitable way when they reach that age. In simple form, their class/time requirements for their next 'full' grade will be based on the standard syllabus once they turn 5 years old. Eg:

**Example #1** – Yōji Achieves Yellow & White Belt & then immediately turns 5

In this instance, the child's next grade is full Yellow Belt, so they will be required to attend at least 12 classes/or 6 weeks min. to be eligible. Note: If they'd still been a Yōji, then this would have taken them 24 classes/12 weeks after achieving their Yellow Belt.



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**Example #2** - Yōji Achieves Yellow & White Belt, attends 5 more classes & then turns 5  
In this instance, the child's next grade is full Yellow Belt, so they'd need to attend at least 12 classes/6 weeks min. to be eligible. However, the 5 classes they have attended since their last official grading (Yellow and white Belt) will count towards this ie: they'll need to attend at least an extra 7 classes to be eligible for full Yellow Belt testing in the standard syllabus.

**Example #3** – Yōji Achieves full Yellow Belt, completes an extra 7 classes and then turns 5  
To be eligible for full Orange Belt in our standard syllabus, a student must attend at least 24 classes since achieving Yellow Belt. Therefore, when this Yōji turns 5, the 7 classes they had attended since their last official grading will count towards these 24 classes. So, they will need to attend at least another 17 classes before being eligible for testing.

**Note:** Yōji 'Tip' gradings will not be considered as official gradings when transitioning over into the standard syllabus. The 'official' grades in the Yōjis syllabus will be wherever they received a new belt (either a full colour belt, or a striped belt).

## Final Summary:

- If the Yōji is a White Belt Yellow Tip at the time of turning 5, then their next grade will be a Full Yellow Belt.
- If the Yōji is a Yellow and White Belt at the time of turning 5, then their next grade will be a Full Yellow Belt.
- If the Yōji is a Full Yellow Belt at the time of turning 5, then their next grade will be a Full Orange Belt
- If the Yōji is an Orange and White belt at the time of turning 5, then their next grade will be a Full Orange Belt.



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## YELLOW & WHITE BELT GRADING FORMAT

<b>STRIKES</b> (4 SLOW, 6 MED & 10 FAST)	<b>BLOCKS</b> (4 SLOW, 6 MED & 10 FAST)
<ul style="list-style-type: none"><li>■ Head Punch</li><li>■ Stomach Punch</li><li>■ Short Punch</li></ul>	<ul style="list-style-type: none"><li>■ Head Block</li><li>■ Lower Block</li></ul>
<b>STANCE</b> (HOLD STANCE)	<b>KICKS</b> (4 & 3 STAGES, 5 SLOW & 10 FAST)
<ul style="list-style-type: none"><li>■ Long Stance</li><li>■ Parallel Stance</li></ul>	<ul style="list-style-type: none"><li>■ Front Kick</li></ul>
<b>COMBINATIONS</b> (6 FORWARD & BACK IN LONG STANCE, MEDIUM PACE & THEN FAST)	
<ul style="list-style-type: none"><li>■ Forward stomach punch &gt; Backward lower block</li></ul>	

## YELLOW BELT GRADING FORMAT

As per standard syllabus

## ORANGE & WHITE BELT GRADING FORMAT

<b>KICKS</b> (4 & 3 STAGES, 5 SLOW & 10 FAST)
<ul style="list-style-type: none"><li>■ Round Kick</li><li>■ Side Kick</li><li>■ Back Kick</li></ul>
<b>LONG STANCE COMBINATIONS</b> (6 FORWARD & BACK, MEDIUM PACE & THEN FAST)
<ul style="list-style-type: none"><li>■ Forward stomach punch &gt; Backward Head block</li><li>■ Forward head level punch &gt; Backward Hooking block</li><li>■ Forward short punch &gt; Backward lower block</li></ul>
<b>KATA BASED COMBINATIONS</b> (4-5 SETS OF EACH STEP)
<ul style="list-style-type: none"><li>■ Counts 1 &amp; 2 of Taigyoku Shodan</li><li>■ Counts 1 to 4 of Taigyoku Shodan</li><li>■ Counts 1 to 8 of Taigyoku Shodan</li></ul>

## ORANGE BELT GRADING FORMAT

As per standard syllabus