

SYLLABUS FOR KARATE BEGINNERS

1.	EXERCISES	STATIC STRETCHES, ARM CIRCLES, TWIST YOUR UPPER BODY, JUMPING JACKS, RUNNING, SQUATS, KNEE TO CHEST, HIGH KICKS, HIP STRETCH WITH A TWIST
2.	STRETCHING	TRUNK STRETCHES, HIP STRETCHES, LEG STRETCHES, UPPER BODY STRETCHES, NECK STRETCHES.
3.	DACHI (STANDS)	GEDAN UKE ZENKUTSU DACHI (GOKAI) MAWATE, SHUTO UKE KOKUTSU DACHI (GOKAI) MAWATE
4.	KOSHI (HIPS MOVEMENT)	SOTO UKE HANMI, UCHI UDE UKE GYAKU HANMI (GOKAI) MAWATE.
5.	UKE (BLOCKS)	AGE UKE (GOKAI) M-U. CHUDAN SOTO UDE UKE (GOKAI) M-U, CHUDAN UCHI UDE UKE (GOKAI) M-U. SHUTO UKE KOKUTSU (GOKAI) M-U
6.	TSUKI (STRIKE / PUNCHES)	CHOKU ZUKI: JODAN ZUKI (JUKAI) CHUDAN ZUKI (JUKAI) KIBA DACHI, OI ZUKI CHUDAN ZENKUTSU DACHI (GOKAI) MAWATE
7.	GERI (KICKS)	MAE GERI KEAGE -MIGI-HIDARI (JUKAI) SAME PLACE, OI MAE GERI KEAGE (GOKAI) MAWATE
8.	KATA	HEIAN SHODAN, HEIAN NIDAN & HEIAN SANDAN
9.	GOHON KUMITE	JODAN , CHUDAN & MAE GERI
10.	KIHON IPPON KUMITE	JODAN, CHUDAN, MAE, MAWASHI, YOKO GERI
11.	JIYU IPPON KUMITE	KUMITE JODAN, CHUDAN
12.	SELF DEFENSE TECHNIQUES	