



## CLASS PLAN FOR 11TH & 12TH KYU - ORANGE BELT

Minimum Class Time - 8 weeks (16 classes)

### 1. DEMONSTRATE STANCES: *Tachi-kata*

Heisoku-dachi	<i>informal attention stance (heels and toes together)</i>		
Musubi-dachi-dachi	<i>informal attention stance (toes turned out)</i>		
Hachiji-dachi	<i>open-leg stance.</i>	Zenkutsu-dachi	<i>front stance</i>
Kokutsu-dachi	<i>back stance</i>	Kiba-dachi	<i>straddle stance</i>

### 2. DEMONSTRATE KICKS: *Keri-kata*

Front Leg Lift	Mae-geri	<i>front kick</i>
Side Leg Lift	Mawashi-geri	<i>roundhouse kick</i>
	Yoko-geri	<i>side kick</i>

### 3. DEMONSTRATE HAND TECHNIQUES: *Te-waza*

*Uke-te -- hand blocks*

Age-uke	<i>high defend</i>	Soto-uke	<i>outside-inside defend</i>
Chudan-uke	<i>middle defend</i>	Juji-uke	<i>X-block</i>
Gedan Barai Uke	<i>low sweeping defend</i>		

*Tsuki-te-- hand attacks*

Seiken	<i>regular fist</i>	Gyaku-tsuki	<i>reverse punch</i>
Uraken	<i>Backfist</i>	Oi-tsuki	<i>lunge punch</i>
Shuto	<i>sword hand</i>	Sonoba-tsuki	<i>basic punch</i>

### 4. DEMONSTRATE 4 IPPON KUMITE ( *Formal One-Step Sparring*)

*The following are recommended*

Chose from a punch, front kick, side kick, and roundhouse kick to left or right sides.

### 5. EXECUTE 4 RELEASES:

1. Hold lapel by two hands
2. Hold arm by wrist
3. Hold shoulder by one hand from rear
4. Hold neck from side

### 6. KATA REQUIREMENT

1. Taikyoku Shodan
2. Kwan Bu Level One - Basic Technique

### 7. LANGUAGE REQUIREMENTS

1. Count to ten in Japanese.  
*ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju.*
2. *Sensei* - instructor, *Yame* - stop, *Yoi* - ready, *Hajime* - Begin, *Kiai* - spirit yell
3. *Rei* - Bow, *Hai* - yes, *Waza* - technique, *Dojo* - Training Hall, *Karate* - empty hands.

### 8. Knowledge of Class Procedure

Bow in and bow out procedure	How to address the instructor
How to sit in class	How to stand in class
Ability to concentrate	Ability to follow directions
How to get along with classmates	Ability to be a good partner
Interest and attentiveness	

### 9. Knowledge of Class Exercises

Ability to follow and perform the class exercises  
Kwan Bu exercises appropriate for rank.



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