

BASSAI KARATE ACADEMY

LIL' TIGERS

AGES 4 TO 6



MY NAME IS _____

PROGRAM MANUAL

Bassai Karate Academy

Little Tigers Program

Ages 4 to 6

Our Mission:

To give our area children the best possible program to increase their chances of success both mentally and physically in an ever-changing world.

To systematically give the children in our program educationally driven daily, weekly, and monthly goals, so they will feel a pattern of success before Elementary school.

To provide a location where all our area children can learn and grow in a positive setting with positive role models.

To the parents:

Congratulations, you have just chosen a new exciting path for your child. During the next weeks and months your child will be learning beginner level karate techniques. Beyond that, your child will be experiencing the life enhancing changes which occur when one gains self-esteem, self-control, self-reliance, and strength of character.

In the following manual you will find all the requirements for your child's rank advancement through Yellow Belt Graduation. From the pictures and text that follows, you will be able to aid your child in his or her advancement through our system.

Anytime you have any questions, please feel free to make an appointment to discuss your concerns. Our business grows as your child grows. If you know of anyone else in our area who could benefit from the life enhancing changes instilled by the martial arts, please cut this coupon for 4 free classes and give it to them. Your referrals are our life-line to ensure a positive future and a healthy martial arts academy.



BASSAI KARATE ACADEMY SPECIAL REFERRAL OFFER

The bearer of this coupon is entitled to four free classes.
Adult & Children's Karate / Fitness Kickboxing / Brazilian Jiu-Jitsu
Call 652-2556 for class times (New Members Only)

1

2

3

4

Lineage of Stripes and Belts for Almost 4 to 6 Little Tigers One Year Program

One Black Achievement Stripe will be given to a student at the end of every class one attended. One Red Testing Stripe will be given to a student who has attended at least (8) classes and has displayed the ability to perform the prescribed curriculum. Every student with a red testing stripe must test for their new belt on the last Saturday of every month. Believing in yourself starts early, so the children need to get their goals completed in a systematic fashion. All belt tests up to Orange/Blue are only \$10.00 and include the student's new belt and rank certificate.

Belts in order:

1. White
2. White/Black
3. Yellow/Black
4. Orange/Black
5. Blue/Black
6. Green/Black
7. Purple/Black
8. Brown/Black
9. White/Yellow
10. Yellow/Orange
11. Orange/Purple
12. Solid Yellow (**Solid Yellow belts Graduate to 7-12 age classes**)

Program Syllabus:

White Belt: Month One

Time at Rank (One Month)

1. Outstanding Attention (Yoi) (See fig.1)
2. Upper Block (Age-Uke) (See fig.2)



Fig. 1



Fig. 2

White/Black Belt: Month Two

Time at Rank (One Month)

1. Outstanding Attention (Yoi) (See fig.1)
2. Upper Block (Age-Uke) (See fig.2)
3. In-Out Block (Uchi-Uke) (Fig. 3)
4. Recite first line of Dojo Kun
"Seek Perfection of Character"

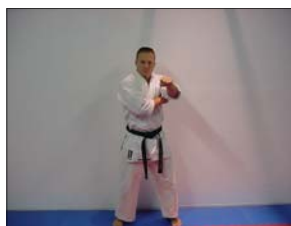


Fig. 3 (Step One)



Fig. 3 (Step Two)

Program Syllabus Continued:

Yellow/Black Belt: Month Three

Time at Rank (One Month)

1. Outstanding Attention (Yoi) (See fig.1)
2. Upper Block (Age-Uke) (See fig.2)
3. In-Out Block (Uchi-Uke) (Fig. 3)
4. Out-In Block (Soto-Uke) (Fig. 4)
5. Recite first two lines of Dojo Kun
“Seek Perfection of Character”
“Be Faithful”



Fig. 4 (Step One)



Fig. 4 (Step Two)

Orange/Black Belt: Month Four

Time at Rank (One Month)

1. Outstanding Attention (Yoi) (See fig.1)
2. Upper Block (Age-Uke) (See fig.2)
3. In-Out Block (Uchi-Uke) (Fig. 3)
4. Out-In Block (Soto-Uke) (Fig. 4)
5. Upper Punch (Tzuki-Jodan) (Fig.5)
6. Middle Punch (Tzuki-Chudan)(Fig.6)
7. Recite first two lines of Dojo Kun
“Seek Perfection of Character”
“Be Faithful”



Fig. 5



Fig. 6

Blue/Black Belt: Month Five

Time at Rank (One Month)

1. Outstanding Attention (Yoi) (See fig.1)
2. Upper Block (Age-Uke) (See fig.2)
3. In-Out Block (Uchi-Uke) (Fig. 3)
4. Out-In Block (Soto-Uke) (Fig. 4)
5. Upper Punch (Tzuki-Jodan) (Fig.5)
6. Middle Punch (Tzuki-Chudan)(Fig.6)
7. Down Block (Gedan Barai-Uke)(Fig.7)
8. Recite first three lines of Dojo Kun
“Seek Perfection of Character”
“Be Faithful”
“Endeavor”



Fig. 7 (Step One)



Fig. 7 (Step Two)

Program Syllabus Continued:

Green/Black Belt: Month Six

Time at Rank (One Month)

1. Outstanding Attention (Yoi) (See fig.1)
2. Upper Block (Age-Uke) (See fig.2)
3. In-Out Block (Uchi-Uke) (Fig. 3)
4. Out-In Block (Soto-Uke) (Fig. 4)
5. Upper Punch (Tzuki-Jodan) (Fig.5)
6. Middle Punch (Tzuki-Chudan)(Fig.6)
7. Down Block (Gedan Barai-Uke) (Fig.7)
8. Front Kick (Mae-Geri)(Fig.8)
9. Recite first four lines of Dojo Kun
“Seek Perfection of Character”
“Be Faithful”
“Endeavor”
“Respect Others”



Fig. 8 (Step one)



Fig. 8 (Step two)



Fig. 8 (Step Three)



Fig. 8 (Step Four)

Purple/Black Belt: Month Seven

Time at Rank (One Month)

1. Outstanding Attention (Yoi) (See fig.1)
 2. Upper Block (Age-Uke) (See fig.2)
 3. In-Out Block (Uchi-Uke) (Fig. 3)
 4. Out-In Block (Soto-Uke) (Fig. 4)
 5. Upper Punch (Tzuki-Jodan) (Fig.5)
 6. Middle Punch (Tzuki-Chudan)(Fig.6)
 7. Down Block (Gedan Barai-Uke) (Fig.7)
 8. Front Kick (Mae-Geri)(Fig.8)
 9. Front Stance (Zenkutsu-Dachi) (Fig.9)
- IMPORTANT: Moving Forward&Back
10. Recite first four lines of Dojo Kun



Fig. 9 (Step One)



Fig. 9 (Step Two)

**Keep head height the same and brush the feet and knees while stepping!



Fig. 9 (St. 1 Side)



Fig. 9 (St. 2 Side)

Program Syllabus Continued:

Brown/Black Belt: Month Eight

Time at Rank (One Month)

1. Outstanding Attention (Yoi) (See fig.1)
2. Upper Block (Age-Uke) (See fig.2)
3. In-Out Block (Uchi-Uke) (Fig. 3)
4. Out-In Block (Soto-Uke) (Fig. 4)
5. Upper Punch (Tzuki-Jodan) (Fig.5)
6. Middle Punch (Tzuki-Chudan)(Fig.6)
7. Down Block (Gedan Barai-Uke)(Fig.7)
8. Front Kick (Mae-Geri)(Fig.8)
9. Front Stance (Zenkutsu-Dachi)(Fig.9)
- IMPORTANT: Moving Forward&Back
10. Sideways Roll (Fig.10)
11. Fall Protection (Fig. 11)
12. Recite first four lines of Dojo Kun



Fig. 10



Fig. 11 (Step one)

**Keep hands out front until they slap the floor on 11.
***Never let head touch the floor



Fig. 11 (Step Two)



Fig. 11 (Step Three)

~~**White/Yellow Belt: Month Nine**~~

Time at Rank (One Month)

1. Outstanding Attention (Yoi) (See fig.1)
2. Upper Block (Age-Uke) (See fig.2)
3. In-Out Block (Uchi-Uke) (Fig. 3)
4. Out-In Block (Soto-Uke) (Fig. 4)
5. Upper Punch (Tzuki-Jodan) (Fig.5)
6. Middle Punch (Tzuki-Chudan)(Fig.6)
7. Down Block (Gedan Barai-Uke) (Fig.7)
8. Front Kick (Mae-Geri)(Fig.8)
9. Front Stance (Zenkutsu-Dachi)(Fig.9)
- IMPORTANT: Moving Forward&Back
10. Sideways Roll (Fig.10)
11. Fall Protection (Fig. 11)
12. Forward Roll (Fig. 12)
13. Stand up in Base (Fig. 13)
14. Recite first four lines of Dojo Kun



Fig. 12 (Step one)



Fig. 12 (Step Two)



Fig. 12 (Step Three)



Fig. 13 (Step one)



Fig. 13 (Step Two)



Fig. 13 (Step Three)

Program Syllabus Continued:

Yellow/Orange Belt: Month Ten
Time at Rank (One Month)

1. Outstanding Attention (Yoi) (See
2. Sideways Roll (Fig.10)
3. Fall Protection (Fig. 11)
4. Forward Roll (Fig. 12)
5. Stand up in Base (Fig. 13)
6. Upper block while moving Forward & Back in Stance (Fig.14)
7. In-Out block while moving Forward & Back in Stance (Fig. 15)
8. Out-In block while moving Forward & Back in Stance (Fig.16)
9. Down block while moving Forward & Back in Stance (Fig.17)
10. Recite your full name
11. Recite your phone number
12. First Ten Moves of Kata “Taikyoko Shodan” (Fig. 18 see Kata page)
13. Recite All Dojo Kun
 - “Seek Perfection of Character”
 - “Be Faithful”
 - “Endeavor”
 - “Respect Others”
 - “Refrain from Violent Behavior”



fig.1)

Fig. 14



Fig. 15 (Step 1)



Fig. 15 (Step 2)



Fig. 16 (Step 1)



Fig. 16 (Step 2)



Fig. 17 (Step 1)



Fig. 17 (Step 1)

Yellow Belt Graduation is Getting Closer!



Program Syllabus Continued:

Orange/Purple Belt: Month Eleven
Time at Rank (One Month)

1. Outstanding Attention (Yoi) (See fig.1)
2. Upper block while moving Forward & Back in Stance (Fig.14)
3. In-Out block while moving Forward & Back in Stance (Fig. 15)
4. Out-In block while moving Forward & Back in Stance (Fig.16)
5. Down block while moving Forward & Back in Stance (Fig.17)
6. Step forward punch face (Oi-Zuki Jodan) (Fig. 19)
7. Step forward punch stomach Oi-Zuki Chudan)(Fig. 20)
8. Triple Punch (San-Bon Zuki)(Fig.21)
9. Stepping forward Front Kick (Mae-Geri)(Fig.22)
10. Recite your full name
11. Recite your phone number
12. All Moves of Kata “Taikyoko Shodan” (**Fig. 18 see Kata page**)
13. One Step Sparring (**Fig. 23 see Sparring page**)
14. Recite All Dojo Kun
 - “Seek Perfection of Character”
 - “Be Faithful”
 - “Endeavor”
 - “Respect Others”
 - “Refrain from Violent Behavior”



Fig. 19



Fig. 20



Fig. 21 (step 1)



Fig. 21 (step 2)



Fig. 21 (step 3)



Fig. 22 (step 1)



Fig. 22 (step 2)



Fig. 23 (step 3)



Fig. 23 (step 4)



Fig. 23 (step 5)

Yellow Belt Graduation!!

KATA PAGE (Fig. 18) "TAIKYOKU SHODAN"

***Arrows denote which direction the body will move next.



Yoi 1 →



2 →



3 ↶



4 ←



5 ↓



6 ↓



7 ↓



8 ↓



9 ↷



10 ←



11 ↶



12 →



13 ↑



14 ↑



15 ↑



16 ↑



17 ↷



18 →



19 ↶



20 ←



21 →



22 Yame

Great Job!!

SPARRING PAGE Fig. 23
“IPPON KUMITE”



“Yoi”
Attention



“Kamae”
Step back with right
Announce “Oi-Zuki Jodan”



Defending side steps back
With the right, blocks with
The left, punch with the right
hand to the stomach



“Yoi”
Attention



“Kamae”
Step back with right
Announce “Oi-Zuki Jodan”



Defending side steps back
With the right, blocks with
The left, punch with the right
hand to the chin