

BLACK PAW 黒足武道

MARTIAL ARTS ACADEMY

LITTLE BEARS



SYLLABUS

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Terminology

General

Karate	Empty Hand
Kihon	Basics
Kata	Pre-Arranged Form
Mawatte	Turn Around
Rei	Bow
Sensei	Teacher
Sensei Ni Rei	Bow to Teacher
Shomen Ni Rei	Bow to the Front
Dojo	Training Hall
Gi	Uniform
Jodan	Head Level
Chudan	Middle Level
Gedan	Low Level
Kiai	Shout of Spirit
Kime	Focus
Shugo	Line Up
Hajime	Begin
Yamae	Stop
Hidari	Left
Migi	Right

Counting

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten

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Yellow (with White Stripe)

TECHNIQUES

Jodan Age Uke

Rising Head Block

Jodan Tsuki

Head Punch

Mae Geri

Front Kick

Musubi Dachi

Bowing Stance

Heiko Dachi

Ready Stance

COMBINATIONS

Rising Block Block, Head Punch

Front Kick, Head Punch

EXERCISES

5 Squats

5 Seconds balancing on each leg

5 Push Ups

5 Sit Ups

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Orange (with White Stripe)

Any basic move requested from the previous syllabus , plus:

TECHNIQUES

Chudan Tsuki

Middle Punch

Gedan Tsuki

Lower Punch

Han Zenkutsu Dachi

Short Fighting Stance

COMBINATIONS

Head Punch, Middle Punch, Lower Punch
Front Kick, Middle Punch

EXERCISES

10 Squats

10 Seconds balancing on each leg

10 Push Ups

10 Sit Ups

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Green (with White Stripe)

Any basic move requested from the previous syllabus , plus:

TECHNIQUES

Uchi Uke

Middle Inner Block

Ura Uchi

Front Back Fist Strike

COMBINATIONS

Middle Inner Block, Middle Punch

Middle Inner Block, Front Back Fist

EXERCISE

Distance Jumps

Balance Beam

10 Squats

10 Push Ups

10 Sit Ups

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Blue (with White Stripe)

Any basic move requested from the previous syllabus , plus:

TECHNIQUES

Gedan Berai	Lower Sweeping Block
Shita Tsuki	Short Punch
Mawashi Geri	Round Kick
Zenkutsu Dachi	Long Stance

COMBINATIONS

Front Kick, Round Kick
Lower Sweeping Block, Middle Punch, Front Kick
Head Punch, Middle Punch, Lower Punch (Long Stance)
Lower Sweeping Block, Middle Punch (Long Stance)

EXERCISES

15 Squats
15 Push Ups
15 Sits Ups
20 Seconds balancing on each leg



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Purple (with White Stripe)

Any basic move requested from the previous syllabus , plus:

TECHNIQUES

Hije Ate

Rising Elbow Strike

Kiba Dachi

Horse Riding Stance

COMBINATIONS

Rising Elbow Strike (Horse Riding Stance)

Middle Inner Block, Short Punch

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Red (with White Stripe)

Any basic move requested from the previous syllabus , plus:

TECHNIQUES

Soto Uke

Middle Outer Block

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Mawashi Empi

Round Elbow Strike

COMBINATIONS

Rising Elbow Strike, Round Elbow Strike

Middle Outer Block, Round Elbow Strike

Rising Head Block, Middle Outer Block

Round Kick, Round Elbow

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Grey (with White Stripe)

Any basic move requested from the previous syllabus , plus:

TECHNIQUES

Gyaku Tsuki

Reverse Punch

Shiko Dachi

Sumo Stance

COMBINATIONS

Long Stance, Reverse Punch

Sumo Stance, Low Sweeping Block, Lower Punch

Sumo Stance, Short Punch

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Brown (with White Stripe)

Any basic move requested from the previous syllabus , plus:

TECHNIQUES

Gedan Uke

Lower Outer Block

Age Tsuki

Rising Punch

Yoko Geri

Side Kick

COMBINATIONS

Lower Outer Block, Middle Inner Block, Middle Punch
Round Elbow Strike, Rising Punch

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