



Beginner Curriculum W-Y-O

www.TheKarateSchools.com

Kids Phase 1.1

<p><u>Wrap Around</u> Words- Pin, Point, Point up, Asah! Attack- Right shoulder grab Defense- Left hand pins opponent's hand. Right hand point forward, then up. Right arm wraps around opponent's arm.</p>	<p><u>Opponents at Sides</u> Words- Chop, Flip, Asah! Attack- Two person shoulder grab Defense- Step right into horse stance with a right chop as left hand covers. Flip hand over, and then step counterclockwise with right foot into horse and chop to throat.</p>	<p><u>Windmill Guard</u> Words- Parry, Chop, Grab, Asah! Attack- Straight right punch Defense- Step left to 11 o'clock with a left parry. Right chop above opponent's elbow, and then slides down and grabs wrist. Right roundhouse kick to the stomach.</p>
<p><u>Universal One-</u> The goal for Universal One is foot position. Kenpo Kata, Universal One. Left leg horse stance, Chop-Chop. Fist cover. AIYA! 1. Left back knuckle 2. Right reverse punch 3. Right advancing roundhouse kick 4. Shuffle up side kick 5. Right back knuckle 6. Left knee on the ground, left reverse punch 7. Spin to the left and put hands on ground, right side kick 8. Spin around left knee on ground, left ridge hand 9. Right tension knife hand chops ASAH. Left reverse punch Chop-Chop. Fist cover. Victory (feet together). Cross. Humility (feet apart). Flip up. Bow (feet together). Natural stance, ASAH!</p>		

Kids Phase 1.2

<p><u>Driving Elbows</u> Words- Elbow, Elbow, Elbow, ASAH! Attack- Bear hug from behind Defense- Left step forward with a right elbow back to opponent's stomach. Left elbow back. Right elbow back. Right rear kick.</p>	<p><u>Double Blades</u> Words- Double blades, Grab, ASAH! Attack- Right roundhouse bat swing Defense- Right step forward into horse stance with double chops to opponent's arm. Left hand grabs right wrist. Right chop to throat.</p>	<p><u>Returning Viper</u> Words- Parry, Chop, Grab, Sump, ASAH! Attack- Straight Right Punch Defense- Step left forward to 11 o'clock with a left parry. Right chop above elbow, and slide down to grab wrist. Right roundhouse kick, touch foot down, right side kick.</p>
<p><u>Universal Dragon-</u> The goal for Dragon Kata is horse stances. Kenpo Kata, Universal Dragon. Left leg horse stance, Chop-Chop. Fist cover. Chamber. Right hand only- UP, IN, OUT, TOUCH, DOWN, BACK, ASAH! Re-chamber. Left hand only- UP, IN, OUT, TOUCH, DOWN, BACK, ASAH! Re-chamber. Right leg back in guarding stance, AIYA! Left back knuckle, right reverse punch, right front kick (sump, sump, ASAH!). Chicken kick (sump, ASAH!). Chop-Chop. Fist cover. Victory (feet together). Cross. Humility (feet apart). Flip up. Bow (feet together). Natural stance, ASAH!</p>		

Kids Phase 1.3

<p><u>Anvil</u> Words- Back, Kick, ASAH! Attack- Double wrist grab Defense- Pull hands in, palm in, as right leg steps back. Right advancing front kick. Double butterfly palm to the ribs.</p>	<p><u>Thrusting Salute</u> Words- Down, Kick, ASAH! Attack- Right wrist grab Defense- Left downward block, as right leg steps back. Right advancing front kick. Right heel palm strike under the chin.</p>	<p><u>Lone Kimono</u> Words- Pin, Up, In, ASAH! Attack- Double lapel grab Defense- Left hand pins hands down, as left leg steps back. Right rising block, right inward block. Right chop to throat.</p>
<p><u>Universal Two-</u> The goal for universal two is full extension. Kenpo Kata, Universal Two. Left leg horse stance, Chop-Chop. Fist cover. AIYA! 1.Left back knuckle 2.Right step through reverse punch 3.Left Spin back knuckle 4.Right reverse punch, down on right knee 5.Stand up, Lean away stance, right hand above head and left hand extended in front of leg, both hands open. 6. Right foot to horse stance with hands chambered 7. Right high spear hand (palm down) 8. Left high spear hand (palm down) 9. Right middle spear hand (palm in) 10. Left middle spear hand (palm in) 11. Right low spear hand (palm up) 12. Left low spear hand (palm up). 13. Left crane stance with right hand above head and left hand extended in front of lifted left leg, both hands open. Chop-Chop. Fist cover. Victory (feet together). Cross. Humility (feet apart). Flip up. Bow (feet together). Natural stance, ASAH!</p>		

Student Creed:

To build true confidence, I must have;
 Knowledge in the mind;
 Honesty in the heart;
 And strength in the body.
 Winners never quit!
 Quitters never win!
 I choose to be a winner!