

**To do list**

	Mon	Tue	Wed	Thur	Fri
<b>Week One</b>					
Make bed	___	___	___	___	___
Put my stuff away	___	___	___	___	___
Finish homework	___	___	___	___	___
<b>Week two</b>					
Make bed	___	___	___	___	___
Put my stuff away	___	___	___	___	___
Finish homework	___	___	___	___	___
<b>Week three</b>					
Make bed	___	___	___	___	___
Put my stuff away	___	___	___	___	___
Finish homework	___	___	___	___	___
<b>Week four</b>					
Make bed	___	___	___	___	___
Put my stuff away	___	___	___	___	___
Finish homework	___	___	___	___	___
<b>Week five</b>					
Make bed	___	___	___	___	___
Put my stuff away	___	___	___	___	___
Finish homework	___	___	___	___	___
<b>Week six</b>					
Make bed	___	___	___	___	___
Put my stuff away	___	___	___	___	___
Finish homework	___	___	___	___	___
<b>Week seven</b>					
Make bed	___	___	___	___	___
Put my stuff away	___	___	___	___	___
Finish homework	___	___	___	___	___
<b>Week eight</b>					
Make bed	___	___	___	___	___
Put my stuff away	___	___	___	___	___
Finish homework	___	___	___	___	___
<b>Week nine</b>					
Make bed	___	___	___	___	___
Put my stuff away	___	___	___	___	___
Finish homework	___	___	___	___	___
<b>Week ten</b>					
Make bed	___	___	___	___	___
Put my stuff away	___	___	___	___	___
Finish homework	___	___	___	___	___
<b>Week eleven</b>					
Make bed	___	___	___	___	___
Put my stuff away	___	___	___	___	___
Finish homework	___	___	___	___	___



**Student Pledge**

***We strive to conduct ourselves in a manner with honor, integrity, and trust.***

***To maintain pride in our skills with respect for law and order.***

***Never to use the things we learn in an abusive or reckless way.***

***To set a standard of excellence and become an example to follow***

***In the spirit of THE MARTIAL ARTS***

**STUDENT NAME \_\_\_\_\_**

## Equipment Reminder

We are legally required to have all students practice with the proper safety equipment accorded to rank. No one will be allowed to take the portion of the class that requires punching or kicking at another student without it!

Equipment required for this rank is: Hand pads, foot pads & mouth guard

## **An Important Announcement**

WCRB Karate hosts two tournaments a year. Tournaments are our way of providing children with an opportunity to realize the benefits you'd like them to obtain, such as concentration, self-esteem, confidence and so on.

When a student is preparing for a tournament they become more centered, they have an immediate sense of purpose, their workouts become more meaningful and they approach each class with an eagerness to learn details.

Please make a note of our next tournament and encourage your child to participate.

Our next tournament is: \_\_\_\_\_

Will you be available to attend (circle one) Yes No

Please sign below to acknowledge that you have read the equipment portion of this card

Student/parent signature \_\_\_\_\_

## **White Belt Kid's MMA Test Materials**

- 1) **Stances:** Chario, June Bee, Kyunye and defensive stance.
- 2) **Three count front kick**
- 3) **Three count round kick**

### **Category- Fitness**

- 1) 10 push ups
- 2) 10 sit ups
- 3) 10 squat thrusts
- 4) 2 min jumping rope
- 5) 2 min kicking and punching hand held pads

### **Category – Sparring:**

- 1) **Footwork:** Forward, backward, 45 degrees, and change sides
- 2) **Blocking:** Outside, inside, and down W/front and back hands.
- 3) **Hand techniques:** Back fist, jab, reverse punch, and belly punch.
- 4) **Kicks:** Front and back front kicks. Front and back round kicks.
- 5) **Light contact fighting**

### **Category – Blocks and counters**

- 1) Counter singular attacks using sparring techniques

### **Category – Release from grabs:**

- 1) Three release from chokes

### **Category – Takedowns and throws**

- 1) Hip throws (shoulder and waist grabs)

### **Category – Ground fighting**

- 1) Safety position, heel kick to opponents stomach

### **Category – Board breaking**

- 1) Ball of foot – front kick

### **Category – Weapons**

- 1) Nunchaku

### **Category - Pattern (Optional)**

- 1) Chongi

### **Instructor's initials:**

**1<sup>st</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

**2<sup>nd</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

**3<sup>rd</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

## **Equipment Reminder**

We are legally required to have all students practice with the proper safety equipment accorded to rank. No one will be allowed to take the portion of the class that requires punching or kicking at another student without it!

Equipment required for this rank is  N/A

## **An Important Announcement**

WCRB Karate hosts two tournaments a year. Tournaments are our way of providing children with an opportunity to realize the benefits you'd like them to obtain, such as concentration, self-esteem, confidence and so on.

When a student is preparing for a tournament they become more centered, they have an immediate sense of purpose, their workouts become more meaningful and they approach each class with an eagerness to learn details.

Please make a note of our next tournament and encourage your child to participate.

Our next tournament is: \_\_\_\_\_

Will you be available to attend (circle one) Yes No

Please sign below to acknowledge that you have read the equipment portion of this card

Student/parent signature \_\_\_\_\_

## **White Belt Test Materials (Toddler)**

- 1) *The student pledge*
- 2) *Stances: \*Chario, \*June Bee, \*Kyunyee and defensive.*

*First block of four lessons:*

- *Rising block, front stance, reverse punch and rhythmic blocks and counters*
- *One release from choke*

*Second block of four lessons:*

- *Middle block, back stance and rhythmic blocks and counters w/ rising block and middle block*
- *Two releases from chokes*

*Third block of eight lessons:*

- *Down block, front stance, reverse punch & rhythmic blocks and counters w/ rising block, middle block & down block*
- *Three releases from chokes*

- 3) *No contact rhythm sparing (must have sparring gear!)*

- 4) *Three release from chokes*

*Instructor's initials:*

**1<sup>st</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

**2<sup>nd</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

**3<sup>rd</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

## Equipment Reminder

We are legally required to have all students practice with the proper safety equipment accorded to rank. No one will be allowed to take the portion of the class that requires punching or kicking at another student without it!

Equipment required for this rank is: **H-pads, f-pads, m-guard, head gear**

## **An Important Announcement**

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When a student is preparing for a tournament they become more centered, they have an immediate sense of purpose, their workouts become more meaningful and they approach each class with an eagerness to learn details.

Please make a note of our next tournament and encourage your child to participate.

Our next tournament is: \_\_\_\_\_

Will you be available to attend (circle one) Yes No

Please sign below to acknowledge that you have read the equipment portion of this card

Student/parent signature \_\_\_\_\_

## Gold Belt kid's MMA Test Material

- 1) **Three count front kick**
- 2) **Three count round kick**
- 3) **Four count side kick**

### **Category- Fitness**

- 1) 15 push ups
- 2) 15 sit ups
- 3) 15 squat thrusts
- 4) 3 min jumping rope
- 5) 3 min kicking and punching hand held pads
- 6) 3 min front and side kicking hand held body shield

### **Category – Sparring:**

- 1) *Footwork: Forward, backward, 45 degrees, and change sides*
- 2) *Blocking: Outside, inside, and down W/front and back hands.*
- 3) *New hand techniques: Spinning back fist, ridge hand strike*
- 4) *New kicks: Front side kick, and spinning side kick*
- 5) *Light contact fighting*

### **Category – Blocks and counters**

- 1) Counter double swing attack with new and previous techniques

### **Category – Release from grabs:**

- 1) Three release from rear grabs

### **Category – Takedowns and throws**

- 1) Foot sweep

### **Category – Ground fighting**

- 1) Forward and backward scissor takedowns

### **Category – Board breaking**

- 1) Front side kick, and spinning side kick

### **Category – Weapons**

- 1) Short staff (Jo)

### **Category – Pattern:** Tan gun (optional)

### **Instructor's initials:**

**1<sup>st</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

**2<sup>nd</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

**3<sup>rd</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

**Gold intermediary Belt Test Material(Toddler)**

**LETTER FROM THE MASTER**

Dear Parent,

We at WCRB Karate are committed to providing a quality service.

Though we are legally required to have all students practice with safety equipment, we have taken great strides to structure our program so that all safety equipment is not needed right away. It is our hope that this will allow you to purchase equipment without causing too much of a strain on your budget.

Equipment required for this rank is: Hand pad and Mouth Guard

Additionally, WCRB Karate hosts two tournaments a year. Tournaments are one of our ways of providing students with an opportunity to realize the benefits that have been set out for them.

When a student is preparing for a tournament they become more centered, they have an immediate sense of purpose, their workouts become more meaningful, and they approach each class with an eagerness to learn details. I hope that you will allow your child to compete in one of our tournaments. If you do, I will see you there.

Sincerely  
Rod Batiste  
World Karate Champion

- 1) The student pledge
- 2) Stances: Chario, June Bee, Kyunye, defensive, front, back & horse stances & bow.
- 3) Modern blocks: Outside, Inside, and down.
- 4) Traditional blocks: Down, middle, & rising.
- 5) Basic # 1: (optional)
- 6) Blocks and counters:
  - Back stance, knife hand block & lunge punch
  - Back stance, U-block & punch
  - Back stance, knife slash & punch
- 7) No contact rhythm sparing
- 8) Three release from chokes
- 9) Three release from rear grabs

**Note to instructor!**

- In the 1<sup>st</sup> block of eight lessons teach blocks, stances, basics & fighting.
- In the 2<sup>nd</sup> block of eight lessons teach basic #1 & fighting.
- In the 3<sup>rd</sup> block of eight lessons teach chongi, & blocks & counters.

**Instructors initials:**

1<sup>st</sup> \_\_\_\_\_ Test Date \_\_\_\_\_  
 2<sup>nd</sup> \_\_\_\_\_ Test Date \_\_\_\_\_  
 3<sup>rd</sup> \_\_\_\_\_ Test Date \_\_\_\_\_

## **Equipment Reminder**

We are legally required to have all students practice with the proper safety equipment accorded to rank. No one will be allowed to take the portion of the class that requires punching or kicking at another student without it!

Equipment required for this rank is:     All    

## **An Important Announcement**

WCRB Karate hosts two tournaments a year. Tournaments are our way of providing children with an opportunity to realize the benefits you'd like them to obtain, such as concentration, self-esteem, confidence and so on.

When a student is preparing for a tournament they become more centered, they have an immediate sense of purpose, their workouts become more meaningful and they approach each class with an eagerness to learn details.

Please make a note of our next tournament and encourage your child to participate.

Our next tournament is: \_\_\_\_\_

Will you be available to attend (circle one) Yes No

Please sign below to acknowledge that you have read the equipment portion of this card

Student/parent signature \_\_\_\_\_

## **Green Belt Kid's MMA Test Material**

- 1) **Four count side kick**
- 2) **Three count front kick**
- 3) **Three count round kick**

### **Category- Fitness**

- 1) 20 push ups
- 2) 20 sit ups
- 3) 20 squat thrusts
- 4) 3 min jumping rope
- 5) 3 min kicking and punching hand held pads
- 6) 3 min front kicking and side kicking hand held body shield

### **Category – Sparring:**

- 6) *Footwork: Forward, backward, 45 degrees, and change sides*
- 7) *Blocking: Outside, inside, and down W/ Front and back hands.*
- 8) *New hand techniques: Trap opponents lead arm.*
- 9) *New kicks: Double round kicks, front and spinning hook kick, front and spinning crescent kicks*
- 10) *Light contact fighting*

### **Category – Blocks and counters**

- 1) Counter triple attack with new and previous belt techniques

### **Category – Release from grabs:**

- 1) Three release from shoulder grabs

### **Category – Takedowns and throws**

- 1) Pick up opponents lead leg

### **Category – Ground fighting**

- 1) Side kick to opponents stomach, round kick to opponents head

### **Category – Board breaking**

- 1) Elbow smash

### **Category – Weapons**

- 1) Sword

### **Instructor's initials:**

1<sup>st</sup> \_\_\_\_\_ **Test Date** \_\_\_\_\_

2<sup>nd</sup> \_\_\_\_\_ **Test Date** \_\_\_\_\_

3<sup>rd</sup> \_\_\_\_\_ **Test Date** \_\_\_\_\_

## **Equipment Reminder**

We are legally required to have all students practice with the proper safety equipment accorded to rank. No one will be allowed to take the portion of the class that requires punching or kicking at another student without it!

Equipment required for this rank is \_\_\_\_\_

## **An Important Announcement**

WCRB Karate hosts two tournaments a year. Tournaments are our way of providing children with an opportunity to realize the benefits you'd like them to obtain, such as concentration, self-esteem, confidence and so on.

When a student is preparing for a tournament they become more centered, they have an immediate sense of purpose, their workouts become more meaningful and they approach each class with an eagerness to learn details.

Please make a note of our next tournament and encourage your child to participate.

Our next tournament is: \_\_\_\_\_

Will you be available to attend (circle one) Yes No

Please sign below to acknowledge that you have read the equipment portion of this card

Student/parent signature \_\_\_\_\_

## **Purple Belt Test material**

- 1) **Four count side kick**
- 2) **Three count front kick**
- 3) **Three count round kick**

### **Category- Fitness**

- 1) 25 push ups
- 2) 30 sit ups
- 3) 25 squat thrusts
- 4) 3 min jumping rope
- 5) 3 min kicking and punching hand held pads
- 6) 3 min front kicking and side kicking hand held body shield

### **Category – Sparring:**

- 1) *Footwork: Forward, backward, 45 degrees, and change sides*
- 2) *Blocking: Outside, inside, and down W/ Front and back hands.*
- 3) *New hand techniques: None.*
- 4) *New kicks: Drop side kick, drop round kick, drop spinning hook kick*
- 5) *Light contact fighting*

### **Category – Blocks and counters**

- 1) Counter 2 person attack with new and previous belt techniques

### **Category – Release from grabs:**

- 1) Three release from wrist grab

### **Category – Takedowns and throws**

- 1) Lapel cross

### **Category – Ground fighting**

- 1) Intro to grappling locks and Jui jitsu

### **Category – Board breaking**

- 1) Creative spinning kicks on two or more boards

### **Category – Weapons**

- 1) Optional

### **Category – Pattern: Won yo (optional)**

### **Instructor's initials:**

**1<sup>st</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

**2<sup>nd</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

**3<sup>rd</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

## **Equipment Reminder**

*We are legally required to have all students practice with the proper safety equipment accorded to rank. No one will be allowed to take the portion of the class that requires punching or kicking at another student without it!*

Equipment required for this rank is \_\_\_\_\_

## **An Important Announcement**

*WCRB Karate hosts two tournaments a year. Tournaments are our way of providing children with an opportunity to realize the benefits you'd like them to obtain, such as concentration, self-esteem, confidence and so on.*

*When a student is preparing for a tournament they become more centered, they have an immediate sense of purpose, their workouts become more meaningful and they approach each class with an eagerness to learn details.*

*Please make a note of our next tournament and encourage your child to participate.*

Our next tournament is: \_\_\_\_\_

Will you be available to attend (circle one) Yes No

*Please sign below to acknowledge that you have read the equipment portion of this card*

Student/parent signature \_\_\_\_\_

## **Red Belt Test material**

All Previous material

Sparring (must have safety gear!)

Release from grabs

Ti-gye

Ti-gye blocks & counters (must have safety gear!)

- Knife hand block, followed by double eye poke
- Middle block, thrust, belt grab pull down
- Mountain block, followed by two punches to the ribs
- Middle block, grab back of head and knee

**Instructor's initials:**

**1<sup>st</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

**2<sup>nd</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

**3<sup>rd</sup>** \_\_\_\_\_ **Test Date** \_\_\_\_\_

Report card 1<sup>st</sup> qrt \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ 3<sup>rd</sup> \_\_\_\_\_ 4<sup>th</sup> \_\_\_\_\_



## Equipment Reminder

We are legally required to have all students practice with the proper safety equipment accorded to rank. No one will be allowed to take the portion of the class that requires punching or kicking at another student without it!

Equipment required for this rank is \_\_\_\_\_

## **An Important Announcement**

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Please make a note of our next tournament and encourage your child to participate.

Our next tournament is: \_\_\_\_\_

Will you be available to attend (circle one) Yes No

Please sign below to acknowledge that you have read the equipment portion of this card

Student/parent signature \_\_\_\_\_

## Blue Belt Test Material

- 1) **Four count side kick**
- 2) **Three count front kick**
- 3) **Three count round kick**

### **Category- Fitness**

- 1) Up to 40 push ups
- 2) Up to 50 sit ups
- 3) Up to 40 squat thrusts
- 4) 3 min jumping rope
- 5) 3 min kicking and punching hand held pads
- 6) 3 min front kicking and side kicking hand held body shield

### **Category – Sparring:**

- 1) *Footwork: Forward, backward, 45 degrees, and change sides*
- 2) *Blocking: Outside, inside, and down W/ Front and back hands.*
- 3) *New hand techniques: None.*
- 4) *New kicks: Flying side kick, Flying reverse side kick, Flying spin hook kick, 360 degree jump spinning hook kick, tornado kick.*
- 5) *Light contact fighting*

### **Category – Blocks and counters**

- 2) Counter 3 person attack with new and previous belt techniques

### **Category – Release from grabs:**

- 1) All previous techniques with improve skills

### **Category – Takedowns and throws**

- 1) Aikido format

### **Category – Ground fighting**

- 1) Grappling locks and Jui jitsu

### **Category – Board breaking**

- 1) Two or more boards creatively

### **Category – Weapons: Optional choice**

### **Category – Pattern: Tee Gay (optional)**

### **Instructor's initials:**

1<sup>st</sup> \_\_\_\_\_ Test Date \_\_\_\_\_

2<sup>nd</sup> \_\_\_\_\_ Test Date \_\_\_\_\_

3<sup>rd</sup> \_\_\_\_\_ Test Date \_\_\_\_\_