



GKRKARATE
KARATE FOR EVERYONE

Instructor Resource Manual

- DOJO KUN
- CLASS FORMATS
- SUPPORT MATERIALS

Dojo Kun

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Pursue the highest standards of personal character

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Cultivate a spirit of effort and perseverance

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Exercise courtesy and respect towards others

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Refrain from reckless or violent behaviour

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Be faithful and sincere in everything you do

PURSUE THE HIGHEST STANDARDS OF PERSONAL CHARACTER

The art of karate is more than just physical. A true karate-ka should aim to act with integrity both in and out of their gi. For such a person, speaking and doing are the same action. Within the dojo, character is built through strong discipline, rigorous training and repetition. The courage to stand up for oneself will be achieved through the gradual development of stronger techniques and enhanced physical strength. This fighting spirit can also equip us with the fortitude to overcome personal challenges, sickness, loss, or other 'life-related' setbacks.

CULTIVATE A SPIRIT OF EFFORT AND PERSEVERANCE

This involves exercising the dedication and commitment necessary to achieve mastery of the martial art. This spirit should also be applied to matters outside the dojo including ones schooling, career, pursuit of good health, and personal relationships. It should be recognized that mastery cannot be achieved in any endeavor without strenuous effort and sacrifice on the part of the practitioner. This rule also reminds the student to 'never give up', and to treat failure as the feedback needed to improve future performance.

EXERCISE COURTESY AND RESPECT TOWARDS OTHERS

Gichin Funakoshi stressed that karate begins and ends with etiquette. He stated that without courtesy there is no dojo. Showing respect is a sign of humility, which enhances the student's ability to learn, and prohibits behaviours that seek to put others down. In essence, we should treat parents, teachers, work colleagues, the law, and the wider community with the same level of respect that we would pay our instructor or fellow student.

REFRAIN FROM RECKLESS OR VIOLENT BEHAVIOUR

This is a reminder to control your behavior and endeavor to remain calm at all times. A confident person of sound character can walk away from conflict because they are in control of their emotions, and at peace with their abilities. They do not have to test their skills to prove a point. They win without fighting and have no regrets because nobody will be injured. If circumstances force you to defend yourself, then know that you have taken these actions as a last resort and for the purpose of personal protection only.

BE FAITHFUL AND SINCERE IN EVERYTHING YOU DO

To be faithful is a strong samurai tradition that requires you to be true to your obligations, to other people, and also to yourself. This requires the karate-ka to exercise loyalty, and do their very best in everything that they undertake. When you are faithful and sincere to others, others will be faithful and sincere to you.



GKR KARATE
KARATE FOR EVERYONE

CONTENTS AND PURPOSE

DOJO KUN

Roughly translates as 'Training Hall Rules'. This has been created to formalise the combined ethics and codes of conduct expected of all GKR Karate students and instructors. We have included this document amongst the class format material because its principles should be inherent in the way we interact with our students.

WELCOMING NEW STUDENTS

Includes notes on introductory talks for new students, as well as key retention strategies.

CLASS FORMATS

These class plans have been designed to:

- Help instructors construct class plans that provide a suitable rotation of kihon, kata, kumite, and self defence over a period of 1 to 2 months
- Give instructors a series of well-balanced structured classes that they can choose from each week based on the grade level of their student base
- Form a connection between our current grading syllabus and what is taught in classes
- Make it easier for a single instructor to conduct an organised class despite having a wide variety of grades present
- Ensure that our mostly one hour classes are more time-scheduled, which allows for more variety of techniques to be covered in each class
- Help our Sempais /2nd instructors conduct a more organised class for lower grades where classes are split into 2 groups
- Create a greater uniformity across the board of what is being taught at a GKR Karate class

HOW TO USE THE CLASS PLANS

The class plans have been numbered from 1 to 16.

- Class Plans 1 – 4 are designed for White belt students
- Class Plans 5 – 8 are designed for Yellow belt students
- Class Plans 9 – 16 are designed for Orange Belt and above

CLASS PLANS 1 - 4

- Class Plan 1 should always be used for a student's first class (including a free trial class)
- After this first class, plans 1 – 4 can be used in any order as long as they are rotated from week to week. However, conducting them in numerical order is preferable in most cases
- Ideally, the first 4 plans will be rotated over a 4 week period – or thereabouts

CLASS PLANS 5 - 8

- Class Plans 5 – 8 can be conducted in any order as long as they are rotated from week to week. However, conducting them in numerical order is preferable in most cases
- Ideally, Plans 5 – 8 will be rotated over a 4 week period – or thereabouts

CLASS PLANS 9 - 16

- Class Plans 9 – 12 cover all Kihon line drills that appear in the grading syllabus from 6th kyu up to 1st kyu
- Class Plans 13 – 16 cover Kata, Kumite, Partner Work, Advanced blocking and striking, Self Defence
- Class Plans 9 – 12 should be rotated over a 4 – 6 week period – or thereabouts
- Class Plans 13 – 16 have been designed to supplement plans 9 – 12 and should be used in amongst these plans as a change-up/variation.

CONTENTS AND PURPOSE

IMPORTANT NOTES

- The class plans chosen each night will be at the instructor's discretion and should be based on the grades and capabilities of the student group they teach.
- From time to time, instructors will still have the freedom to conduct their own themed class eg: tournament class, self defence focus, circuit classes, activity/games class etc.
- Where there is a mixture of white belts and yellow belts in a class, the instructor has a few choices:
 - He/she can choose one of the Yellow Belt class formats and encourage the white belts to follow on (it's not that much harder so this should be easy)
 - He/she can choose one of the Yellow Belt class formats and modify/simplify what the white belts need to do where applicable
 - He/she can run a white belt format for the white belts and a yellow belt one for the 8th kyus. You will find that the plans have been structured to run side by side quite easily
- Where there is a mixture of orange, green, blue, red, brown belt grades in a class:
 - Formats 9 – 12 can be done by all students. Most of these class plans start off with drills relevant to orange and green belts, and then work up to the brown belt versions of those combinations. It doesn't matter if the orange belts do a brown belt combination or vice versa. There is enough variation in each of these plans to have something in there for all of these grades.
- Instructors in neighbouring dojos/areas are strongly encouraged to communicate regularly with each other. As we urge students more and more to start attending a second class each week, it will be good for these instructors to converse about which class plans they will be following that week. Ideally, each will do a different plan each week so that students can cover a broader range of techniques from the 2 classes they attended.

KATA INFORMATION

This section has been included to give instructors a snapshot of both the history and combat principles of each kata in our syllabus. Whilst further study is encouraged, these notes will provide an adequate foundation for instructors to explain the kata's basic origins and functionality to students.

KUMITE TRAINING DRILLS

This section provides instructors with an extensive menu of kumite coaching drills to choose from, allowing the instructor to select activities relevant to their student's grades. It is important that we build our student's kumite skills gradually, and engage them in exercises that will effectively connect their movement (legs) with their upper body techniques. Constructing a sound defence is also crucial and many of the exercises have been designed to build these skills in ways other than just through free-sparring.

CHILDREN'S GAMES CATALOGUE

These karate based activities all serve a relevant function in children's karate development. Some focus on kicks, strikes or blocks, whilst others enhance concentration, balance, evasion skills and general athleticism. They are designed to be fun, yet functional, and can be inserted into the end of a class plan where the instructor sees fit.

THE BEGINNERS INTRODUCTORY PROCESS

It's not uncommon for new students to be nervous before their first class. The Beginners Introductory Talk provides an opportunity to ease these fears and build some familiarity with the instructor and GKR Karate. It should take around 10 minutes.

Step 1: Introduce yourself (and Sempai). Let them know they are going to have a great time.

Step 2: Ask them if they are nervous? If so, let them know it's completely normal (you were too on your first class).

Step 3: Ask if they currently exercise or what exercise they have done in the past (martial arts or otherwise). Regardless of the answer, affirm they can train at their own pace.

Step 4: Find out their reasons for starting (fitness, confidence, fun, losing weight, self-defence etc). We can then highlight their goals before, during and even after class. Eg, if a student hopes to improve fitness or lose weight, during kicks we can point out that kicking using the largest muscles in the body, so it burns more calories. If however their primary goal was self-defence, kicking is essential for self-defence as our legs are longer and stronger than our arms, and can strike from a greater distance.

Step 5: Let them know what they will go through that night. They will only focus on one block, one strike, one kick and then putting these together. This will work all muscles in the body (but won't be a very physical class) and is a great base for starting their journey into self-defence.

Step 6: Let them know there will be a drink break, where the bathrooms are, and that they need only raise their hand if they have a question or feel uncomfortable about doing anything.

Step 7: Explain some basic etiquette, such as bowing at the door, where they will stand during class, the formal bow in, the "Hai" response and the Kiai. Also reaffirm what the words Sensei and sempai mean.

Step 8: If there is time, introduce them to other students.

NO OPPORTUNITY FOR A BEGINNERS INTRODUCTORY TALK?

New students occasionally show up 1 minute before class. Additionally, in some cases our classes run back-to-back. In these situations: During the bow in, the Sempai stands at the back of class with new students to explain what is happening. After the bow in, the instructor asks the class to welcome the new students. The Sempai then takes the beginners aside to go through the 'First Class Format', starting with a quick introductory talk. The instructor can come over a number of times to say see how they are going.

WHEN NO SEMPAI IS PRESENT?

Utilize the most suitable senior student in your class to stand at the back during the bow in to explain what is happening. After the bow in, this senior student can either take the main class through the warm-up while the instructor takes the new student through an introductory talk, or the senior student can conduct this introduction (providing they have been given sound instructions on what to cover).

BEGINNERS POST CLASS TALK

- Step 1: After the bow out, explain to the entire class how happy you are to have new members and would like to officially welcome them to the dojo. Remind the class how daunting it can be to walk into an unknown environment and for their courage and commitment to their goals, have everyone give them a round of applause.
- Step 2: Let everyone know of any other nights/days or nearby dojos to attend (even the instructor's names). Everyone is welcome to attend these. The more they practice - especially new students - the sooner they develop confidence in their technique and the faster they reach their goals.
- Step 3: Ask the new students (and their family members) to gather together for a quick talk.
- Step 4: Let them know they did very well at their first class. Whilst they may have felt a little uncoordinated with some movements, re-assure them that it will become easier in a short time. They may also feel a little sore tomorrow, but that's normal and the muscles will adapt quickly.
- Step 5: Ask them if they had fun and how they felt they went? Answer any questions and let them know what you will be going through next class (keeping it simple but with some variety on both technique and self-defence practice).
- Step 6: Let them know that they can order a uniform at class and it will arrive at class the following week. If they're paying casually, make sure they know about our prepaid passes.
- Step 7: Let them know we have a Dojo and Regional Facebook page they can join.
- Step 8: (Optional) Ask permission to take a photo with them? Let them know it's to post a welcome photo on the Regional and Dojo Facebook page.
- Step 9: Ask for their contact details quickly so you can notify them of any relevant things relating to training.
- Step 10: Remind them again how happy you were that they came to class and look forward to seeing them again.

IF YOU HAVE A BACK-TO-BACK CLASS?

- Step 1: If you have a 2nd class starting immediately after the 1st, allocate a responsible student or parent to sign students in as students arrive for the second class.
- Step 2: Have the second class bow in at the same time the previous class bows out. This not only saves time, it allows more people to welcome new students. Additionally more students may train double classes.
- Step 3: Have the Sempai take the 2nd class through the warm up while you talk to the new students about how they went for their first class.

FREE TRIAL CLASS INSTRUCTOR PROCEDURES

INITIAL REQUIREMENTS

- Welcome the trial class students.
- Ask them to complete the top section of the student details form.
- Make them feel relaxed by giving them an idea of how the class will run.
- Re-assure them that they are not expected to get everything right the first time and to just do what they can to their current fitness level.
- Introduce them to the sempai and any other senior/valuable class members where applicable. Enjoy the class!

INSTRUCTOR FOLLOW UP AFTER CLASS

This will mostly involve asking questions. Some examples are listed below:

Q. How did you enjoy the class?

Q. Which part did you like the most?

PRAISE: You all did really well for a first class. Don't worry if you felt a little bit un-coordinated at times, everybody feels that way on the first night. The more you do it, the easier it gets!

As you know, the trial class is a chance for you guys to come down and meet us, and get a taste of what karate's all about. Obviously, we can only fit so much into a single class but hopefully you have a better idea now of what we do. (Perhaps point out the standard of higher grades in the class; or other types of techniques not covered in that first class).

I gather you've already been given some information about the starting membership – (confirm prices). I can help you get started now if you like, or you can contact 'John (MC)' if you'd prefer to do it that way – either way is fine, it's totally up to you. Did you want me to organise that for you now?

If they are happy to do this, then see Option #1 below. If not, then see Option #2.

OPTION #1 – OK great - I'll just get you to complete the rest of this form and you'll be all set to go (Collect fees, hand new member membership cards etc.) If they are interested in purchasing a PTF/12 Visit Pass, please hand them the PTF Form and advise them that the quickest way to have this processed is to go to the website and complete the form online. Alternatively, they can complete and send the form to the GKR Support Centre via email, fax or post. Delivery is usually 3-5 working days.

OPTION #2 - That's OK, I'll just pass in your details and someone will give you a call within the next couple of days to see how you're feeling about it... they can answer any other questions you might have too, sound OK? If you are going to continue on with us, I do encourage you to get in touch within the next couple of days so that we can get your membership processed in time for our next class.

Thanks for coming and hopefully we'll see you again next week!

CLASS FORMATS



FEATURED TECHNIQUES: Lunge & Reverse punch, Rising head block, Front kick, self defence.

WARM-UP

Standard warm-up. Be mindful of the age and fitness level of the new students.

STRIKES

1. STRIKES IN PARALLEL STANCE

- Head level punch X 30 (10 slow; 10 medium, 10 fast).
- Stomach level punch X 30 (10 slow; 10 medium, 10 fast).

2. STRIKE COMBINATION IN SHORT FIGHTING STANCE

- Head level punch front hand
 - Stomach level punch rear hand X 30 (20 separate count & 10 together).
- Change feet and repeat on other side.



3. PALM HEEL STRIKE INTO KICK SHIELD

rear hand head level (highlight push/pull).

BLOCKS

1. BLOCKS IN PARALLEL STANCE

- Rising head level block X 30 (10 slow; 10 medium; 10 fast).
- Use pool noodles to illustrate application

2. BLOCK COMBINATION IN SHORT FIGHTING STANCE

- Rising block with front hand
 - Stomach level punch with rear hand.
- Change feet and repeat.



KICKS

1. KICKING ON THE SPOT IN SHORT FIGHTING STANCE

Front kick X 30 each leg (4 stages/3 stages: 10 slow; 10 med; 10 med/fast).

2. KICKING FORWARD IN SHORT FIGHTING STANCE

Front kick and step forward (alternative legs) – 10 each leg.

3. KICK COMBINATION

- Head block with front arm,
 - Stomach level punch with rear hand,
 - Front kick with rear leg & step forward,
 - Slide back to stance and repeat on same side X 10.
- Change feet & repeat.



4. FRONT KICK INTO KICK SHIELD X 10-20 EACH LEG

SELF DEFENCE

DEFENCE AGAINST WRIST GRAB

- Use push/pull with palm heel to shoulder or to forearm.
- Use rising block to strike across neck and pull hand back.
- Use front kick when/if pulled forward (include double wrist grab).

Note: A karate-based children's game/activity can replace all or part of this self defence section where applicable.



1. Conduct introductory talk prior to start of class
2. Include appropriate warm-up exercises at the start of class
3. Drink breaks must be included in all classes

FEATURED TECHNIQUES: Lunge & Reverse punch, Short punch, Inside & Outside block, Front kick, Self defence.

WARM-UP

Include Sumo stance exercise ie: feet in sumo and drop down/stand-up X 20.

STRIKES

1. STRIKES IN PARALLEL STANCE

- Head level punch X 30 (10 slow; 10 medium, 10 fast).
- Stomach level punch X 30 (10 slow; 10 medium, 10 fast).
- Short punch X 30 (10 slow; 10 medium, 10 fast).

2. STRIKE COMBINATION IN SHORT FIGHTING STANCE

- Head level punch front hand,
- Stomach level punch rear hand X 20. (10 medium, 10 fast) Change feet and repeat on other side.



3. SHORT PUNCH INTO KICK SHIELD

left/right continuous X 50 X 2 (100 in total). Medium impact.

BLOCKS

1. BLOCKS IN PARALLEL STANCE

- Inside block X 30 (10 slow; 10 med; 10 fast).
- Outside block X 30 (10 slow; 10 med; 10 fast).
- Use pool noodles to illustrate application.

2. BLOCK COMBINATIONS IN SHORT FIGHTING STANCE (STATIONARY)

1. ▪ Inside block with one hand,
 - Stomach punch with other hand X 20 (10 med, 10 fast).
2. Repeat the same with Outside block X 20 (10 med, 10 fast). Change arms and repeat.



KICKS

1. KICKING ON THE SPOT IN SHORT FIGHTING STANCE (LEG RAISE WARM-UP PRIOR)

Front kick X 30 each leg (4 stages/3 stages: 10 slow; 10 medium; 10 medium/fast).

2. KICKING FORWARD IN SHORT FIGHTING STANCE

Front kick and step forward (alternative legs) – 10 each leg.

3. KICK COMBINATION

- Front kick and step forward,
- Head level lunge punch. (10 medium, 10 fast).



4. FRONT KICK INTO KICK SHIELD X 10-20 EACH LEG

SELF DEFENCE

1. DEFENCE AGAINST WRIST GRAB

- Use push/pull with palm heel to shoulder or to forearm.
- Use inside block to control attacker's arm and then outside block to strike attacker's grabbing arm.

2. DEFENCE AGAINST LAPEL GRAB

- Pull attacker's elbow to one side and short punch to ribs.

Note: A karate-based children's game/activity can replace all or part of this self defence section where applicable.



1. Include appropriate warm-up exercises at the start of class
2. Include appropriate warm up and leg raises before kicks
3. Drink breaks must be included in all classes

FEATURED TECHNIQUES: Punch, Rising & Round elbow strike, Downward & Sweeping block, Front & Back kick, Self defence.

WARM-UP

Include Sumo stance + Horse riding stance exercise
ie: Converting from horse riding to sumo X 20.

STRIKES

1. STRIKES IN PARALLEL STANCE

- Stomach level punch X 30.
- Rising elbow strike X 30.
- Round elbow strike X 30 (10 slow; 10 medium, 10 fast).

2. STRIKE COMBINATION IN SHORT FIGHTING STANCE

- Round elbow strike front hand,
 - Stomach level punch rear hand
- X 20 (10 med, 10 fast).
Change feet & repeat on other side.



3. RISING AND ROUND ELBOW STRIKES INTO PALM OF OPPOSITE HAND X 10.

Execute in short stance with rear hand. Change feet & repeat.

BLOCKS

1. BLOCKS IN PARALLEL STANCE

- Downward block X 30 (10 slow; 10 med; 10 fast).
 - Groin sweeping block X 30 (10 slow; 10 med; 10 fast).
- Use pool noodles to illustrate application.

2. BLOCK COMBINATIONS IN SHORT FIGHTING STANCE (STATIONARY)

1. ▪ Downward block with one hand,
▪ Stomach punch with other hand
X 20 (10 med, 10 fast).
2. Repeat the same with Groin sweeping block
X 20 (10 med, 10 fast) Change arms and repeat.



KICKS

1. KICKING FORWARD IN SHORT FIGHTING STANCE

Front kick and step forward (alternative legs) – 10 each leg.

2. KICK COMBINATION

- Head level reverse punch,
 - Front kick and step forward
- X 20 (10 medium, 10 fast).



BACK KICKS IN PARALLEL STANCE

Back kick X 30 each leg (4 stages/3 stages: 10 slow; 10 med; 10 med/fast).

4. BACK KICK INTO KICK SHIELD X 10-20 EACH LEG

SELF DEFENCE

1. DEFENCE AGAINST WRIST GRAB

- Use push/pull with palm heel to shoulder or to forearm.
- Use inside block to control attacker's arm and then outside block to strike attacker's grabbing arm.

2. DEFENCE AGAINST LAPEL GRAB

- Press down on attacker's arms + round elbow strike to head.

Note: A karate-based children's game/activity can replace all or part of this self defence section where applicable.



1. Include appropriate warm-up exercises at the start of class
2. Include appropriate warm up and leg raises before kicks
3. Drink breaks must be included in all classes

FEATURED TECHNIQUES: Lunge punch, Forward & Side backfist, Downward & Rising head block, Front kick, Self defence.

WARM-UP

Include Long/Horse/Sumo transition drill (in this order) as warm-up X 20 counts.

STRIKES

1. STEPPING THROUGH IN LONG STANCE WITH STOMACH LEVEL LUNGE PUNCH

2. STRIKES IN PARALLEL STANCE

- Forward backfist strike X 30.
 - Side backfist strike X 30.
- (10 slow; 10 medium, 10 fast).

3. PALM HEEL STRIKE INTO KICK SHIELD

rear hand head level (highlight push/pull).

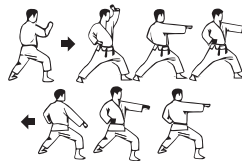
BLOCKS

1. BLOCKS IN PARALLEL STANCE

- Rising head block X 30 (10 slow; 10 med; 10 fast).
 - Downward block X 30 (10 slow; 10 med; 10 fast).
- Use pool noodles to illustrate application.

2. BLOCK COMBINATION

- Step forward head block and 2 stomach level punches.
 - Then step back downward block and 2 stomach level punches.
- 10 forward and 10 backwards (5 medium and 5 fast).
Change feet and repeat.



KICKS

1. FRONT KICK OFF FRONT LEG X 20

(10 medium, 10 fast) – both legs.

2. KICK COMBINATION

- Front kick off front leg
 - Then front kick off rear leg and step forward X 20
- (10 medium, 10 fast).



3. STEP UP AND FRONT INTO KICK INTO SHIELD WITH FRONT LEG X 10-20 EACH LEG

SELF DEFENCE

DEFENCE AGAINST WRIST GRAB

- Use downward block to strike attacker's grabbing arm Head Punch.
- Practise rising block to deflect straight punch upwards.

DEFENCE AGAINST LAPEL GRAB

- Press down on attacker's arms + backfist with other arm.

Note: A karate-based children's game/activity can replace all or part of this self defence section where applicable.



1. Include appropriate warm-up exercises at the start of class
2. Include appropriate warm up and leg raises before kicks
3. Drink breaks must be included in all classes

FEATURED TECHNIQUES: Lunge punch, Rising head block, Inside block, Downward block, Front kick, Round kick.

WARM-UP

Include Sumo stance exercise ie: feet in sumo width and drop down/stand-up X 20. Teach how the stance looks/feels.

STRIKES & BLOCKS

1. STRIKES & BLOCKS MOVING IN LONG STANCE

1. ▪ Move forward with lunge punch (head level) x 6.

▪ Move backwards with rising head block x 6.



2. ▪ Move forward with lunge punch (stomach level) x 6.

▪ Move backwards with inside block x 6.



3. ▪ Move forward with rising elbow strike x 6.

▪ Move backwards with downward block x 6.



4. ▪ Move forward with round elbow strike x 6.

▪ Move backwards with downward block x 6.



(All techniques 6 counts forward & back medium then 6 forward & back fast).

KICKS

1. FRONT KICK ON THE SPOT X 20 EACH LEG

(4 stages/3 stages: 10 slow; 10 medium/fast).

2. FRONT KICK STEPPING FORWARD (ALTERNATIVE LEGS) – 10 EACH LEG

3. ROUND KICK ON THE SPOT X 20 EACH LEG

(4 stages/3 stages: 10 slow; 10 medium).

4. ROUND KICKS AGAINST KICK SHIELD

Strike with the instep of the foot with toes down.

(30 minutes)

KATA

TAIGYOKU SHODAN OR NIDAN (15-20 MINS)

KUMITE OR SELF DEFENCE

SEE KUMITE MENU FOR SUITABLE DRILLS (10-15 MINS)

Self-Defence techniques can occasionally be taught instead of kumite but should be relevant to techniques covered on this class plan.

Children's karate games may also be applicable occasionally.



1. Include appropriate warm-up exercises at the start of class
2. Include appropriate warm up and leg raises before kicks
3. Drink breaks must be included in all classes

FEATURED TECHNIQUES: Short punch, Backfists, Outside block, Sweeping block, Front kick, Side kick

WARM-UP

Include Long/Horse/Sumo transition drill (in this order) as warm-up X 20 counts.

STRIKES & BLOCKS

1. STRIKES & BLOCKS IN PARALLEL STANCE

- Stomach level punch.
- Short punch X 20.
- Forward back fist.
- Side back fist.
- Outside block.
- Sweeping block.

All techniques X 20 (10 medium, 10 fast).

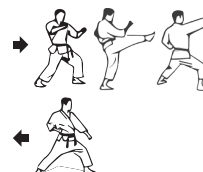
2. SHORT PUNCH INTO KICK SHIELD

left/right continuous X 50 X 2 (100 in total). Medium impact.

KICKS

1. KICK COMBINATION (IN SHORT FIGHTING STANCE)

- Front kick and step forward with head level lunge punch X 6.
- Then back in long stance downward block X 6.



2. SIDE KICK FROM PARALLEL STANCE

(4 stages/3 stages: 10 slow; 10 medium/fast).

3. SIDE KICK AGAINST KICKSHIELD

(10 each leg). Practise these kicks at low level.

(30 minutes)

KATA

TAIGYOKU SHODAN OR NIDAN (15-20 MINS)

KUMITE OR SELF DEFENCE

SEE KUMITE MENU FOR SUITABLE DRILLS (10-15 MINS)

Self-Defence techniques can occasionally be taught instead of kumite but should be relevant to techniques covered on this class plan.

Children's karate games may also be applicable occasionally.



1. Include appropriate warm-up exercises at the start of class
2. Include appropriate warm up and leg raises before kicks
3. Drink breaks must be included in all classes

FEATURED TECHNIQUES: Short punch, Rising & Round elbow strike, Rising head block, Inside block, Downward block, Front & Side kick

WARM-UP

Include loose stomach level punching in Sumo stance.
Also include crunches (sit-ups) X 10 – make sure that legs are bent and knees up.
Feet can be on the ground or off the ground.

STRIKES & BLOCKS

1. BASIC COMBINATION IN PARALLEL STANCE

Head level punch + Stomach level punch + Short punch X 30.
(10 slow; 10 medium, 10 fast).

2. BASIC COMBINATIONS MOVING IN LONG STANCE

1. ▪ Downward block with front hand (Remain stationary),
▪ Then reverse punch with rear hand.
x 6 then repeat on other side.



2. ▪ Step forward with rising elbow strike x6.
▪ Then step backwards with rising head block x6.



3. ▪ Step forward with round elbow strike x6.
▪ Then step backwards with inside block x6.



(Each combination x 6 med, x 6 fast).

3. STRIKES AGAINST KICKSHIELD

- Round elbow strike into kick shield X 10 each arm.
- Palm heel strike into kick shield X 10 each arm. Medium impact.

KICKS

1. STEP FORWARD WITH FRONT KICKS (ALTERNATIVE LEGS) – 10 EACH LEG

2. KICK COMBINATION

- Reverse punch,
- Then front kick and step forward – 10 each leg.



3. BACK KICK FORM PARALLEL STANCE

(4 stages/3 stages: 10 slow; 10 medium/fast).

4. BACK KICK AGAINST KICK SHIELD - 10 EACH LEG (med intensity).

(30 minutes)

KATA

TAIGYOKU SHODAN OR NIDAN (15-20 MINS)

KUMITE OR SELF DEFENCE

SEE KUMITE MENU FOR SUITABLE DRILLS (10-15 MINS)

Self-Defence techniques can occasionally be taught instead of kumite but should be relevant to techniques covered on this class plan.

Children's karate games may also be applicable occasionally.



1. Include appropriate warm-up exercises at the start of class
2. Include appropriate warm up and leg raises before kicks
3. Drink breaks must be included in all classes

FEATURED TECHNIQUES: Backfists, Rising head block, Inside block, Downward block, All 4 basic kicks

WARM-UP

Include Long/Horse/Sumo stance transition drill (in this order) as warm-up X 20 counts
Also include crunches (sit-ups) X 10 – make sure that legs are bent and knees up.
Feet can be on the ground or off the ground.

STRIKES & BLOCKS

1. BASIC COMBINATION IN LONG STANCE (STATIONARY)

- Front hand head level block,
- Then rear hand stomach level punch.
(10 med/fast both sides).

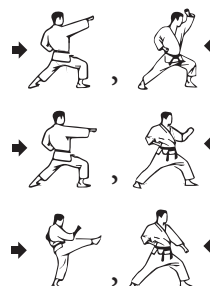


2. STRIKES IN PARALLEL STANCE

Forward backfist (6 medium, 10 fast).
Side backfist (6 medium, 10 fast).

3. STRIKES & BLOCKS USING LONG STANCE

1. ▪ Step forward with head level punch.
▪ Then backwards with rising head block.
 2. ▪ Step forward with stomach level punch.
▪ Then backwards with inside block.
 3. ▪ Step forward front kick (short stance).
▪ then back with downward block (long stance).
- (6 medium + 6 fast).



KICKS

1. ROUND KICK ON THE SPOT IN SHORT FIGHTING STANCE

(4 stages/3 stages: 10 medium).

2. ROUND KICK STEPPING FORWARD - ALTERNATING LEGS

(6 medium pace each leg).

3. KICKS FROM PARALLEL STANCE

Side Kick (4 stages/3 stages: 10 slow; 10 medium/fast).
Back kick (4 stages/3 stages: 10 slow; 10 medium/fast).

4. PRACTISE BACK KICK, SIDE KICK AND ROUND KICK AGAINST KICK SHIELD

10 each leg (medium pace).

(40 minutes)

KATA

TAIGYOKU SHODAN OR NIDAN (15-20 MINS)

KUMITE OR SELF DEFENCE

SEE KUMITE MENU FOR SUITABLE DRILLS (10-15 MINS)

Self-Defence techniques can occasionally be taught instead of kumite but should be relevant to techniques covered on this class plan.

Children's karate games may also be applicable occasionally.



1. Include appropriate warm-up exercises at the start of class
2. Include appropriate warm up and leg raises before kicks
3. Drink breaks must be included in all classes








FEATURED: Punching, round elbow strike, backfist, 5 basic blocks, knife hand & double block, Hooking block, front & round kick, KATA

WARM-UP

Standard warm-up at instructor's discretion.





STRIKES & BLOCKS

1. COMBINATIONS IN LONG FIGHTING STANCE

1. ▪ Step forward head level lunge punch X 6.  
▪ Step back with rising head block x 6.
2. ▪ Step forward stomach level lunge punch X 6.  
▪ Step back with inside block x6.
3. ▪ Step forward head level lunge punch X 6.   
▪ Step back performing a different block on each count

Count 1 : Head level Block,
Count 2 : Inside Block,
Count 3 : Outside Block,
Count 4 : Downward Block,
Count 5 : Lower Sweeping Block,
Count 6 : Knife Hand Block (in back stance).



4. ▪ Step forward 6 counts with:   
Head level lunge punch,
+ Stomach level reverse punch,
+ Short punch.
▪ Step back using the same sequence of blocks as the previous combination and add 2 stomach level punches after each block.
5. ▪ Step forward 6 counts with: 
Head level block,
+ Stomach level reverse punch,
+ Round elbow strike (front arm),
+ Stomach level reverse punch.
▪ Step back 6 counts with:
Downward block,
+ Stomach level reverse punch,
+ Round elbow strike,
+ Backfist off the same hand.










2. COMBINATIONS IN SANCHIN (HOUR GLASS/PIDGEEON TOE STANCE) + CAT STANCE

- Step forward in Sanchin X 6 and then back in cat stance x 6.  
- Step forward in Sanchin with double block (chuge uke).  
& then back in cat stance on 45° angle with a hooking block (kake uke).

KICKS

1. KICK COMBINATIONS FROM SHORT FIGHTING STANCE

1. Step forward with a Front kick - alternating legs X 10.  
2. Step forward with a Round kick - alternating legs X 10.  
3. Head level lunge punch,  
+ Head level reverse punch,
+ Step forward with front kick - alternating legs X 10.
4. Head level lunge punch, 
+ Head level reverse punch,
+ Front kick and step forward,
+ Stomach level reverse punch - alternating legs X 10.



2. FRONT AND ROUND KICK DRILLS AGAINST KICK SHIELDS

(35 minutes)

KATA

KATA PRACTISE/TRAINING RELEVANT TO STUDENT GRADE LEVELS (20 MINS)
Children's karate games may also be applicable occasionally depending on ages.



1. Include appropriate warm-up exercises at the start of class
2. Include appropriate warm up and leg raises before kicks
3. Drink breaks must be included in all classes







FEATURED: Punching, Rising & Round elbow strike, backfist, 5 basic blocks, front & round kick, Kumite



WARM-UP

Standard warm-up at instructor's discretion. Include horse stance & sumo stance drills.

STRIKES & BLOCKS

COMBINATIONS IN LONG FIGHTING STANCE



1. ■ Step forward short punch X 6.  
 ■ Step backwards outside block X 6.
2. ■ Step forward rising elbow strike X 6.  
 ■ Step backwards downward block X 6.
3. ■ Step forward round elbow strike X 6.  
 ■ Step backwards groin sweeping block X 6.

4. ■ Step forward 6 counts with:  
 Head level block,
 + Stomach level reverse punch,
 + Round elbow strike (front arm),
 + Stomach level reverse punch.



- Step back 6 counts with:
 Downward block,
 + Stomach level reverse punch,
 + Round elbow strike.



5. ■ Step forward 6 counts with:  
 Inside Block (front arm),
 + Head level lunge punch,
 + Stomach level reverse punch,
 + Stomach level lunge punch.







- Step back 6 counts with:
 Outside block,
 + Backfist (off the same hand),
 + Stomach level reverse punch,
 + Stomach level lunge punch.





6. Repeat previous combination with hips offset on lunge punches. 


KICKS

1. KICK COMBINATIONS FROM SHORT FIGHTING STANCE

1. Step forward with a Front kick - alternating legs X 10.  
2. Step forward with a Round kick - alternating legs X 10.  

3. Head level lunge punch,  
 + Head level reverse punch,
 + Step forward with round kick - alternating legs X 10.



4. Head level lunge punch, 
 + Head level reverse punch,
 + Round kick and step forward,
 + Stomach level reverse punch - alternating legs X 10.



2. ROUND KICKS AGAINST KICK SHIELDS – 20 EACH LEG AND DIFFERENT HEIGHTS (medium pace).

(35 minutes)

KUMITE

KUMITE PRACTISE - SEE KUMITE MENU FOR SUITABLE DRILLS (20 MINS)

Children's karate games may also be applicable occasionally depending on ages.



1. Include appropriate warm-up exercises at the start of class
2. Include appropriate warm up and leg raises before kicks
3. Drink breaks must be included in all classes






FEATURED: Punching, backfist, ridge hand strike, 5 basic blocks, double block, knife hand block, open hand hook block, side kick, KATA

WARM-UP

Standard warm-up at instructor's discretion. Include horse stance & sumo stance drills.

STRIKES & BLOCKS





1. COMBINATIONS IN LONG FIGHTING STANCE

1. ▪ Step forward backfist strike X 6.  
- Step backwards double block X 6.
2. ▪ Step forward head level lunge punch X 6.   
- Step back performing a different block on each count

Count 1 : Head level Block,
 Count 2 : Inside Block,
 Count 3 : Outside Block,
 Count 4 : Downward Block,
 Count 5 : Lower Sweeping Block,
 Count 6 : Knife Hand Block (in back stance).






2. COMBINATIONS IN BACK LEANING STANCE

1. ▪ Step forward knife hand block X 6.  
- Step backwards knife hand block X 6.
2. ▪ Step forward knife hand block,  
 + Step front foot across into long stance
 & execute a ridge hand strike with rear hand X 6.
 ▪ Step backwards with the same block/strike technique.



3. COMBINATIONS SANCHIN (HOUR GLASS/PIDGEON TOE STANCE) & CAT STANCE






1. ▪ Step forward double block (slow strength) X 6.  
- Step backwards open-handed hook block (kake uke) in cat stance X 6.
2. ▪ Step forward double block (normal pace), 
 + Downward block,
 + Stomach level reverse punch X 6.
 ▪ Step back with open-handed hook block in cat stance X 6.



KICKS

1. STEP FORWARD WITH A FRONT KICK - ALTERNATING LEGS X 10

2. KICKS FROM SIDE FIGHTING STANCE

1. ▪ Step up to side kick, & then step back into stance X 10. Change legs & repeat.  
2. ▪ Step up to side kick, step down to side stance & backfist X 6. Change legs & repeat.  
3. ▪ Step up to side kick, 
 + Step down into long stance & backfist,
 + Stomach level reverse punch,
 + Then return to side fighting stance.
 X 6. Change legs and repeat.



3. SIDE KICK AGAINST KICK SHIELDS X 20 EACH LEG

(35 minutes)

KATA

KATA PRACTISE/TRAINING RELEVANT TO STUDENT GRADE LEVELS (20 MINS)
 Children's karate games may also be applicable occasionally depending on ages.



1. Include appropriate warm-up exercises at the start of class
2. Include appropriate warm up and leg raises before kicks
3. Drink breaks must be included in all classes


FEATURED: Punching, round elbow strike, ridge hand strike, inside & outside knife hand strike, 5 basic blocks, double block, knife hand block, back kick, KUMITE

WARM-UP

Standard warm-up at instructor's discretion. Include horse stance & sumo stance drills.


STRIKES & BLOCKS


1. COMBINATIONS IN BACK LEANING STANCE

- Step forward head level lunge punch X 6. 
 - Step back performing a different block on each count

Count 1 : Head level Block,
 Count 2 : Inside Block,
 Count 3 : Outside Block,
 Count 4 : Downward Block,
 Count 5 : Lower Sweeping Block,
 Count 6 : Double Block / Chuge Uke (in long stance).



- Step forward 6 counts with: 
 - Head level lunge punch,
 - + Stomach level reverse punch,
 - + Short punch.
 - Step back using the same sequence of blocks as the previous combination (this time use a knife hand block in back stance on the 6th count) and add 2 stomach level punches after each block.



- Step forward 6 counts with: 
 - Head level block,
 - + Stomach level reverse punch,
 - + Round elbow strike (front arm),
 - + Stomach level reverse punch.



- Step backward 6 counts with:
 - Downward block,
 - + Stomach level reverse punch,
 - + Round elbow strike,
 - + Backfist off the same hand.





2.COMBINATIONS IN BACK LEANING STANCE

- Step forward knife hand block, 
 - step front foot across and ridge hand strike in long stance X 6.
 - Step backwards executing the same techniques X 6.
- Stepping forward knife hand block, 
 - step front foot across and ridge hand strike in long stance,
 - inside knife hand strike and then rear hand outside knife hand strike X 6.
 - Step backwards executing the same techniques X 6.



3. COMBINATIONS IN SANCHIN (HOUR GLASS) STANCE & CAT STANCE

- Step forward 2 hand circular block (mawashi uke) X 6. 
- Step back open-handed hook block (kake uke) 45° angle in cat stance  and front kick off front leg X 6.

KICKS

1. KICKS FROM SHORT FIGHTING STANCE

- Front kick stepping forward X 10 – alternating legs. 
- Back kick with front leg, return leg to start position X 10. Change legs & repeat. 
 - Back kick with back leg – step front foot back before executing kick  and then return leg to starting position X 10. Change legs and repeat.

2. BACK KICK AGAINST KICK SHIELDS X 20 EACH LEG

(35 minutes)

KUMITE

KUMITE PRACTISE - SEE KUMITE MENU FOR SUITABLE DRILLS (20 MINS)

Children's karate games may also be applicable occasionally depending on ages.



- Include appropriate warm-up exercises at the start of class
- Include appropriate warm up and leg raises before kicks
- Drink breaks must be included in all classes

FEATURED TECHNIQUES: Advanced strikes and blocks, extended kick shield work, KATA

WARM-UP

Standard warm-up at instructor's discretion.

**STRIKES
& BLOCKS****STRIKES & BLOCKS FROM PARALLEL STANCE**

- 3 level punching – head level, stomach level, groin level X 30.
- Inside knife hand strike X 20; Outside knife hand strike X 20.
- Ridge hand strike X 20.
- Double block X 20.
- Open hand hook block X 20.
- Open hand circular block (mawashi) X 20.

STRIKES & BLOCKS FROM LONG STANCE

- Step through inside knife hand strike off front hand X 10.
- Step through inside knife hand strike off front hand + 2 stomach level punches X 10.
- Step through outside knife hand strike off rear hand X 10.
- Step through outside knife hand strike off rear hand + 2 stomach level punches X 10.
- Step through ridge hand strike off rear hand X 10.
- Step through ridge hand strike off rear hand + 2 stomach level punches X 10.
- Step through inside knife hand strike off front hand + outside open knife hand strike from rear hand X 10.

SANCHIN (HOUR GLASS/PIDGEON TOE STANCE) + CAT STANCE + BACK STANCE

- Step through executing double block X 10.
- Step back in cat stance with open hand hook block (kake uke) X 10.
- Step through in hour glass stance with open hand circular block (mawashi) X 10.
- Step back in back leaning stance w/ knife hand block X 5, forwards X 5 then repeat.

KICKS**KICK SHIELD DRILLS**

- Front and round kick drills with kick shields.
- Side kick and back kick drills with kick shields.
- Use combinations where possible.

(30 minutes)

KATA**KATA PRACTISE/TRAINING RELEVANT TO STUDENT GRADE LEVELS (20 MINS)**

Children's karate games may also be applicable occasionally depending on ages.



1. Include appropriate warm-up exercises at the start of class
2. Include appropriate warm up and leg raises before kicks
3. Drink breaks must be included in all classes

FEATURED TECHNIQUES: Partner work with striking, blocking, kicking, self defence, KUMITE

WARM-UP

Shoulder taps, knee taps, stance drills.

**STRIKES
& BLOCKS****1.COMBINATIONS IN LONG STANCE**

1. ■ Step forward head level lunge punch X 6.
 ■ Step back performing a different block on each count

Count 1 : Head level Block,

Count 2 : Inside Block,

Count 3 : Outside Block,

Count 4 : Downward Block,

Count 5 : Lower Sweeping Block,

Count 6 : Knife Hand Block (in back stance).



2. ■ Step through head level lunge punch and 2 stomach level punches X 6.
 ■ Step back using the same sequence of blocks as the previous combination and add a stomach level reverse punch after each block.

2.PARTNER DRILLS

Instructor can choose from following ideas depending on grades present – it is not necessary to do all of the below in one session.

- Both sides in long stance with one stepping forward striking either head or stomach level lunge punches, or front kick off the rear leg Note: always stepping through as striking/kicking. Receiving side steps back executing relevant block, A reverse punch counter-strike can be added to this drill also.
- Attacking side stepping forward striking or front kicking in long stance. Receiving side can start in parallel stance and step off to the side at an angle and block and counter-strike.
- Attacking side stepping forward striking head level lunge punch. Receiving side can start in short fighting stance and practise blocking with open hand hook block (kake uke) and circular block (mawashi uke). Include counter-striking where applicable.
- Both sides starting in short fighting stance. Attacking side punching from stationary position, alternating arms. Receiver uses knife hand block to deflect each punch and counter-strike with knife hand. Note: both hands should be used by the blocking side deflecting the incoming punch on both the inside and outside of the attacker's guard.
- Both sides starting in short fighting stance. Begin kicking exercises where each side kicks in alternating fashion. To start with, this exercise is designed to improve targeting and distance. After a warm up, extend the drill to include blocking the kicks and then add a counter-striking finish.

(30 minutes)

KUMITE**KUMITE PRACTISE - SEE KUMITE MENU FOR SUITABLE DRILLS (15 – 20 MINS)**

Children's karate games may also be applicable occasionally depending on ages.



1. Include appropriate warm-up exercises at the start of class
2. Include appropriate warm up and leg raises before kicks
3. Drink breaks must be included in all classes

FEATURED TECHNIQUES: Kata / Kumite themed class

WARM-UP

Shoulder taps (1 min), Kata Saifa as warm-up,
knee taps (1 min) – rotate X 3 as a warm-up.

KATA

- Focus on student's next grade kata. Include performing kata (1) to the count (2) to their own timing as a group (3) individually to their own timing.
- Encourage students to practise in pairs where kata can even be filmed by the partner for feedback ie: one doing the kata and the other filming - and then switch roles. Note: If filming, then make sure that the student is only filmed on their own phone.
- Where possible, include going through one to two combat drills or bunkai applications relevant to the kata being performed.
- This part of the class may start as one group and then convert to workshop-style with students training in different kata groups.

(25 minutes)

KUMITE

- Start with footwork and movement drills in normal lines with simple punching combinations.
- Partner up class and practise the above drills with a partner, adding block and counter-striking when and where applicable.
- Practise kicking drills in partners with blocking and then counter-striking.
- Practise punching and kicking combinations (3, 4, 5 technique combinations) in partners and then add counter-striking to finish.
- Free sparring – 2 minute rounds and rotate. Ensure small children are not matched with large partners or adults.
- Students without sparring equipment can continue to practise choreographed punching and kicking combination drills with partner.

For further ideas on kumite drills, please see accompanying kumite menu.



1. Include appropriate warm-up exercises at the start of class
2. Include appropriate warm up and leg raises before kicks
3. Drink breaks must be included in all classes

FEATURED TECHNIQUES: Kata / Self Defence themed class

WARM-UP

Stance drills involving long stance, sumo stand and horse-riding stance. Also practice rising up off the ground off (1) their back and (2) their stomach.

KATA

- Focus on student's next grade kata. Include performing kata (1) to the count (2) to their own timing as a group (3) individually to their own timing.
- Encourage students to practise in pairs where kata can even be filmed by the partner for feedback ie: one doing the kata and the other filming - and then switch roles. Note: If filming, then make sure that the student is only filmed on their own phone.
- Where possible, include going through one to two combat drills or bunkai applications relevant to the kata being performed.
- This part of the class may start as one group and then convert to workshop-style with students training in different kata groups.

(25 minutes)

SELF DEFENCE

Students would work here in partners for the majority of this section. A variety of attack scenarios can be covered here depending on grades and ages present:

- Wrist grabs (accompany with pulling to make more realistic).
- Wrist grabs and punching.
- 2 hand lapel grab.
- 2 hand front choke.
- Shoulder grab from rear.
- Rear and/or front bear hug.
- Blocking a swinging round punch with and without grabbing first.

Note: These are suggestions only – cover what you can in the time you have available.

Aim to finish with a rotating partner sequence so that students then get to execute these techniques with different partners eg: rotating within groups of 6?.



1. Include appropriate warm-up exercises at the start of class
2. Include appropriate warm up and leg raises before kicks
3. Drink breaks must be included in all classes



GKR KARATE KATA



A BRIEF HISTORY OF GKR KARATE KATA

TAIGYOKU KATA

Taigyoku kata were developed by Gichin Funakoshi (founder of Shotokan) as a method of simplifying kata for beginners and preparing them for more difficult kata. This principle proved so successful that many other styles adopted this Taigyoku pattern, creating their own Taigyoku kata.

GKR KARATE

While Taigyoku Shodan shows up in almost every karate style, GKR derives its version directly from Shotokan karate. GKR's Taigyoku Nidan however, is unique because Kancho Sullivan added a front kick to its basic pattern (something not done before with a Taigyoku kata). He did this to help a student develop more flow between their punches and kicks.

The word Taigyoku means "First Cause," and is a reference to the maxim: "In karate, there is no advantage in the first attack."

SAIFA

Hails from the Okinawan city of Naha (likely by Chojun Miyagi, founder of Goju) after combining his studies of Naha-te and Chinese Kung-fu. Saifa is the first 'Goju' styled kata of GKR, incorporating a number of flowing, circular techniques and counter-attacks.

Meaning: 'To smash and tear', depicting the bunkai that involves tearing ones self from an attacker's grip then countering with punches, back fists, and hammer fists. The 'Sai' (to smash or destroy) is the same character as in kata, Bas'Sai'-dai and Geki-'Sai'. The 'Fa' (to tear) is the same character as in kata Kururun'Fa'.

BASSAI-DAI

Most likely introduced by Sokon 'Bushi' Matsumura. The kata shows up in many styles of karate and has many versions. Thought to be a result of its original teacher travelling as Chief Bodyguard and instructor for the king of Okinawa.

The kata utilises many straight line explosive techniques as well as multiple tai-sabaki (body movements and changing directions). Unlike Saifa where we often 'tear free', Bassai-dai often grabs and controls an opponent.

Originally called Passai, but was changed when Gichin Funakoshi took karate from Okinawa to Japan. The 'Sai' in Bas'Sai' is the same character in 'Sai'fa (meaning destroy or breach). The meaning of Bassai-dai is generally regarded as 'To breach the fortress' or 'destroy the fortress'.

A BRIEF HISTORY OF GKR KARATE KATA

SEIUNCHIN

Some speculate Kanryo Higaonna (founder of Naha-te) developed the kata but most believe it was taught in Okinawa prior to his moving to China to study Kung Fu. It is likely his student, Chojun Miyagi (founder of Goju) was the one who modified it to what is most widely practiced today. Miyagi was an innovator in his own right, and despite going to China himself to study, may have adapted the kata regardless of this move.

The 'Chin' character found in Seiu'n'chin' (also found in kata Sanchin, Shisochin and Sochin) is a Japanese character meaning 'Battle'. Sei-Un-Chin as a whole translates as 'to grab and pull in battle'.

While the previous Naha-based kata (Saifa) has ourselves moving explosively to avoid toe-to-toe combat, Seiunchin generally has us moving our opponent to avoid it. And while Saifa aims to break free of an opponent's grip, Seiunchin, as its name suggests maintains the grip (wrestle) with the opponent, using flowing, circular movements and recruits the strength of the whole body using powerful deep stances (rather than the strength or speed of individual limbs).

EMPI

One of the oldest kata in all karate, it was originally called Wansu (named after a Chinese envoy who taught it). Being so old, it has likely been modified many times from its original. The name was changed to Empi when Gichin Funakoshi (founder of Shotokan) took the kata to Japan.

'Empi' is made up of two characters, 'Em' meaning flying and 'Pi' meaning swallow (as in the bird). Funakoshi believed the name was indicative to the up and down swooping movements, similar to that of the swallow. While Seiunchin relies on a solid positioning and circular flowing movements, Empi challenges us to develop our agility and explosiveness for both defence and attack. It also focuses on dealing with grabs with straight-line explosive movements.

SANSERU

Kanryo Higaonna was an accomplished Okinawa-te practitioner. After training in China for 13 years, he developed Naha-te (a combination of his Okinawa and Chinese training). Sanseru was one of the kata he developed.

Sanseru translates to '36 hands' and is one of many karate kata with a numerical title that can be divided by 3. The Japanese character 'San', as found in kata 'San'seru, Sei'san' and 'San'chin translates as the number 3. Most kata that have the term 'San' in their name, have an opening sequence that is repeated three times and generally in 'San'chin datchi. The number three is very important in both Chinese and Japanese culture. Sanchin itself means "three battles". It does not refer to actual physical battles, but the internal battle of harnessing body, mind, and spirit through will.

The kata follows many characteristics of Shotokan styles but has a few very typical Goju elements. It often enters into an opponent's space quickly and then wraps them up by instigating locks (to control), or delivers a strike or kick to finish.

A BRIEF HISTORY OF GKR KARATE KATA

SEPAI

Kata Sepai is inspired from Dragon style Kung-fu, thus entailing a number of circular, whipping movements and incorporates a number of angles as well as challenging the student by moving from long and short stances. While Saifa sees us use Tai-sabaki to avoid our opponent, Sepai utilizes pivoting on the spot to avoid standing toe-to-toe. This is much more difficult to use in combat and kumite.

It was developed by Kanryo Higaonna (founder of Naha-te) and later modified by his student Chogun Miyagi (founder of Goju). Sepai translates to '18 hands' and while most reference this to Buddhist philosophy, it's also plausible that it's talking about 18 pressure point strikes in the kata. Another possibility is that in 1392 a group of 36 families moved from Fukien Province in China, to Kume-Mura, a village just outside of Naha (where Goju was developed). This community of 36 families introduced a style known as Shi Pa Sho Kempo (18 postures boxing). Here, Chinese boxing was taught to the Okinawans

HANGETSU

No one knows who created the kata, but it was first taught by a Chinese martial artist, who regularly visited Okinawa named Seisan (or Seishan). Originally it was called Seisan and was practised in Naha. A popular kata, visitors from Shuri city took it back and it began to evolve into a new kata. This is one of the only kata to be practised in both styles.

Astronomer and mapmaker Peichin Takahara modified it even more and changed its name, making reference to his passion for astronomy. Hangetsu translates as 'half-moon' or 'crescent moon'.

KANKU-DAI

This is one of the oldest kata in Karate and was originally named Kusunku, named after Kung Siang Chin (as Okinawa people often gave Chinese people Okinawa names). He was a Chinese military advisor who came from China to Okinawa at the request of Okinawa's king. He lived in Okinawa from 1756-1761 and was a master of Kempo.

It was developed by one of Kusunku's students - 'Satunushi' 'tode' Sakugawa (1733-1815), who formulated the kata to honour his teacher after his death. It likely a blue print of the teachings Kusunka passed on.

Over the years the kata passed through many prominent masters before being taken to Japan by Gichin Funakoshi (1868-1957), who founded the style Shotokan. When the kata reached Japan, the name 'Kusunku' changed to 'Kanku'. Throughout Japan and Okinawa today, there are many variations of the kata.

Kanku-Dai was inspired by White Crane Kung fu (the hand positions often resemble the wings of a crane/ bird). Its fighting methodology relies on explosive hand speed and foot movements as opposed to strength.

A BRIEF HISTORY OF GKR KARATE KATA

KURURUNFA

Like Sepai, Kururunfa is inspired from Dragon style Kung-fu, thus while many Naha based kata rely on circular hand movements, these two kata often rely on the entire body using whipping, circular movements and pivots. In both kata we often absorb (give ground) before springing back with devastating attacks (think of a dragon inhaling deeply before releasing its fiery breath). Kururunfa incorporated more Tai-Sabaki than Sepai however.

Many argue it was developed by the founder of Naha-te Kanryo Higaonna (1853-1915) who passed it on to Chojun Miyagi (founder of Goju). However there is evidence it was taught in Okinawa long before Higaonna.

It was developed in Naha, where many respected Chinese martial artists had resided in the village of Kumemura for centuries. Unlike modern karate where kata are uniform, previously students were often taught kata (and bunkai) to suit their bodies and skill levels. Miyagi's version of Kururunfa is one of most followed today, and thus likely resembles movements that suit his frame and personalised bunkai. Miyagi himself also ventured to China to train and was known for constantly seeking out knowledge.

SHISOCHIN

The Chinese influence in this kata is apparent as the hands are kept open. Records exist showing Seisho Aragaki performing a kata named 'Chisaukin' at a demonstration in 1867. Seisho Aragaki was the first teacher of Kanryo Higaonna (founder of Naha-te). While Higaonna may have taught the kata to Chojun Miyagi (founder of Goju) it's perhaps more likely Miyagi learned it from Aragaki (he also trained under Aragaki).

While Shisochin may not have resembled Chisaukin kata too specifically, it likely has many comparative principles. It's well known that Shisochin was Miyagi's favourite kata.

The kata shares the same opening sequence as Sanseru, Seisan and 'Sanchin kata', although this is uniquely open handed (originally the others were also but Miyagi closed the hands in the other kata).

KANKU-SHO

Like Kanku-dai, Kanku-sho was formulated in Okinawa, but many years later. Kanku-dai was originally developed by Sakugawa (1733-1815), who formulated the kata to honour and record what his instructor (Kusanku) had taught him. Kanku-sho was developed by Yatsutsune "Ankoh" Itosu (1830-1915). Kusunku-'Sho' (lesser) version of Kusanku-'Dai' (greater) was possibly created to counter the then popular use of a bo staff in combat.

While both kata rely on straight line speed and fast Tai-Sabaki, the 'Sho' version utilizes more hip rotation than the 'Dai'.

The kata was taught extensively by Itosu's most advanced student, Chibana (founder of kobayashi-ryu). However, Gichin Funakoshi (founder of Shotokan) also taught it, modifying it by taking the cat stances and altering them to longer, back stances. When he took the kata to Japan, he changed the name Kusunku to Kanku. Funakoshi also took the cat stances in Bassai-dai and lengthened them to longer back stances. This was possibly done to suit his small frame.

A BRIEF HISTORY OF GKR KARATE KATA

SEISAN

Many regard Seisan to be the oldest existing form in Okinawan karate. It is unique in that it's perhaps the only traditional form that is practiced in Shuri-te, Tomari-te and Naha-te traditions. Variations of Seisan can be found in almost every major ryuha (style) and with no written records no-one can truly say that their version is the true correct version.

There are varying schools of thought relating to Seisan's name. Chinese Tiger style still has a form of called Seisan, however most believe it was named after a famous Chinese martial artist who lived in Okinawa around 1700 and practiced the kata there. It is said that he was one of the greatest karate men of that era.

Seisan heavily utilises sequences of techniques repeated three times. It has a broad range of hard and soft techniques, representing a complete arsenal of punching, kicking, striking, locking, throwing and strangling. Unusual techniques are included, and include releases (hazushi waza) from bear hugs and body holds. Many of the applications of Seisan are really quite brutal. This is not a punch/kick/block kata. The techniques in this kata range from locks and holds, to nerve strikes and even a couple of examples of a rarely employed technique that is similar to what modern street fighters might call 'fish-hooking'

SOCHIN

While the kata we practice today comes from Shotokan, this kata originated in Naha (like Seisan, GKR's other Yondan kata). In fact, both kata came from the same Okinawan source, Seisho Aragaki (Higaonna's first instructor) and both date back further than most other karate kata.

While Aragaki taught Higaonna (founder of Naha-te), he moved away from Naha to teach his brand of karate to martial artists in the city of Shuri (the term 'brand' is used because Aragaki never formalized a style). The Naha origin is apparent as the opening movements are performed slowly and with strength, and the hips push forward (as they do in Sanchin datchi techniques in kata). However these slow, deliberate movements are interspersed with dynamic outbursts of speed (more typical of Shuri kata). It also utilizes fudo-datchi (rooted or immovable stance) in place of a zenkutsu-datchi (long forward stance).

Because a number of different styles practice Sochin, it has a number of different versions and also different translations. Common names are 'Grand prize', 'Grand battle', 'Strong calm' and 'Immovable' kata (a name representing the fudo-datchi stance used throughout). The most common translation is 'Strong Calm' which is also very Naha styled name. This name is indicative in the kata's form given its use of 'strong' fudo-datchi stances combining with slow, calm blocks (tate shuto uke).



KUMITE DRILL MENU



KUMITE DRILLS

All types of kumite develop self-defence skills. There are various types of kumite an instructor can take their class through, and the more variety a sensei exposes their class to, the greater their skill-sets become. It is important that we see tournament related and non-tournament related kumite training as equally relevant, even if students are not focused on competition. This is because the aim of all kumite practise is to develop timing, distance, accuracy, the importance of stance, speed with technique, movement, defence, tactics and adaptability.

Note: Sparring equipment must be worn at all times during kumite practise.

TURN-FOR-TURN ATTACK DRILLS

Focus on: Distance, Technique, Stance, Zanshin and Kime (for higher grades).

- Starting with single attacks one-for-one (either hands or feet).
- Double attacks (all hands, all feet or hands and feet).
- Combinations attacks (all hands or hands and feet).

Higher grades can practice various ways to set up their attacks using:

- Fakes
- Disturbs (tap a limb first or break rhythm)
- Breaking the angle before attacking

TURN-FOR-TURN COUNTER DRILLS

Focusing on distance and control. Lower grades should not attack with full Kime.

- Block-counter against a head level jab.
- Block-counter against a stomach level punch (either against a single reverse or a lunge-reverse combination)
- Block-counter against a front kick.
- Block-counter against a round kick (body or head).

TURN-FOR-TURN ANTICIPATION DRILLS

- Anticipation (pick off) strike against an opponent moving in towards them slowly (without an attack, body only).
- Anticipation (pick off) strike against an opponent moving in towards them quickly (without an attack, body only).

Higher grades can practice with an opponent moving in with actual strikes (hands or feet)

ATTACK & DEFEND

- A simulated version of kumite where a student may only attack & the other only defend (no counter-strikes).
- This drill is to force students to practice both attack and defence to develop equal skill and confidence.
- Attackers can confidently execute techniques without fear of being struck back.
- Defenders can focus purely on guard, position etc.

KUMITE DRILLS

AVOIDING TACKLES/BEING TIED UP

- In self-defence, a karate-ka needs to be prepared for an attacker trying to tackle or seize control of their body. This drill will develop the principles of Awareness and Lowest Belt Wins.
- One student is only trying to grab their opponent and tie them up with their arms. If they can get both arms around their partner, they win! They let go and start again.
- The partner is aiming to prevent the other from tying them up. But not by running away. More by using deep stances and hip movements in a limited space (similar to kata, only free-flowing). Their front hand also plays an important role in keeping distance.

KICK SHIELD DRILLS

- Use shields to focus on power. Its important to note however that speed is still crucial and any telegraphed movement to create extra power should be eliminated.
- Kick shield work can cover both Kumite techniques (punches and kicks allowed in kumite) as well as 'Street' techniques, such as knees, elbows, palm strikes, groin kicks, forearm strikes etc.

POOL NOODLE DRILLS

- The advantage of a pool noodle over a partner's arm is that you can swing much harder without fear of contact. It is also much more comfortable for lower grades.
- Pool Noodle drills can cover defence against karate techniques (for high grades, this includes using the noodle to simulate head level hook or round kicks and thigh kicks) as well as techniques more common in self-defence (such as wild swinging punches).
- Students can work on either:
 - a) Blocking the noodle (bringing the arm out to meet the noodle).
 - b) Shielding the noodle (bringing an arm up to shield themselves, eg Hijiate).
 - c) Ducking or evading (staying in place but bending or ducking to avoid being hit).
 - d) Escaping the noodle (instead of blocking & evading, use footwork to escape).Footwork is critical to self-defence. Sometimes it's OK to retreat and escape rather than blocking a punch. In this drill however, it is important that they wait until the attacker begins swinging the noodle, and then move back to safe distance or even circle around.

POOL NOODLE KUMITE

- This goes beyond the Kihon Kumite Pool Noodle drills
- This is done where the attacker has two pool noodles and continuously attacks with simulated close-quarter wild-swinging punches. Both parties can move around. The higher the grade the more kime the pool noodles can be swung.
- The defender should NOT attempt to block as this is ineffective against a close quarter flurry of attack. Instead, the defender should keep both hands high and attempt to shield their head.

GROUND KUMITE

Where one partner is in a sumo-stance-like position and the other will lay down on their back on the ground (between the feet, or to the side of their partner). The purpose of this drill is to develop a familiarity with fighting on the ground with strikes coming from above. Can be done two ways:

- 1) The person on the bottom defends only, blocking and shielding from the person standing above them note: strikes should start light towards the torso or side of head/ears.
- 2) The person on the bottom may also punch upwards in the sparring.

KUMITE DRILLS

LIMITATION KUMITE

The purpose of this drill is to teach students to adapt to various challenges presented to them. Their goal is not only to quickly adapt to a successful strategy, but also remain mentally alert and confident. If they develop a 'defeatist' attitude over their limitation in the dojo, they will likely replicate this in real life self-defence.

- In this drill, one student gets to free spar without limitations. The other however must constantly adapt to the limitations you put over them.
- Let the students know what these limitations are at the start and explain why they are in place.
- You might explain 3 or 4 limitations and let them know when you call out a limitation, they must quickly start sparring with this in place.
- When a new limitation is called, they get the previous limitation back to 100% use.

EXAMPLES OF LIMITATIONS ARE:

- Blind in one eye. If the instructor calls 'left eye closed' or 'Right eye closed' the student must continue with kumite with this particular eye closed. This will affect their sight for defence and their distance to attack. They may need to change legs so the forward eye is the open one. They may need to shield instead of block etc. Either way they must adapt!
- One arm broken. If the instructor calls 'left arm broken' or 'right arm broken', they must drop that arm by their side and are unable to use it (do not put it behind your back, allow it to fall limp beside you). How will they adapt in their tactics to be successful with one arm.
- The instructor might pose to them are 'Left or Right Broken foot'. Now they must hop with 99% of their weight on one foot.
- Tight dress or Jeans. Now they are unable to kick, or even make deep stances.

FORCED TACTICS KUMITE

- Most students develop a single style of kumite, and rely on a small variety of movements and techniques. In self-defence, one must be able to adapt to the situation, and as such, needs more than one kumite style.
- This drill is to force people to use various techniques, combinations and strategies.
- Students pair up for Ju kumite, however you will give one or both a tactic to work with.
- Examples include:
 - a) One free spars the other must use feet only (many students rarely kick in kumite. This will force them to develop their kicking skills and confidence).
 - b) One must counter-strike and the other attack.
 - c) Every time students attack, they must throw the exact number of techniques to what the instructor calls out (eg 1, 2, 3, 4, 5 or even 6) This will force students to develop combinations and even a killer instinct.
 - d) Combination of hand followed by foot (or vice versa).
 - e) Combination must be hand, foot, hand.
 - f) Move a lot and attack from unexpected positions.
 - g) Free sparring, but one cannot block (only evade or escape).

KUMITE DRILLS

LAY DOWN - KICK OUT KUMITE

This drill is to develop the ability to keep an attacker at bay whilst on the ground.

One person lays down (on their back or side). Their partner tries to get close to them, even circling around to get behind them. The person on the ground tries to keep them away with kicks (side-kicks or stomp kicks)

Note: kick shields can also be used here by the attacker, so that the person on the ground can kick into them with more force.

GROUND NOODLE KUMITE

- One student lays down on their ground. Their partner strikes down with pool noodles.
- The person on the ground aims to get to their feet while still covering themselves from being hit.
- Once they're on their feet, they are to drop back onto the ground again and start again.
- Students should practice getting to their feet while protecting themselves without a partner first.

CLOSE QUARTER KUMITE

- Self-defence generally occurs at close range. This free-sparring drill helps students with their familiarity of blocking or striking while very close to their partner, and develop the skill to flow between blocking and striking.
- Use a higher guard with both hands forward. Students remain within arm's reach at all times. If they ever move outside of this range, they move back into range, and start again.
- Start at a slow and steady pace and work up gradually to greater speed
- Students will notice they will notice they are too close to kick above the belt most of the time. 3rd kyu and above may use light thigh kicks and sweeps when sparring other high grades but always with careful control.

TWO AGAINST ONE

- This drill can be done for all grades, although lower grades should do this without any punching or kicking. For intermediate grades, the punching and kicking can be done slowly. For higher grades, they can use regular speed kumite, however 'no look' techniques (striking to an opponent behind you etc) is not permitted.
 - Two people spar against one. The individual's main goals are to:
 - a) Constantly move to position themselves so they are never in the middle of the two attackers.
 - b) Try to avoid getting caught going backwards. If they are retreating, they should be moving fast enough to be out of range of strikes.
 - c) To mostly attack and move. If they focus just on counter-striking (or defending), they will be overwhelmed by the two attackers. In such a situation, the aim is to position themselves so that the two attackers are both in direct line of sight, and if running away is not an option - to attack.
- Note: maintaining control is very important here.**

STAMINA KUMITE

- This drill is to develop both muscular and cardio-endurance.
- It will also develop mental toughness as students must continue to spar effectively (good stance, quality guard, attack and defend successfully) despite fatigue setting in.
- Students will free spar (ju kumite) but each time the instructor calls an exercise out, they are to complete it, then immediately go back to sparring.
- Examples of exercises the instructor might call out are: "10 push ups", "10 sit ups", "10 sumo squats" etc.
- Students with injuries should be able to adjust to an exercise suitable to them.

KUMITE DRILLS

TOURNAMENT RELATED DRILLS

KING OF THE RING

- Set up a number of tournament rings in the dojo (these need not be regulation size). Use soft objects to mark the four edges of the rings (eg Mits, pads, hand towels, spare belts, etc).
- Break the class into groups (similar age, grade etc). Two start out sparring tournament style (ie: point-fighting style) in each ring while the others can either wait by the sides or Judge/Referee. When one side reaches one point, the winner stays in the ring while the other moves out to the back of the line. Next person comes in.
- Where there is a big difference in grade, you can put limitations on the higher grade after they have won a couple of bouts (eg counter only, left hand only etc).
- Try to avoid major differences in size between opponents. Extra emphasis on control is needed when introducing competition into kumite.

8 SECONDS SURVIVAL

- This is similar to King of the Ring (above). We set up rings and break the class into groups. You will need a Referee per ring (students can take turns) and a person to count down (out loud) from 8seconds down to one (any person in the line can do this).
- Instead of both opponents being able to score, only one can score (meeting the scoring criteria). The other must survive (block, evade, move etc) for 8seconds.
- The moment the attacker scores, the clock stops, and they become the new King of the Ring. The next person enters the ring and they (the king) must defend for 8seconds.
- If the King survives the 8seconds, they remain as King of the Ring and the next person comes in the ring to try to score in 8seconds.

TOURNAMENT KUMITE TO A TIMER

- No need to set up rings, and students can referee themselves. However, the sensei can keep an eye over the students and offer assistance when they see a point, or no point.
- Students pair up for kumite and their goal is to score points on one another.
- Students should be aware of the scoring criteria and understand why they are in place (the self-defence value).
- Every couple of minutes (time of your choice) they change partners.
- Encourage students to be tactical against the variety of partners. If someone is faster than you, perhaps counter-strike. If they are good with kicks, vary distances etc.

TOURNAMENT KUMITE – FIRST POINT WINS

- No need to set up rings, and students can referee themselves. However, the sensei can keep an eye over the students and offer assistance when they see a point, or no point.
- Everyone starts with a partner and their goal is to be the first to score a point on their partner.
- When one scores, they bow and raise their hands. When they see other people in the dojo with raised hands, they walk over to them, bow and begin again.

ACCURACY AND STAMINA DRILL

In this drill, students pair up and try to score points on one another.

They must be familiar with the scoring criteria and understand its relevance for self-defence.

Each time they try to score (whether an attack, anticipation or counter-strike), if they are unsuccessful, they must run to the farthest wall in the dojo and run back to their partner and continue sparring. (You may also try this with push ups, squats etc).

The purpose of this drill is:

- a) Develop stamina
- b) Develop mental strength (they must continue to try to win despite fatigue)
- c) To teach them not to waste techniques. If they go at the wrong time, or with half committed techniques, they will end up running (and wearing themselves out). It will teach them to look for opportune moments, lock in to their opponent and then attack with full commitment.



CHILDRENS GAMES CATALOGUE

CHILDREN'S GAMES CATALOGUE

CATEGORY OF ACTIVITIES

- >> 1) **STRIKES**
- >> 2) **BLOCKING / DEFENCE**
- >> 3) **KICKING**
- >> 4) **STANCES**
- >> 5) **SPARRING**
- >> 6) **CO-ORDINATION / ATHLETICISM / EVASION**
- >> 7) **CONCENTRATION / REFLEXES**
- >> 8) **ALL-PURPOSE**
- >> 9) **JUST FOR FUN**

CHILDREN'S GAMES CATALOGUE

STRIKES

PAPER BREAKS

Prop Required – A4 paper

Sensei hold's A4 paper like holding a board. The students line up in front of this in short fighting stance and then punch through the paper as they kiai. The paper is not hard to break, but it gives them a sense of penetration with their punch. This can also be tried with 2 pieces of paper but be aware that this is more than twice as hard.

PAPER 'HOLE-PUNCH'

Prop Required – A4 paper

Played in partners. Cut a circle in A4 paper (about 50% bigger than the size of a child's fist). One child holds the paper while the other tries to punch into the hole and then retracts the punch out of the hole. The aim is to test the accuracy of the punch by not ripping the paper either on the way in or on the way out.

NORTH, SOUTH, EAST & WEST

Designate each direction in the dojo as its rightful compass direction (ie: North is to the front). You call out the directions, and they must turn and punch in that direction (they will start by standing in heiko dachi). You can make this an elimination game meaning those that get it wrong have to sit down. **Note: *This can also be done using kicks ie: front, side and back kicks – starting from heiko-dachi each time.***

PUNCH/KICK MITT

Done with a partner. One student holds a mitt up high with the other partner standing next to them in short stance. The person with the mitt drops the mitt and their partner has to try and punch the mitt before it hits the ground. This can also be done with a kick but is much harder. This game works even better if the person holding the mitt can be standing next to their partner on a chair. This gives more time for the partner to respond before the mitt hits the ground.

BALLOON BELLY

Prop Required – inflated balloons

Instructor puts an inflated balloon inside their gi top. Students line up in front in single file and stand in short stance. Their goal is to punch the sensei's stomach and attempt to pop the balloon. They must use leverage, and kiai! The punch must come from their waist and come out straight. Each student gets 3 attempts then moves to the end of the line. (You may cheat a little by pinching the balloon as they punch to make it pop – but only if they are struggling and you wish to boost confidence). **Note: *More relevant for special classes.***

CHILDREN'S GAMES CATALOGUE

BLOCKING / DEFENCE

NOODLE BLOCKING

Prop Required – Floatation Noodle

Note: A noodle is a long and relatively soft foam floatation device used in swimming teaching.

Use the noodles to simulate a weapon coming down from a height onto their heads. They must perform a head block to stop the noodle hitting their head. You can also incorporate a punch to follow this. In most cases you start them in short fighting stance. You can also spear the noodle straight in towards their stomach, at which they execute soto uke, or spear it slightly lower and have them perform either gedan berai or gedan uke. Even though the noodle is made of foam, do NOT swing or spear the noodle towards the children too hard. **Note: Can also swing the noodle gently from the side and have them practise inside hooking block, or blocking defence against round kicks.**

STRANGER AWARENESS

Students sit in a large circle. The instructor pads up fully. Instructor grabs a student as if to simulate taking them back to a car, and puts them through a series of self defence drills eg: wrist grabs, bear hug, bear hug where the child is picked up, front bear hug, reverse choke, etc. The student has permission to strike hard but not to the sensei's face. Their goal is to fight their way out – with each drill lasting approximately 30 seconds. You may also have them practise their kiai during this time. This must be practised safely and should only be done by the sensei.

Due to the type of physical contact in this game, it is necessary to explain in front of all children (and parents, if possible) the benefits of this activity and when and where you will need to make physical contact with the child. The child's permission must always be sought for this activity and you should be confident that the child has a full understanding. Encourage and coach the children while you are making physical contact. Teach them how to fight off an abductor.

SELF DEFENCE DEMO'S

Divide students into even groups of 3-4 people. Give them 10 minutes to design and choreograph their own attack/defence sequence. In their group they must assign someone to be the victim and the others as attackers. They then decide on a scenario eg: walking home from school, playing in the park etc. and put on a 30 second performance. This must show the victim being attacked and them using their martial arts skills to defend themselves. The end of the performance must include the victim running away (ie: defend yourself and run!). Good for teamwork, imagination and technique. **Note: Should only be performed at half pace and mitts/pads to be worn where possible.**

BY THE NUMBERS

Eg: if playing this game using blocks....

1) Head block 2) Hook block 3) Outside block etc...

Practise order by calling out 1 through to 5 in succession. Then when they are used to each number, begin calling them out at random. If a student makes a mistake (after practise round) then they sit down. Last one standing is the winner. This can be adapted to use strikes or kicks (even stances). Great for concentration also.

SHOULDER/KNEE TAPS

Also a good sparring exercise done in partners. The idea is for one side to try and tap the knee of the other person, while the other side is trying to do the same. This can also be done using the shoulder as the target area. When a person is tapped, the two must stop and the one who was tapped does 5 sumo squats with their hands behind their head. The game can be made more challenging if each side is only allowed to use one hand to block/strike, with the other hand to be kept behind their back. **Note: Taps to the shoulder must come around a bit like a haito towards the shoulder. The tapper's hand should NOT spear straight towards the shoulder.**

CHILDREN'S GAMES CATALOGUE

KICKING

KICK-BAG DRILLS

Prop Required – Kick Bag

Using a kick bag, have the students line up whilst you hold the bag. They can practise front kicks, side kicks round kicks and back kicks on the bag to give them a solid target to kick at. Ensure correct foot

shaping when kicking the bag. Note: ***Beginners would start by only doing front kicks when using a bag. ALSO – do not punch these kick bags! When practicing round kicks, students should stand side-on to the bag and strike the bag with the instep of the foot, not the ball of the foot.***

STANCE FREEZE

One person out the front with their back turned and everybody else at the other end of the room. Person out the front says 'Hajime', prompting everybody else to move forward doing front kicks (ie: kick & step forward, then kick off other leg and step forward etc). Person out the front then calls 'Yame' and all others have to stop instantly and drop into a stance (can be done with a choice of 3 stances – or 6 stances if cat stance, back-leaning and sanchin stance is known by the group). Without turning around to face the group, the person at the front yells out a stance. If a student is in that stance then they must go back to the start. If their stance is nondescript (ie: you the instructor can't tell what stance it is), then they must also go back to the start. The winner is the first to the front wall (don't include the person out the front having to chase them back to rear wall – a whole bunch of kids running fast in the dojo at the same time is a problem).

KARATE CATERPILLAR

Divide into teams of 5-7. Line them up so all are facing the front in their rows/teams. Front person starts 4 paces out in front of his team and is turned around facing his team. On your count each team performs a side-kick (they are lined up at arms length behind each other) and the person out the front performs a round kick (or front kick – whichever you choose). Those in the line alternate left leg/right leg with their side-kicks. On count 6 they all kiai at which point you yell 'sumo, sumo, sumo'. At this point, the students in the line move up closer to each other and drop into sumo stance. The person who was out the front runs to the front of the group, turns around and drops into sumo also. The person who was at the back of the group crawls through the sumo tunnel made by his team and runs to the 'out-front position'. The process begins again and continues until everyone has had a turn going through the tunnel. Teaches kicks, sumo stance and teamwork.

'CHORUS-LINE' KICKING

Students stand in a line beside each other and hold on to the person's shoulder either side of them ('Chorus-Line' style). They then perform front kicks to a count altogether as a group. This can also be done with students in a line joined together 'Conga-Style'. In this instance they can perform side-kicks as a group. The aim is to help with balance as they perform these kicks and to work together as a group. Also just another way of performing the kick. Sometimes the extra balance they get from this allows you to have them perform 2 kicks in a row without putting the foot down between kicks.

CHILDREN'S GAMES CATALOGUE

KICKING

GROUND KICKING

Students can practise certain kicks whilst lying on the ground eg: heel-front kick whilst laying on back; side kick or round kick whilst laying on side. Teaches them how to attack if they have fallen and still requires the basic 4 stages of the kick to be there.

ZAP

Stand students in a single file line. Have your sempai and one other helper to hold each end of a belt and pull it tightly. The belt should be held in front of the students at around knee height . You stand on one side of the belt holding a hand mitt (you can also use a piece of cardboard with a bullseye on it if you have one). The student stands on the opposite side of the belt in short fighting stance. The object of this game is for the student to perform a kick in slow motion over the belt and touch the target with the correct part of the foot. Of course the goal is to not touch the belt. If they hit the mitt/target correctly and land back in stance without touching the belt then they get 10 points. If they have a near miss or hit your fingers, then they get 5 points. They will do 2 kicks each leg for a maximum of 40 points. The student with the highest score wins. If they touch the belt, you yell out 'ZAP' and they can briefly roll around on the floor faking an electric shock. No points if the belt is touched. Everybody gets 4 kicks per turn though. Start off at slow pace, then kicks can gradually speed up as you keep playing.

CHILDREN'S GAMES CATALOGUE

STANCES

STANCE FREEZE

One person out the front with their back turned and everybody else at the other end of the room. Person out the front says 'Hajime', prompting everybody else to move forward doing front kicks (ie: kick & step forward, then kick off other leg and step forward etc). Person out the front then calls 'Yame' and all others have to stop instantly and drop into a stance (can be done with a choice of 3 stances – or 5 stances if cat stance and sanchin stance is known by the group). Without turning around to face the group, the person at the front yells out a stance. If a student is in that stance then they must go back to the start. If their stance is nondescript (ie: you the instructor can't tell what stance it is), then they must also go back to the start. The winner is the first to the front wall (don't include the person out the front having to chase them back to rear wall – a whole bunch of kids running fast in the dojo at the same time is a problem).

STANCE RELAYS (ALSO IN THE 'KICKING' SECTION)

Can use sumo, long stance or horse-riding stance (shuffle sideways if using horse riding stance). Students break into teams of 6-8 with half of them at one end of the room and the other half at the other end – facing each other. Have a minimum of two teams. The winner is not necessarily the fastest team, but the one who can move forward in stance with the best technique. **Note: *Can also be done with mitt on head to encourage good posture in the stance.***

KARATE CATERPILLAR (ALSO IN THE 'KICKING' SECTION)

Divide into teams of 5-7. Line them up so all are facing the front in their rows/teams. Front person starts 4 paces out in front of his team and is turned around facing his team. On your count each team performs a side-kick (they are lined up at arms length behind each other) and the person out the front performs a round kick (or front kick – whichever you choose). Those in the line alternate left leg/right leg with their side-kicks. On count 6 they all kiai at which point you yell 'sumo, sumo, sumo'. At this point, the students in the line move up closer to each other and drop into sumo stance. The person who was out the front runs to the front of the group, turns around and drops into sumo also. The person who was at the back of the group crawls through the sumo tunnel made by his team and runs to the 'out-front position'. The process begins again and continues until everyone has had a turn going through the tunnel. Teaches kicks, sumo stance and teamwork.

CHILDREN'S GAMES CATALOGUE

SPARRING

PAPER-TOUCH

Prop Required – A4 Paper

Played in partners with one side holding a piece of A4 paper out in front of them. Aim is for the other side to punch fast at the surface of the paper but only just touching it. The purpose is to teach control (either with or without mitts on) by punching hard without breaking the paper. (This is obviously better than practising control on each other and this can be done standing still in stance or moving around the dojo, like sparring).

SPARRING DRILLS BY THE NUMBERS

Number 3 attacks 1,2,3 (ie: lunge, reverse and front kick). Then number 3 blocks to block each of these (eg: rising head block, outside block, downward block). Have them in partners and call out the numbers – the number of each strike has a corresponding block that will block that strike. This teaches correct blocking techniques and guard for kumite. Also makes both sides concentrate.

TAIL-SNATCHING

Played in partners where one has shin guard tucked into belt behind their back. Other partner has to try and snatch the guard from behind them. Person with guard in their belt must move around and evade their advances towards the guard. Note: The chaser cannot grab the gi of the person with the guard, and the person with the guard cannot turn and run away. This must be done in a confined area – do not let everyone in the class do this at once as collisions may occur. This can be done with or without the person with the guard doing any blocking. Without blocking is harder but makes them concentrate on evading more which is better in this exercise.

Note also: This game can also be done in a circle with someone in the middle (with the guard tucked into the back of their belt), and all students are given a number. The instructor calls the number out and that person runs to the middle of the circle and attempts to get the guard from the child in the middle. After say 10 seconds, you can call out another number, at which point a new person comes into the centre and the previous person goes back to their spot. If the guard is snatched, then the one who snatched it is in the middle.

SHOULDER/KNEE TAPS

A good sparring exercise done in partners. The idea is for one side to try and tap the knee of the other person, while the other side is trying to do the same. This can also be done using the shoulder as the target area. When a person is tapped, the two must stop and the one who was tapped does 5 sumo squats with their hands behind their head. Note: Taps to the shoulder must come around a bit like a haito towards the shoulder. The tapper's hand should NOT spear straight towards the shoulder.

PEG SPARRING

Children pair up and each child puts a peg on one or both of their hips. The aim is to put one hand behind your back (tuck it into belt), and try to take the peg off your partner's hips. You must defend your own peg at the same time. Swap hands and practise on the opposite side. Whichever hand is free, the foot on the same side of the body should be forward. Note: Do not put pegs on student's shoulders for this game - facial injuries from wayward fingers can result.

CHILDREN'S GAMES CATALOGUE

CO-ORDINATION / ATHLETICISM / EVASION

CHARIOT RACES

Done in partners. One person takes their belt off and puts it around their waist, and the person behind holds both ends of the belt ready to be pulled along – chariot style! The person doing the pulling can be moving forward in short stance, long stance or whilst performing front kicks. If done on a wooden floor, the side being pulled forward can sit down on a piece of A4 paper and be dragged. Note: Not to be done if floor is prone to splintering. Builds leg strength and a low centre of gravity.

'UP AND RUN' – TWO TEAMS

Students lie on the floor in a line at opposite ends of room in their teams. Instructor stands in middle of room with a sempai /parent holding a belt (one at either end of the belt). Students lay with their feet facing away from the centre. You give each student a number. When you call out that number, the student has to get up and run to the centre of the room, touch the belt and then run back to their spot and stand in heiko-dachi. First person back gets one point for that team. That student lays back down and you call out another number etc. Note: More than one student on a team can have the same number. This gives the sensei a choice as to how he awards points ie: he can give a point to the side who has the first individual back to the line, or he can give it to the side which collectively returns back to their spot first!

Note also: When they are running back to their spot, do not make it the first one to be back laying down – as they will skid and slide back on the ground and risk injury. Instead they come back to heiko-dachi, and when you have established which side won the point, they simply lay down again.

NOODLE EVASION

Prop Required – Floatation Noodle

Note: A noodle is a long and relatively soft foam floatation device used in swimming teaching.

You the instructor stand in front of them with the noodle whilst they face you in short fighting stance. You can go through a routine of swinging the noodle at them from different angles, forcing them to duck, jump over, or slip to the side of the noodle. Teaches them evasion techniques and agility.

DODGE MITT

Line students up against a wall, an arm's length apart from each other. Simply throw mitts at them and they must dodge them and not get hit. Alternatively, their task may be to catch the mitt when it is thrown to them. Either way, this is an elimination game. Dodge mitt can also be played with the students in a big circle with you in the middle with a handful of mitts. Those who get out first, wait on the outside of the circle and retrieve the mitts for you. Last one is the winner. Note: Do not throw mitts at their head, or throw them too hard.

DODGE BALL

Played similar to dodge mitt where a soft rubber ball can be used. Note: If using a ball, instructor must only roll the ball – NOT throw it, as a child may get hit in the face. Note also: If using a ball, the students are only allowed to move to the side to evade it or let it roll between their legs. They are NOT allowed to jump over the ball, as a mis-timed jump can have them come down on the ball and be bowled over. Any student who tries to jump the ball is automatically out. Can be played with students lined up against the wall or in a circle with instructor in the middle.

CHILDREN'S GAMES CATALOGUE

CO-ORDINATION / ATHLETICISM / EVASION

BALANCE GAME

Students line up facing each other in 2 teams. The object is to see who can stand on one leg for the longest. Each new game you swap legs. This can also be a sumo contest between 2 teams seeing who can stay in stance the longest. The side with the last one standing wins. A good way to finish a class to settle children down.

SHIP TO SHORE

Nothing specifically karate oriented in terms of technique but teaches concentration and ability to follow commands with accuracy. Call the commands and the kids will respond:

Ship: Run to the front wall

Shore: Run to the back wall

Port: Run to the left wall

Starboard: Run to the right wall

Scrub the Deck: Drop to the floor and pretend to scrub the floor

Lookout: Imitate someone with a telescope

Submarine: Lay on the ground with one leg in the air

Crows nest: Imitate someone climbing a ladder

The captains coming: Stand with feet together and salute the sensei.

If they make a mistake, they're out! Last one standing wins!

Note: Do NOT let them run at full speed – it is not a race, but a test of concentration!

'UP AND STRIKE'

Students lay on the floor in 2 teams. Students lay with their heads closest to the centre with a space down the middle between them. Instructor yells out 'Ichi' and students have to get up, turn around towards the centre and reverse punch & kiai! The first one to be up and strike with kiai gets one point for that team. Alternatively, a point can be given to the 'team' who is collectively up and striking first! Once a point is awarded they all lay down again for the next count. Teaches speed, athleticism and kiai.

GENERAL CIRCUITS

Props Required – Up to you!

Using some imagination, the sensei can set up a series of athletic activities for the students to perform at different points around the dojo eg: laying a belt or two out on the floor and students have to jump either side of it or eg: 2 – noodle evasion eg: 3 – kicking a kick bag eg: 4 – paper breaking eg: 5 – have them lay down to start – you yell 'UP' and they must get up quickly at which point you throw them a ball and they have to catch it (preferably a large rubber ball) eg: 6 – lay some shoes out at regular intervals and make them run in and out of the shoes etc. This can all be set up and parents can be called on to participate at each station. The idea is to complete one station and then move on to the next. These are just some examples. You may design your own circuit ideas but make sure there is no potential for injury.

CHILDREN'S GAMES CATALOGUE

CONCENTRATION / REFLEXES

FREEZE

Students stand in a line and perform continuous techniques of their choice and to their own timing. When you yell 'freeze', they must stop totally still and stare at a spot on the wall ahead. Those who move, are out and the last one left is the winner. This can be played as a variation of 'Karate Statues' – where you actually try to make them move by pulling faces, clicking fingers, clapping etc. Tests their control and concentration.

SENSEI SAYS

The old chestnut! No explanation needed. Tests concentration and reflexes. Should be played as an elimination game.

KARATE MEMORY

Students stand in a circle (preferably no more than 10 in circle). One student starts with a technique of his/her choice. The next person must perform that technique again and then add one of their own. This keeps building as you go around the circle. Not really an elimination game. Once they hit a memory block, you start again from that person and keep going.

PUNCH/KICK MITT

Done with a partner. One student holds a mitt up high with the other partner ready in short stance. The person with the mitt drops the mitt and their partner has to try and punch the mitt before it hits the ground. Can also be done with a kick but is much harder. This game works even better if the person holding the mitt stands next to their partner on a chair. This gives more time for the partner to respond before the mitt hits the ground.

BY THE NUMBERS

Eg: if playing this game using blocks....

1) Head block 2) Hook block 3) Outside block etc...

Practise order by calling out 1 through to 5 in succession. Then when they are used to each number, begin calling them out at random. If a student makes a mistake (after practise round) then they sit down. Last one standing is the winner. This can be adapted to use strikes or kicks (even stances).

KARATE HYPNOSIS

Partner the kids and line them up as you would for kumite. Explain to each student that one person in each pair has a magic hand with the ability to hypnotise others. They must hold out their hand and the other person must keep their eyes on the palm exactly 10 cms away. The hypnotiser can lead their partner all around the room. The follower must move their whole head and body to keep it the same distance from the palm (not just their eyes). The hypnotiser can move them into all sorts of funny positions. After a time, they swap! Great for concentration and focus (and a laugh).

KARATE 'DUEL'

Like a 'Western duel'. Played in pairs, 2 students stand in the middle of the room back to back. The sensei counts 'ichi, ni, san, shi etc'. Each count they take a measured step away from each other (still back to back). When the sensei shouts 'kiai' they must turn and punch towards the other and the first one to do this receives a point. You can do first to 3 or 5 etc. Can also be done in teams where 1 from each team are brought to the centre. The winner in this instance would get 1 point for that team.

PAPER CATCH

Prop Required – A4 paper

Done with a partner. One partner stands on a chair if possible, drops the sheet of paper, and the other person has to catch it before it touches the ground. The 'catcher' must remain on their feet – their knees must not touch the ground as they attempt to catch the paper. Note: With smaller groups, the sensei could

CHILDREN'S GAMES CATALOGUE

ALL PURPOSE

KARATE CIRCUIT

Prop Required – A4 paper

Before class, make up activity cards and spread them around the dojo. Each card would have a specific technique written on it eg: downward block, short punch, front kick etc. Only one technique to be written per card. Students move from one station to the next on your command. They spend 20 - 30 seconds on each station continuously doing the technique on that card.

JAPANESE TEST

Students stand in heiko dachi while instructor calls out a technique in Japanese. To start with this would just be either say 'tsuki, uke, geri or dachi'. As they hear the call, they perform a technique fitting that description. Note: It can be any strike, block etc. at this point. As they improve, you can call out more specific techniques eg: mae geri, or chudan tsuki etc. Again can be played as an elimination game.

ELIMINATION – (AKA COPY CAT)

Actually teaching them kata! Explain to them that you are going to do a karate move and that they must watch carefully because when you count, they will have to copy you. If they move before you count, or if they do the move incorrectly (eg: wrong foot or hand etc) then they are out of the game and watch the rest. Be sure to explain to those who are eliminated, what it was that they did wrong. Over a number of games they come to learn the correct kata pattern. To make it even fairer, the white belts should be allowed 3 mistakes before being eliminated; the yellow belts 2 mistakes, and the orange and above students only allowed one mistake ie: on the second mistake they are out!

KARATE OLYMPICS

Have at least 2 teams and divide each team into 2. One half of a team is at one end of the dojo and the other half is at the other end – they are facing each other. The sensei picks a technique (eg: chudan tsuki in short stance). On 'hajime', the 2 front students from each team make their way to the other side of the dojo stepping through in short stance and punching. When they reach their team member at the other end of the dojo, they tag them and that person then comes back down the dojo and tags his team member at the other end etc. When all teams are back to their original positions, they are finished and they sit with their hands on their heads to indicate this. This can obviously be done with many different strikes, blocks or kicks. They can move forward in short or long stance as they perform the technique correctly.

JAPANESE COUNTING GAME

Instructor chooses a technique (eg: punch/block or kick) to be performed in heiko dachi. The instructor points to a child and asks them to say a number in Japanese eg: '5' in Japanese! If he/she gets it right, then the rest of the class has to do the chosen technique 5 times but the chosen child doesn't have to do it. If the child gets it wrong, then he/she does the technique 5 times and the class doesn't. Of course the instructor would go through all the Japanese numbers from 1 to 10 at least once with the class, giving everyone a turn.

SHOULDER TAPS

Played in pairs. One person stands in short fighting stance and the partner stands behind them. Person behind taps them on either the shoulder or the hip. If it's a shoulder then this signals to punch forward with that arm (they do not step forward). If it is a tap to the hip, then they will kick to the front with that leg – either front kick or round kick (whichever you designate). The games purpose is to sharpen reflexes and teach them to respond to a stimulus. When they start to get comfortable, 2 taps can be done in succession eg: tap the shoulder and then the hip – meaning punch, kick etc. Partners then swap around.

CHILDREN'S GAMES CATALOGUE

JUST FOR FUN

FISHTAIL

Students line up one behind the other and hold on to the waist/belt of the person in front (conga-style). The person at the back has a Shin Pad tucked into their belt at the back. The object of the game is for the front person to be able to curl the unbroken chain around to snatch its tail. The chain must remain unbroken – don't let little kids get dragged around by big kids. The important rule is that the front person is not allowed to run in pursuing the back person (ie: they must only walk fast). Aim is teamwork, with the front half of the line working together to curl around and snatch the tail. The back half of the line must try to defend its tail. Can sometimes be a good warming up game, or finish up game!

TANGLES

Have students stand close together in a circle. Each one crosses their arms across their body and holds the hand of the person next to them. The aim is for them as a team to untangle their arms without breaking the chain. Can be done in teams of say 10 and if more than one team, points can be given for first finished. As a variation, you can stand them in a circle with every second person facing outwards. The final aim is the same. Encourages problem solving and teamwork.

DEAD FISH/FISH OUT OF WATER

Students lie totally still on the floor (ie: dead fish). When you yell 'fish out of water' they must flap around on the floor like a boated fish! You then yell dead fish and they must be instantly still. The best at stopping still is the winner. Just a fun game, perhaps with a test on their concentration and response to commands.

BELT TYING COMPETITIONS

Simply teaches the students how to tie their karate belts (which very few can do). Has to be shown first of course. Can also be done as a team exercise with a team leader in charge of having their whole team 'belted up' first. (Best done after chariot races, where belts are already off).

DESIGN-A-COMBINATION

Divide students into teams of say 5. Appoint a team leader for each team and have the team work together to invent a combination of 5 moves. This combination must have at least a block, punch and kick in it. After 5-6 minutes, they come out the front one at a time as a team and perform their combination. The best combination wins – or you can choose not to have a winner!

KARATE CLAY

Divide the students into groups of 3. 1 student is the master sculptor and the other 2 are lumps of clay. The instructor nominates 2 techniques to be used. On your command, the sculptor is to mould their lumps of clay into a statue demonstrating the techniques you specified (incorporate a stance with each technique eg: head block in long stance etc). Give each team a time limit to perform the task. The winners are judged by the finishing touches of each technique eg: hand positioning, feet, posture etc. Rotate so each person in the team has a chance to be sculptor.