

BEGINNER CLASS KYU TESTING REQUIREMENTS

KYU TESTING REQUIREMENTS		Beg to 8th Kyu	8th to 7th Kyu	7th to 6th Kyu
KIHON				
1	Step forward gedan-barai	X	X	
	Step forward gedan-barai gyaku-zuki			X
2	Step forward oi-zuki chudan	X	X	X
3	Step forward gyaku-zuki chudan			X
4	Step back age-uke	X	X	
	Step back age-uke gyaku-zuki			X
5	Step forward soto-uke	X	X	
	Step forward soto-uke gyaku-zuki			X
6	Step back shuto-uke	X	X	X
7	Step forward uchi-uke	X	X	
	Step forward uchi-uke gyaku-zuki			X
8	Step forward mae-geri chudan	X	X	X
	Step forward mae-geri jodan	X	X	X
9	Step across yoko-geri keage	X	X	X
10	Step across yoko-geri kekomi	X	X	X
KUMITE				
	Gohon kumite (Jodan, chudan)	X	X	
	Gohon kumite (Jodan, chudan, mae-geri)			X
KATA				
	Heian Shodan (H1)	X		
	Heian Nidan (H2)		X	
	Heian Sandan (H3)			X

BEGINNER CLASS ROTATING CURRICULUM

BEGINNER CLASS			
16-week rotating curriculum (Each 4th week is a review)			
WEEK	KIHON	KATA	KUMITE
1	1 to 3	H1	Flag Sparring
2	4 to 7	H1	3-step
3	8 to 10	H1 Bunkai	Gripping
4	1 to 10	H1-H3	3-step
5	1 to 3	H2	Flag Sparring
6	4 to 7	H2	3-step
7	8 to 10	H2 Bunkai	Gripping
8	1 to 10	H1-H3	3-step
9	1 to 3	H3	Flag Sparring
10	4 to 7	H3	3-step
11	8 to 10	H3 Bunkai	Gripping
12	1 to 10	H1-H3	3-step
13	1 to 3	H1	Flag Sparring
14	4 to 7	H2	3-step
15	8 to 10	H3	Gripping
16	1 to 10	H1-H3	3-step

BEGINNER CLASS LESSON PLAN

WEEK 1

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Flag Sparring

KIHON 1-3 (10 minutes)

- Kihon 1 - Step forward Gedan Barai (Gyaku-zuki)
- Kihon 2 - Step forward oi-zuki
- Kihon 3 - Step forward gyaku-zuki

KATA (30 minutes)

- Heian Nidan x2 slow
- Heian Sandan x2 slow
- Heian Shodan Lesson

COOLDOWN (5 minutes)

Static Stretching

WEEK 2

Taught by Senpai Jamie McCulloch

WARMUP - KATA (20 minutes)

- Heian Nidan x2 slow
- Heian Sandan x2 slow

- Heian Shodan Lesson

KIHON 4-7 (20 minutes)

- Kihon 4 - Step back age-uke (gyaku-zuki)
- Kihon 5 - Step forward soto-uke (gyaku-zuki)
- Kihon 6 - Step back shuto-uke
- Kihon 7 - Step forward uchi-uke (gyaku-zuki)

KUMITE (10 minutes)

- Gohon or Sanbon Kihon Kumite (jodan, chudan, mae-geri)

COOLDOWN (5 minutes)

- Static Stretching

WEEK 3

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Basic Gripping (collar grip, body, grip, boss grip). Movement with resisting partner.

KIHON 8-10 (10 minutes)

- Kihon 8 - Step forward mae-geri (chudan and jodan)
- Kihon 9 - Step across yoko-geri keage
- Kihon 10 - Step across yoko-geri kekomi

KATA (30 minutes)

- Heian Nidan x2 slow
- Heian Sandan x2 slow

- Heian Shodan Bunkai

COOLDOWN (5 minutes)

- Static Stretching

WEEK 4 (REVIEW)

Taught by Senpai Jamie McCulloch

WARMUP - KATA (15 minutes)

- Heian Shodan x2 slow, x1 fast
- Heian Nidan x2 slow, x1 fast
- Heian Sandan x2 slow, x1 fast

- Testing Kata (no count)

KIHON 1-10 (25 minutes)

- Kihon 1 - Step forward gedan-barai (gyaku-zuki)
- Kihon 2 - Step forward oi-zuki chudan
- Kihon 3 - Step forward gyaku-zuki chudan
- Kihon 4 - Step back age-uke (gyaku-zuki)
- Kihon 5 - Step forward soto-uke (gyaku-zuki)
- Kihon 6 - Step back shuto-uke
- Kihon 7 - Step forward uchi-uke (gyaku-zuki)
- Kihon 8 - Step forward mae-geri (chudan and jodan)
- Kihon 9 - Step across yoko geri keage
- Kihon 10 - Step across yoko-geri kekomi

KUMITE (10 minutes)

- Gohon or sanbon kihon kumite (jodan, chudan, mae-geri)

COOLDOWN

- Static stretching

WEEK 5

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Flag Sparring

KIHON 1-3 (10 minutes)

- Kihon 1 - Step forward Gedan Barai (Gyaku-zuki)
- Kihon 2 - Step forward oi-zuki
- Kihon 3 - Step forward gyaku-zuki

KATA (30 minutes)

- Heian Shodan x2 slow
- Heian Sandan x2 slow
- Heian Nidan Lesson

COOLDOWN (5 minutes)

- Static Stretching

WEEK 6

Taught by Senpai Jamie McCulloch

WARMUP - KATA (20 minutes)

- Heian Shodan x2 slow
- Heian Sandan x2 slow

- Heian Nidan Lesson

KIHON 4-7 (20 minutes)

- Kihon 4 - Step back age-uke (gyaku-zuki)
- Kihon 5 - Step forward soto-uke (gyaku-zuki)
- Kihon 6 - Step back shuto-uke
- Kihon 7 - Step forward uchi-uke (gyaku-zuki)

KUMITE (10 minutes)

- Gohon or Sanbon Kihon Kumite (jodan, chudan, mae-geri)

COOLDOWN (5 minutes)

- Static Stretching

WEEK 7

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Basic Gripping (collar grip, body, grip, boss grip). Movement with resisting partner.

KIHON 8-10 (10 minutes)

- Kihon 8 - Step forward mae-geri (chudan and jodan)
- Kihon 9 - Step across yoko-geri keage
- Kihon 10 - Step across yoko-geri kekomi

KATA (30 minutes)

- Heian Shodan x2 slow
- Heian Sandan x2 slow

- Heian Nidan Bunkai

COOLDOWN (5 minutes)

- Static Stretching

WEEK 8 (REVIEW)

Taught by Senpai Jamie McCulloch

WARMUP - KATA (15 minutes)

- Heian Shodan x2 slow, x1 fast
- Heian Nidan x2 slow, x1 fast
- Heian Sandan x2 slow, x1 fast

- Testing Kata (no count)

KIHON 1-10 (25 minutes)

- Kihon 1 - Step forward gedan-barai (gyaku-zuki)
- Kihon 2 - Step forward oi-zuki chudan
- Kihon 3 - Step forward gyaku-zuki chudan
- Kihon 4 - Step back age-uke (gyaku-zuki)
- Kihon 5 - Step forward soto-uke (gyaku-zuki)
- Kihon 6 - Step back shuto-uke
- Kihon 7 - Step forward uchi-uke (gyaku-zuki)
- Kihon 8 - Step forward mae-geri (chudan and jodan)
- Kihon 9 - Step across yoko geri keage
- Kihon 10 - Step across yoko-geri kekomi

KUMITE (10 minutes)

- Gohon or sanbon kihon kumite (jodan, chudan, mae-geri)

COOLDOWN

- Static stretching

WEEK 9

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Flag Sparring

KIHON 1-3 (10 minutes)

- Kihon 1 - Step forward Gedan Barai (Gyaku-zuki)
- Kihon 2 - Step forward oi-zuki
- Kihon 3 - Step forward gyaku-zuki

KATA (30 minutes)

- Heian Shodan x2 slow
- Heian Nidan x2 slow
- Heian Sandan Lesson

COOLDOWN (5 minutes)

- Static Stretching

WEEK 10

Taught by Senpai Jamie McCulloch

WARMUP - KATA (20 minutes)

- Heian Shodan x2 slow
- Heian Nidan x2 slow

- Heian Sandan Lesson

KIHON 4-7 (20 minutes)

- Kihon 4 - Step back age-uke (gyaku-zuki)
- Kihon 5 - Step forward soto-uke (gyaku-zuki)
- Kihon 6 - Step back shuto-uke
- Kihon 7 - Step forward uchi-uke (gyaku-zuki)

KUMITE (10 minutes)

- Gohon or Sanbon Kihon Kumite (jodan, chudan, mae-geri)

COOLDOWN (5 minutes)

- Static Stretching

WEEK 11

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Basic Gripping (collar grip, body, grip, boss grip). Movement with resisting partner.

KIHON 8-10 (10 minutes)

- Kihon 8 - Step forward mae-geri (chudan and jodan)
- Kihon 9 - Step across yoko-geri keage
- Kihon 10 - Step across yoko-geri kekomi

KATA (30 minutes)

- Heian Shodan x2 slow
- Heian Nidan x2 slow

- Heian Sandan Bunkai

COOLDOWN (5 minutes)

- Static Stretching

WEEK 12 (REVIEW)

Taught by Senpai Jamie McCulloch

WARMUP - KATA (15 minutes)

- Heian Shodan x2 slow, x1 fast
- Heian Nidan x2 slow, x1 fast
- Heian Sandan x2 slow, x1 fast

- Testing Kata (no count)

KIHON 1-10 (25 minutes)

- Kihon 1 - Step forward gedan-barai (gyaku-zuki)
- Kihon 2 - Step forward oi-zuki chudan
- Kihon 3 - Step forward gyaku-zuki chudan
- Kihon 4 - Step back age-uke (gyaku-zuki)
- Kihon 5 - Step forward soto-uke (gyaku-zuki)
- Kihon 6 - Step back shuto-uke
- Kihon 7 - Step forward uchi-uke (gyaku-zuki)
- Kihon 8 - Step forward mae-geri (chudan and jodan)
- Kihon 9 - Step across yoko geri keage
- Kihon 10 - Step across yoko-geri kekomi

KUMITE (10 minutes)

- Gohon or sanbon kihon kumite (jodan, chudan, mae-geri)

COOLDOWN

- Static stretching

WEEK 13

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Flag Sparring

KIHON 1-3 (10 minutes)

- Kihon 1 - Step forward Gedan Barai (Gyaku-zuki)
- Kihon 2 - Step forward oi-zuki
- Kihon 3 - Step forward gyaku-zuki

KATA (30 minutes)

- Heian Nidan x2 slow
- Heian Sandan x2 slow
- Heian Shodan Lesson

COOLDOWN (5 minutes)

- Static Stretching

WEEK 14

Taught by Senpai Jamie McCulloch

WARMUP - KATA (20 minutes)

- Heian Shodan x2 slow
- Heian Sandan x2 slow

- Heian Nidan Lesson

KIHON 4-7 (20 minutes)

- Kihon 4 - Step back age-uke (gyaku-zuki)
- Kihon 5 - Step forward soto-uke (gyaku-zuki)
- Kihon 6 - Step back shuto-uke
- Kihon 7 - Step forward uchi-uke (gyaku-zuki)

KUMITE (10 minutes)

- Gohon or Sanbon Kihon Kumite (jodan, chudan, mae-geri)

COOLDOWN (5 minutes)

- Static Stretching

WEEK 15

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Basic Gripping (collar grip, body, grip, boss grip). Movement with resisting partner.

KIHON 8-10 (10 minutes)

- Kihon 8 - Step forward mae-geri (chudan and jodan)
- Kihon 9 - Step across yoko-geri keage
- Kihon 10 - Step across yoko-geri kekomi

KATA (30 minutes)

- Heian Shodan x2 slow
- Heian Nidan x2 slow

- Heian Sandan Lesson

COOLDOWN (5 minutes)

- Static Stretching

WEEK 16 (TEST PREP)

Taught by Senpai Jamie McCulloch

WARMUP - KATA (15 minutes)

- Heian Shodan x2 slow, x1 fast
- Heian Nidan x2 slow, x1 fast
- Heian Sandan x2 slow, x1 fast

- Testing Kata (no count)

KIHON 1-10 (25 minutes)

- Kihon 1 - Step forward gedan-barai (gyaku-zuki)
- Kihon 2 - Step forward oi-zuki chudan
- Kihon 3 - Step forward gyaku-zuki chudan
- Kihon 4 - Step back age-uke (gyaku-zuki)
- Kihon 5 - Step forward soto-uke (gyaku-zuki)
- Kihon 6 - Step back shuto-uke
- Kihon 7 - Step forward uchi-uke (gyaku-zuki)
- Kihon 8 - Step forward mae-geri (chudan and jodan)
- Kihon 9 - Step across yoko geri keage
- Kihon 10 - Step across yoko-geri kekomi

KUMITE (10 minutes)

- Gohon or sanbon kihon kumite (jodan, chudan, mae-geri)

COOLDOWN

- Static stretching