



YOUTH (5-7) NO BELT TO WHITE BELT PODS

TECHNIQUES

Leg Raises (Front)

Front Kicks (Lead and Rear Leg)

Jab

Reverse Punch

FORMS AND COMBINATIONS

1. Jab, Reverse Punch

2. Lead Leg Front Kick, Reverse Punch

Self-Defense

1. Wrap Around

2. Parting Wings

KICKBOXING

Student Must Exhibit Shadow Boxing Maneuvers As Called Out By Instructor.

Required Equipment: Uniform And Notebook (Males must have a groin cup).



YOUTH (5-7) NO BELT TO WHITE BELT BASICS

Stances

Attention
Training Horse
Neutral Bow (Guard)

Blocks

Upward
Inward

Knowledge

School Name- Plus One Defense Systems
Style- Sho Biyn Jiu (First Understand Peace)
Head Instructor- Darin Reisler: "Sensei" (Teacher in Japanese)

Student Statement

I will develop myself in a positive manner.



YOUTH (5-7) NO BELT TO WHITE BELT CHARACTER WORKSHEET

TOPIC: **COURTESY**

Ask at least one member of your family what the word "courtesy" means to her/him.

Discuss with this person what "courtesy" means to you.

Show courtesy to others. Be ready to talk about an example of how you show courtesy to others.



YOUTH (5-7) WHITE BELT TO YELLOW STRIPE PODS

TECHNIQUES

Leg Raises (Side)

Side Kick (Lead Leg)

Double Jab

Palm Heel Strike

FORMS AND COMBINATIONS

3. Star Block Set

4. Lead Palm Heel Strike, Lead Leg Side Kick

Self-Defense

3. Lone Kimono

4. Captured Branch

KICKBOXING

Student Must Exhibit Shadow Boxing Maneuvers As Called Out By Instructor.

Required Equipment: Headgear And Mouthpiece.



YOUTH (5-7) WHITE BELT TO YELLOW STRIPE CHARACTER WORKSHEET

TOPIC: HONESTY

Ask at least one member of your family what the word "honesty" means to her/him.

Discuss with this person what "honesty" means to you.

Be honest. Be ready to talk about an example of how you have been honest.



YOUTH (5-7) YELLOW STRIPE TO ORANGE STRIPE PODS

TECHNIQUES

Leg Raises (Rear)

Step Through Front Kick

Backfist

Vertical Punch

FORMS AND COMBINATIONS

5. Step Through Front Kick, Backfist, Reverse Punch

6. First Two Basic Strikes

Self-Defense

5. Reversed Branch

6. Escaping Branch

KICKBOXING

Student Must Exhibit Maneuvers With A Partner As Called Out By Instructor.

Required Equipment: Hand pads, Headgear, Mouthpiece



YOUTH (5-7) YELLOW STRIPE TO ORANGE STRIPE CHARACTER WORKSHEET

TOPIC: RESPONSIBILITY

Ask at least one member of your family what the word "responsibility" means to her/him.

Discuss with this person what "responsibility" means to you.

Be responsible. Be ready to talk about an example of how you have been responsible.



YOUTH (5-7) ORANGE STRIPE TO GREEN STRIPE PODS

TECHNIQUES

Balance Drills (Front Kicks)
Round Kick (Front and Rear)
Hammer fist

FORMS AND COMBINATIONS

7. Lead Leg Round Kick, Lead Hammer Fist,
Reverse Punch
8. First Four Basic Strikes

Self-Defense

7. Sword & Hammer
8. Spontaneous Defense Against Prior Learned

KICKBOXING

Student Must Exhibit Maneuvers With A Partner As Called Out By Instructor.



YOUTH (5-7) ORANGE STRIPE TO GREEN STRIPE CHARACTER WORKSHEET

TOPIC: SELF-CONTROL

Ask at least one member of your family what the words “self-control” mean to her/him.

Discuss with this person what “self-control” means to you.

Show self-control. Be ready to talk about an example of how you have shown self-control.



YOUTH (5-7) GREEN STRIPE TO BLUE STRIPE PODS

TECHNIQUES

Step-Together Kicks

Turn-and-Cover

Forward and Rear Step Through

FORMS AND COMBINATIONS

9. Step-Together Front Kick, Jab,
Step-Together Side Kick

10. First Six Basic Strikes

Self-Defense

9. Delayed Sword

10. Alternating Mace

KICKBOXING

Student Must Exhibit Maneuvers With A Partner As Called Out By Instructor.



YOUTH (5-7) GREEN STRIPE TO BLUE STRIPE CHARACTER WORKSHEET

TOPIC: RESPECT

Ask at least one member of your family what the word “respect” means to her/him.

Discuss with this person what “respect” means to you.

Show respect. Be ready to talk about an example of how you have shown respect.



YOUTH (5-7) BLUE STRIPE TO PURPLE STRIPE PODS

TECHNIQUES

Outside Crescent Kick
Side Cover
Leopard Technique

FORMS AND COMBINATIONS

11. Outside Crescent Kick, Jab, Reverse Punch,
Lead Leopard
12. Basic Movement Form

Self-Defense

11. Opposing Sword
12. Defend Against Gauntlet

KICKBOXING

Student Must Exhibit Maneuvers With A Partner As Called Out By Instructor.



YOUTH (5-7) BLUE STRIPE TO PURPLE STRIPE CHARACTER WORKSHEET

TOPIC: **Perseverance**

Ask at least one member of your family what the word "perseverance" means to her/him.

Discuss with this person what "perseverance" means to you.

Show perseverance. Be ready to talk about an example of how you have shown perseverance.



YOUTH (5-7) PURPLE STRIPE TO BROWN STRIPE PODS

TECHNIQUES

Finger Spear Technique
Inside Crescent Kick
Inward Chop

FORMS AND COMBINATIONS

13. Jab, Inside Crescent Kick,
Reverse Finger Spear, Lead Chop
14. First Four Moves Of Kata Di Ichi

Self-Defense

13. Deflecting Hammer
14. Spontaneous Defense Against Prior Learned

KICKBOXING

Student Must Exhibit Maneuvers With A Partner As Called Out By Instructor.



YOUTH (5-7) PURPLE STRIPE TO BROWN STRIPE CHARACTER WORKSHEET

TOPIC: **MODESTY**

Ask at least one member of your family what the word “modesty” means to her/him.

Discuss with this person what “modesty” means to you.

Be modest. Be ready to talk about an example of how you have been modest.



YOUTH (5-7) BROWN STRIPE TO BLACK STRIPE PODS

TECHNIQUES

Ridge Hand

Front Kick (Hi-Lo)

Side Kick (Hi-Lo)

FORMS AND COMBINATIONS

15. Lead Front Kick (Hi-Lo), Rear Side Kick (Hi-Lo)

Jab, Reverse Punch

16. First Four Basic Stances

Self-Defense

15. Captured Twigs

16. Spontaneous Defense Against Prior Learned

KICKBOXING

Student Must Be Able To Complete One Round Of Point Sparring.*

***Required Equipment: Head gear, Hand gear, Mouthpiece**



YOUTH (5-7) BROWN STRIPE TO BLACK STRIPE CHARACTER WORKSHEET

TOPIC: PACIFISM

Ask at least one member of your family what the word “pacifism” means to her/him.

Discuss with this person what “pacifism” means to you.

Be a pacifist. Be ready to talk about an example of how you have shown pacifism.



YOUTH (5-7) BLACK STRIPE TO YELLOW BELT PODS

TECHNIQUES

All Prior

FORMS AND COMBINATIONS

17. Eight Basic Stances

18. Kata Di Ichi

Self-Defense

17. All Prior

18. Spontaneous Defense Against Unknown Attacks

KICKBOXING

Student Must Be Able To Complete Two Rounds Of Point Sparring.*

*Required Equipment: Foot gear



YOUTH (5-7) BLACK STRIPE TO YELLOW BELT CHARACTER WORKSHEET

TOPIC: ALL PRIOR

- The "Student Statement" must be memorized and recited.
- The student must complete a paper on how Karate has made a positive influence in her/his life and how s/he treats others.