

# Karate A to Z Curriculum

## White Belt

10 classes

### **EARTH**

Ready Position

Salutations

Letters A - M

Pivot vs. Push

Front and Rear

Left and Right

Step and Spell

AIM

“EYE ON THE BALL”

### **Nature**

*As Earth, Water and Sky nurture and challenge a seed, the Mind, Body and Spirit nurture the seed of knowledge.*

## Yellow Stripe

12 classes

### **SUN**

Letters A - Z

Self Defense Choke Hold

“Spider Web”

Double Flick Front Kick

Step and Spell

FOCUS

“LOOK AND LEARN”

### **The Sun**

*The Sun gives all living things light and energy. Its heat draws the water up from the Earth to make rain and warms our bodies.*

## Green Stripe

14 classes

### **PLANTS**

Rear Grab

“Tiger Tail”

Wrist Grab

“Stranger Grab”

Triple Flick Round Kick

Step Behind

Step and Spell

EFFORT

“CRY OR TRY”

### **Growth**

*Just as plants grow and give us food, fabric and lumber, all living things grow and develop. Set a goal and grow to it!*

## Blue Stripe

16 classes

### **WATER**

Double Lapel Grab

“Shark Attack”

Back Roll

Turn Back Two Times

Front Stance

Step and Spell

SAFE

“SINK OR SWIM”

### **Water**

*Rain falls to make the world's oceans, lakes and rivers. All living things need water to survive. The Earth is 70% water as is your body.*

## Black Stripe

20 classes

### **UNIVERSE**

Head Lock

“Turtle Shell”

Backfist

Sliding Side Kick

Flying Jump Kick

Back Fall

22 Basic Moves

Step and Spell

TEST

“SELF SKILLS”

### **The Universe**

*Everything that exists: the Earth, planets, stars, as well as all living things, make up the Universe.*