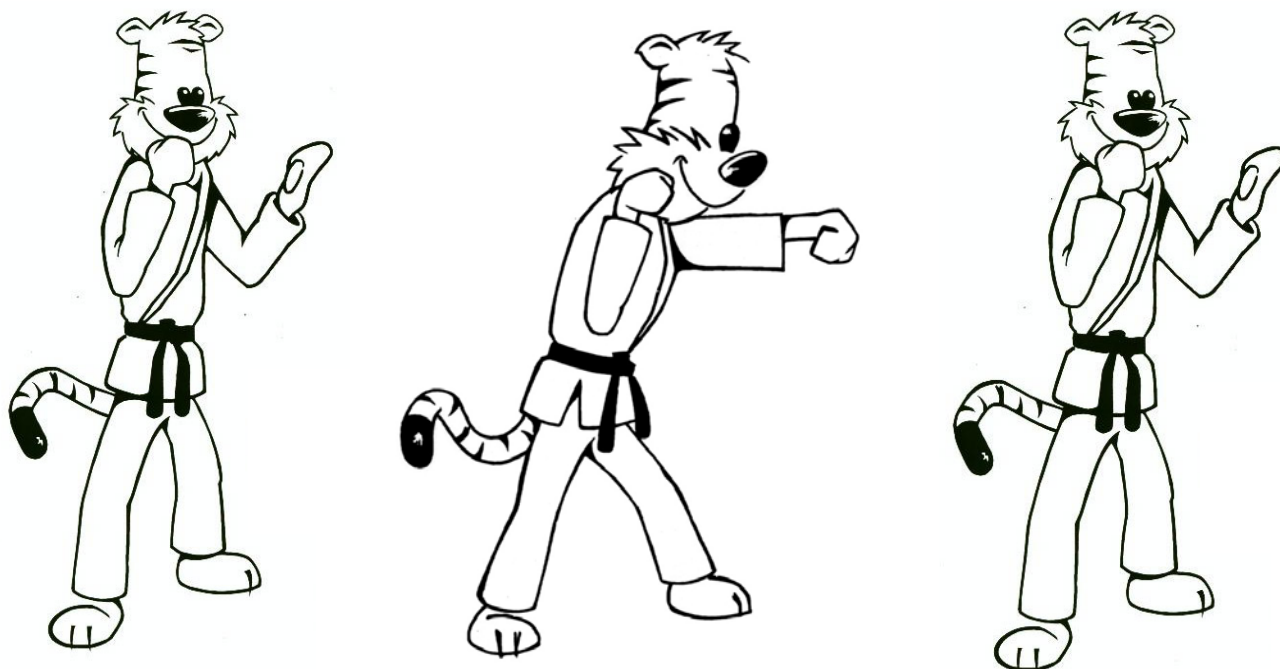


SHIFTING



Shifting Forward

Tora begins in a ready posture. When the instructor counts, Tora slides his lead foot forward and performs a lead punch, and “KIAIs.” Tora then slides his back foot up, “retracts” his lead hand, and returns to a ready posture.

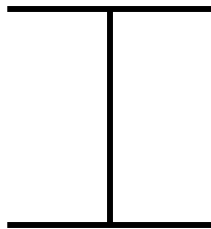
Shifting Backward

Tora begins in a ready posture. When the instructor counts, Tora slides his back foot backward and performs a lead punch, and “KIAIs”. Tora then slides his lead foot back, “retracts” his lead hand, and returns to a ready posture.

KATA CHOUJIN KODOMO

“CHOUJIN KODOMO” translates to “SUPERKIDS”. Kata Choujin Kodomo implies Kata Superkids Style.

All kata follow a shape or a pattern. In the Kata Choujin Kodomo the shape is that of the capital letter



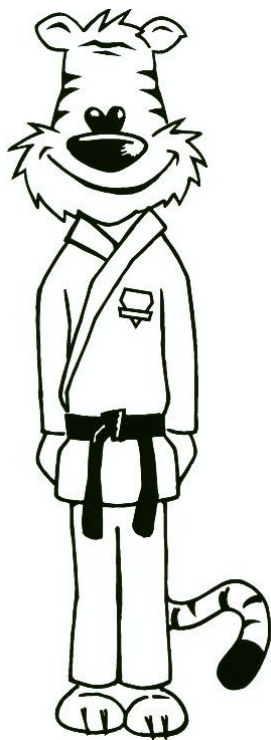
There are a few hints to help you learn this kata:

- 1) Step with left foot and block with left hand; or step with the right foot and block with the right hand,
- 2) Punching hand folds on top; and will become the next blocking hand,
- 3) The foot that you move will always become a lead foot,
- 4) Back foot steps forward, back foot kicks, and back foot slides behind to turn, and
- 5) The kiai tells you are going to turn or spin on the next move.

Finally, a diagram has been provided with each step of the kata. The diagrams will indicate where your feet should be place with respect to the pattern or shape of the kata.

KATA CHOUJIN KODOMO

Kiyo Tsuke!

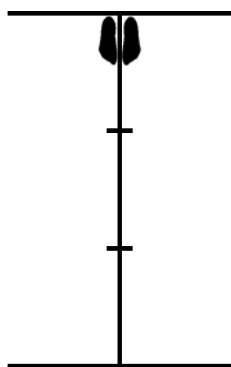


Attention
Stance

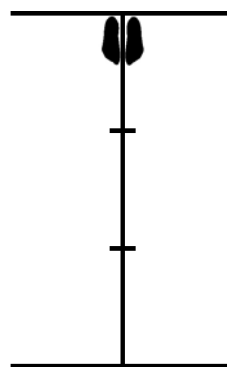
Rei!



Bow

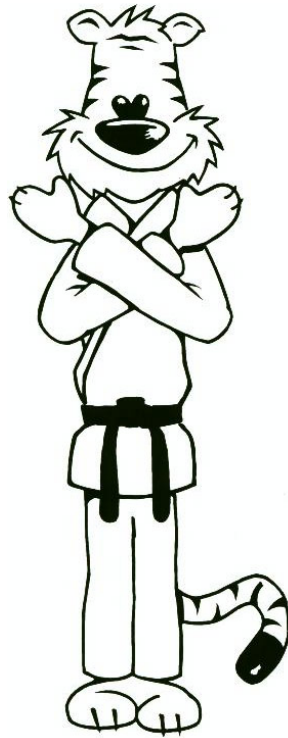


Feet
Placement



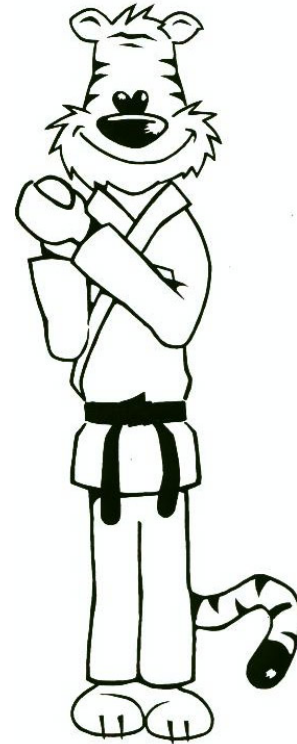
KATA CHOUJIN KODOMO

One

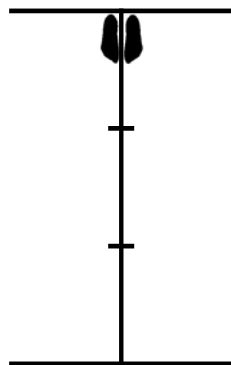


"X" Block
Left Hand on Top.

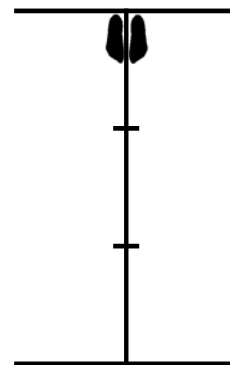
Two



Palm Block;
Left Hand Folds
on Top.



**Feet
Placement**

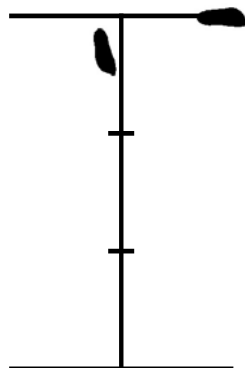


KATA CHOUJIN KODOMO

Three



Knife Hand Block
Step to the Left and
Block with you Left Hand.

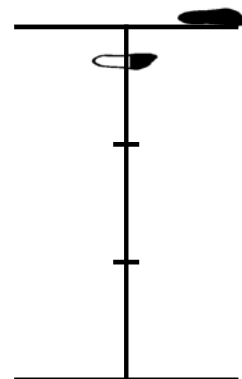


Four



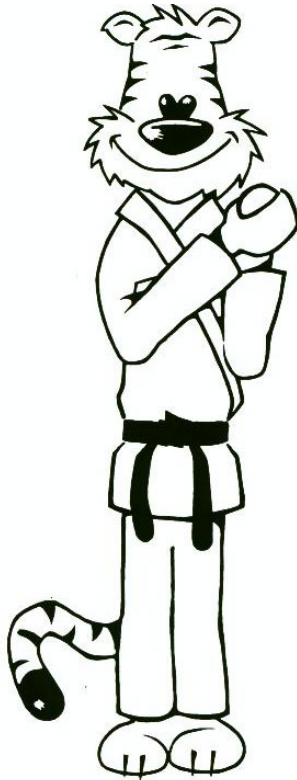
Reverse Punch with the
Right Hand.

Feet
Placement

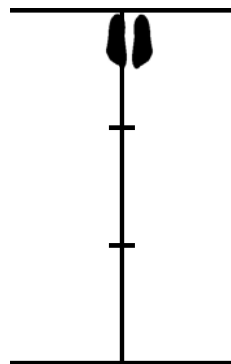


KATA CHOUJIN KODOMO

Five



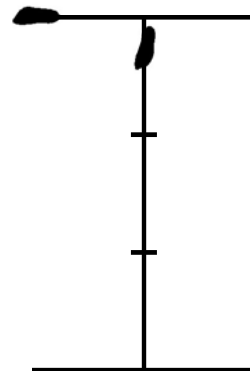
Palm Block; Punching Hand
(right hand) Folds on Top.



Six



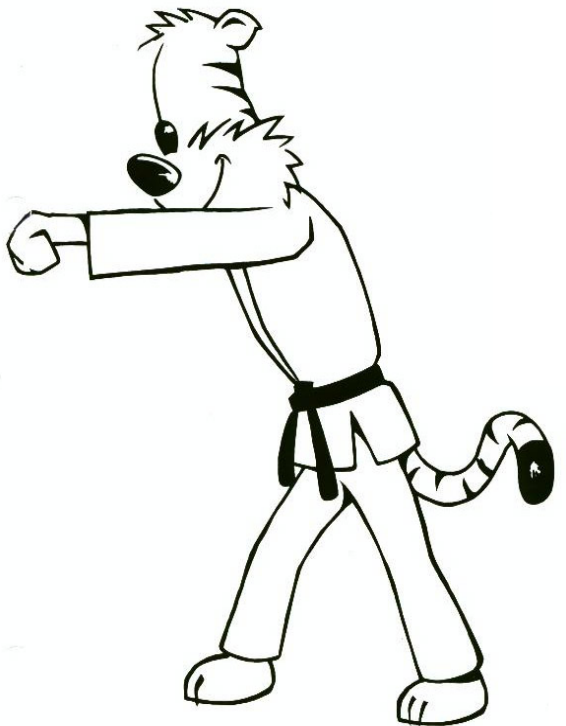
Knife Hand Block
Step to the Right and
Block with you Right Hand.



Feet
Placement

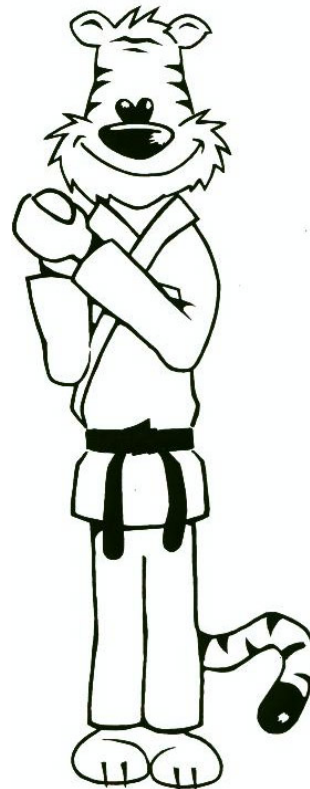
KATA CHOUJIN KODOMO

Seven

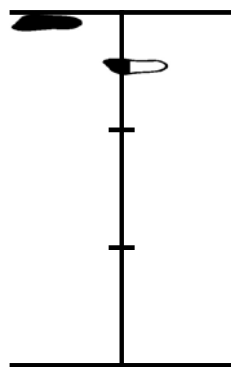


Reverse Punch with the
Left Hand.

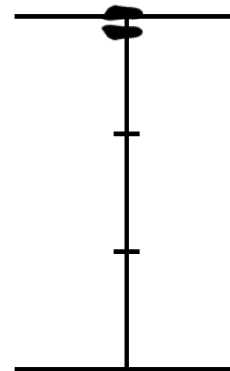
Eight



Palm Block; Step Backward
and Bring your Feet Together
Punching Hand (left hand)
Folds on Top.



Feet
Placement

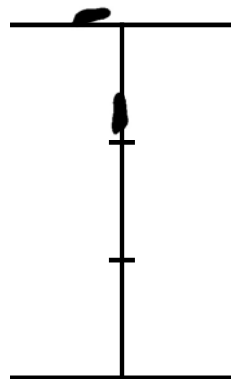


KATA CHOUJIN KODOMO

Nine



Knife Hand Block
Step to the Left and
Block with you Left Hand.

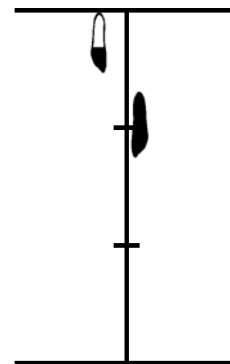


Ten



Reverse Punch with the
Right Hand.

Feet
Placement



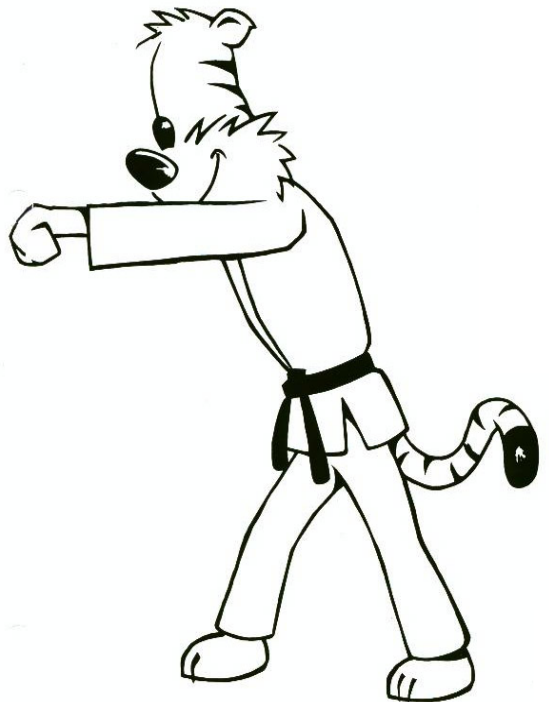
KATA CHOUJIN KODOMO

Eleven

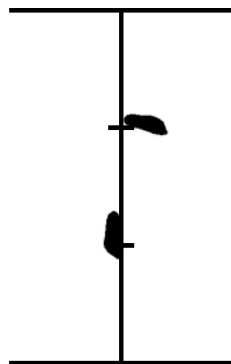


Back Foot Steps in Front;
Knife Hand Block;
Block with Right Hand.

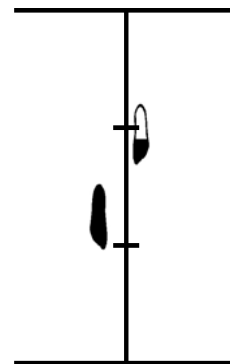
Twelve



Reverse Punch
with the Left Hand.



Feet
Placement



KATA CHOUJIN KODOMO

Thirteen (a)

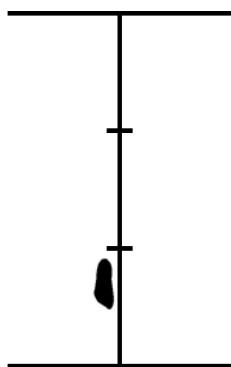


Thirteen (b)

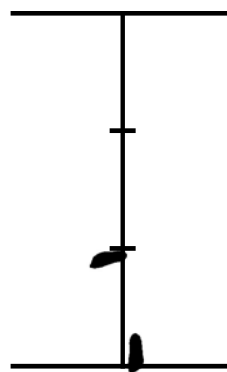


Kick with the Back Foot and
Down in Front.

Lead Punch
With the Left Hand.



Feet
Placement



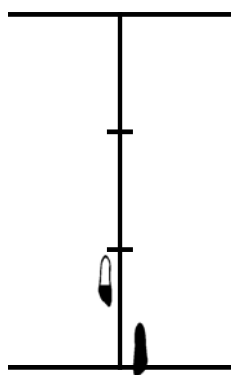
KATA CHOUJIN KODOMO

Thirteen (c)



Reverse Punch
With the Right Hand.

KIAI!

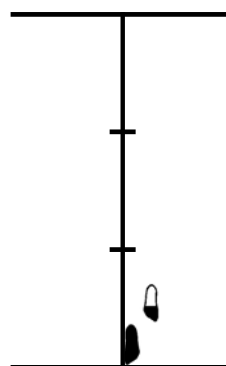


Feet
Placement

Fourteen (a)



Punching hand
(right hand) Folds on Top;
Slide Back Foot
(right foot) Behind.



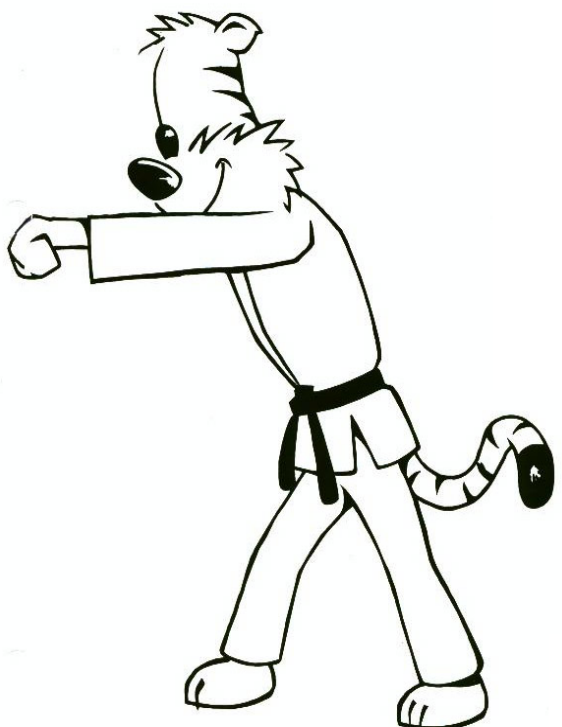
KATA CHOUJIN KODOMO

Fourteen (b)

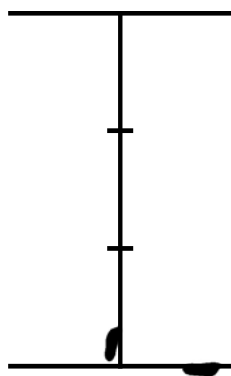


Spin Right or Clockwise;
Knife Hand Block
With Right Hand.

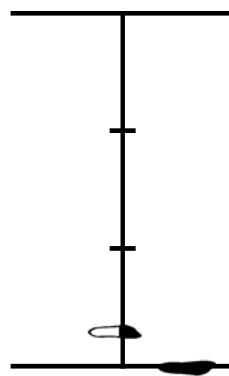
Fifteen



Reverse Punch
with the Left Hand.

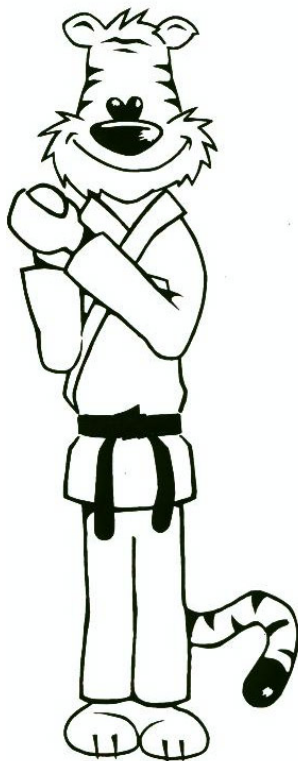


Feet
Placement

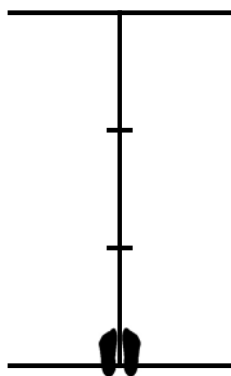


KATA CHOUJIN KODOMO

Sixteen



Punching Hand
(left hand) Folds on Top.

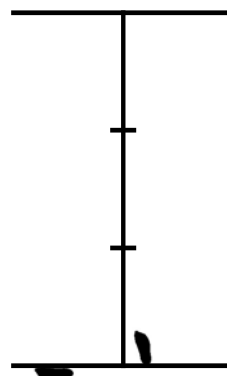


Seventeen



Knife Hand Block
Step to the Left and
Block with you Left Hand.

Feet
Placement



KATA CHOUJIN KODOMO

Eighteen

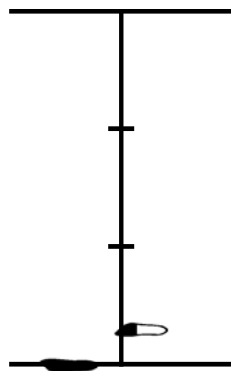


**Reverse Punch with the
Right Hand.**

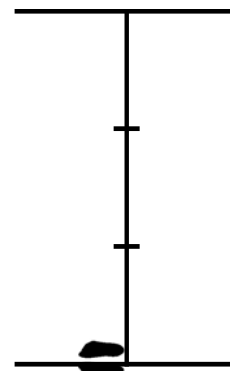
Nineteen



**Palm Block;
Step Backward and
Bring your Feet Together
Punching Hand (right hand)
Folds on Top.**



**Feet
Placement**



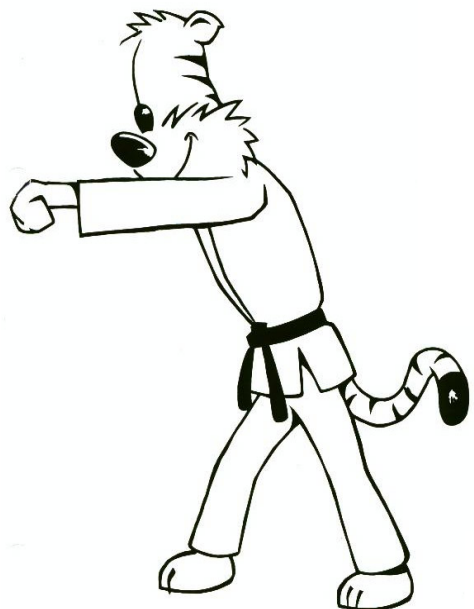
KATA CHOUJIN KODOMO

Twenty

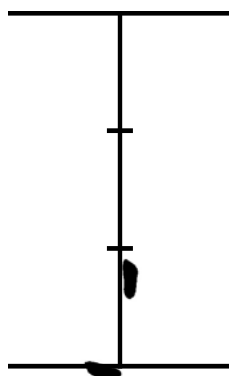


Knife Hand Block
Step to the Right and
Block with you Right Hand.

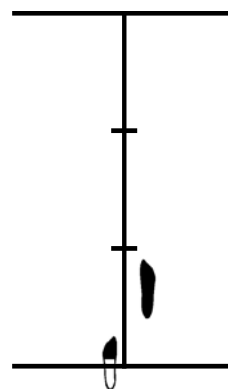
Twenty-One



Reverse Punch
with the Left Hand.



**Feet
Placement**



KATA CHOUJIN KODOMO

Twenty-Two

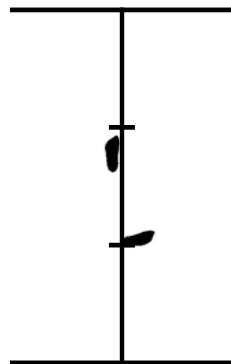


Back Foot Steps in Front;
Knife Hand Block;
Block with Right Hand.

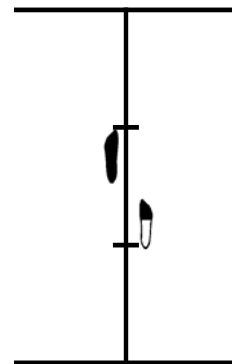
Twenty-Three



Reverse Punch
with the Left Hand.



Feet
Placement

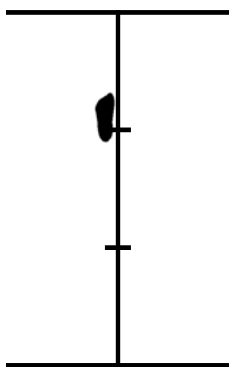


KATA CHOUJIN KODOMO

Twenty-Four (a)



Kick with the Back Foot
and Down in Front.

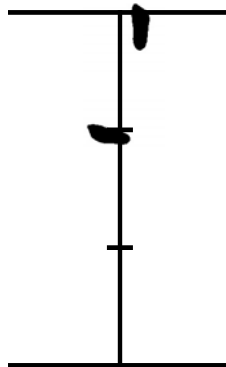


Twenty-Four (b)



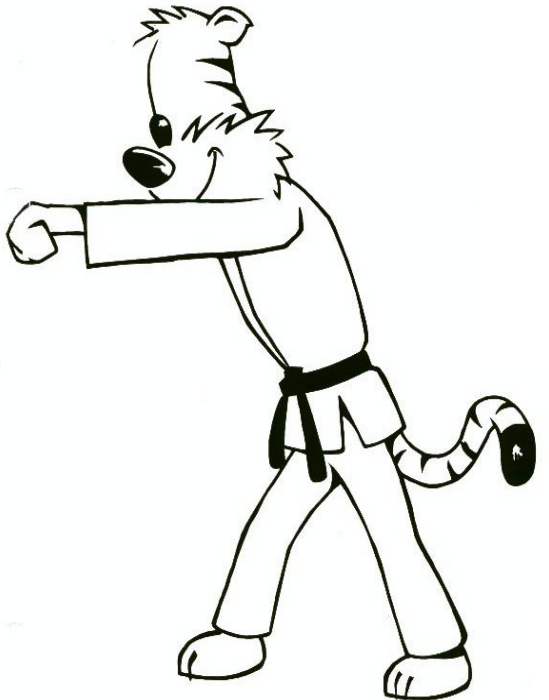
Lead Punch
With the Right Hand.

Feet
Placement



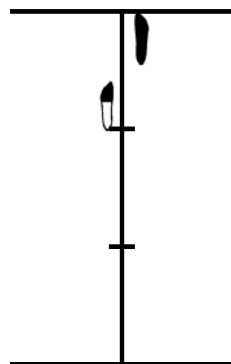
KATA CHOUJIN KODOMO

Twenty-Four (c)

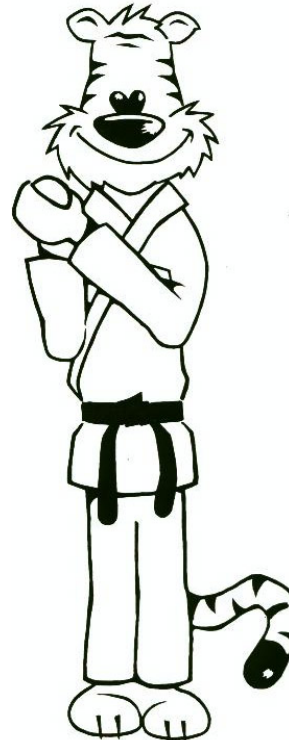


Reverse Punch
with the Left Hand.

KIAI!

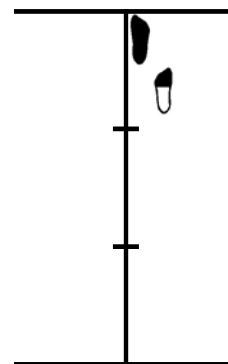


Twenty-Five (a)



Punching hand
(left hand) Folds on Top;
Slide Back Foot
(left foot) Behind.

Feet
Placement

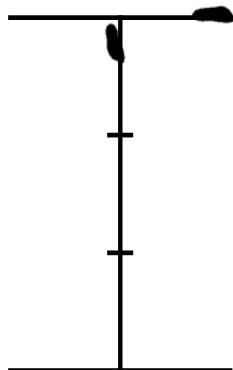


KATA CHOUJIN KODOMO

Twenty-Five (b)



Spin Left or
Counter-Clockwise;
Knife Hand Block
With Left Hand.

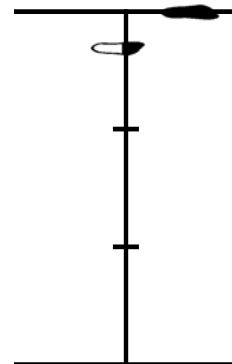


Twenty-Six



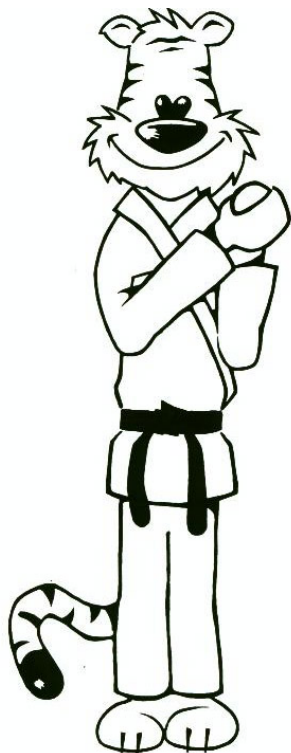
Reverse Punch
with the Right Hand.

Feet
Placement



KATA CHOUJIN KODOMO

Twenty-Seven

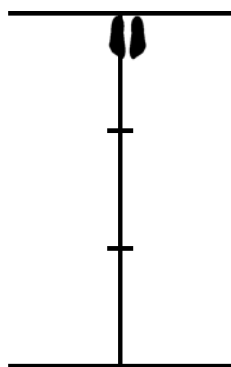


**Palm Block;
Punching Hand
(left hand) Folds on Top.**

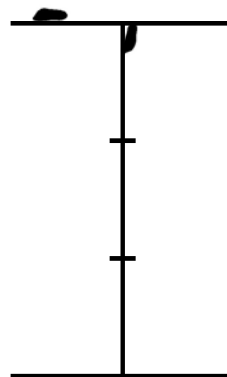
Twenty-Eight



**Knife Hand Block
Step to the Right and
Block with you Right Hand.**



**Feet
Placement**

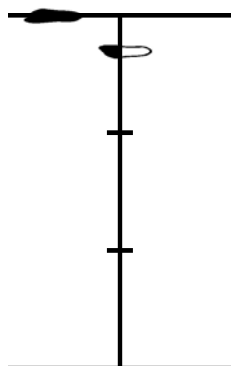


KATA CHOUJIN KODOMO

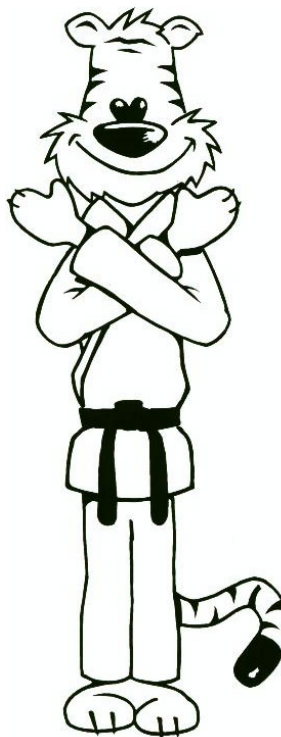
Twenty-Nine



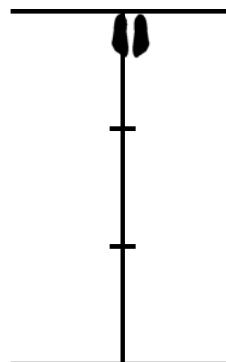
Reverse Punch
with the Left Hand.



Thirty



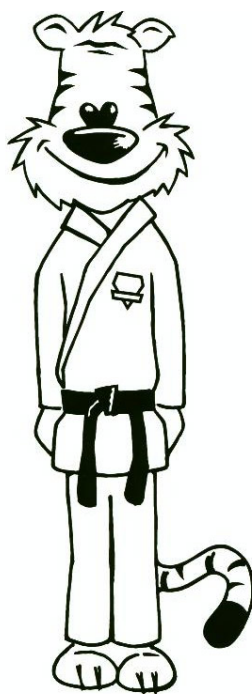
"X" Block
Left Hand on Top.



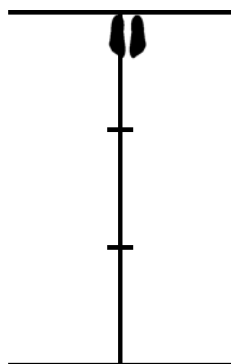
Feet
Placement

KATA CHOUJIN KODOMO

Thirty-One



Attention
Stance

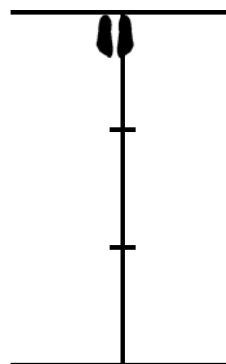


Thirty-Two



Bow

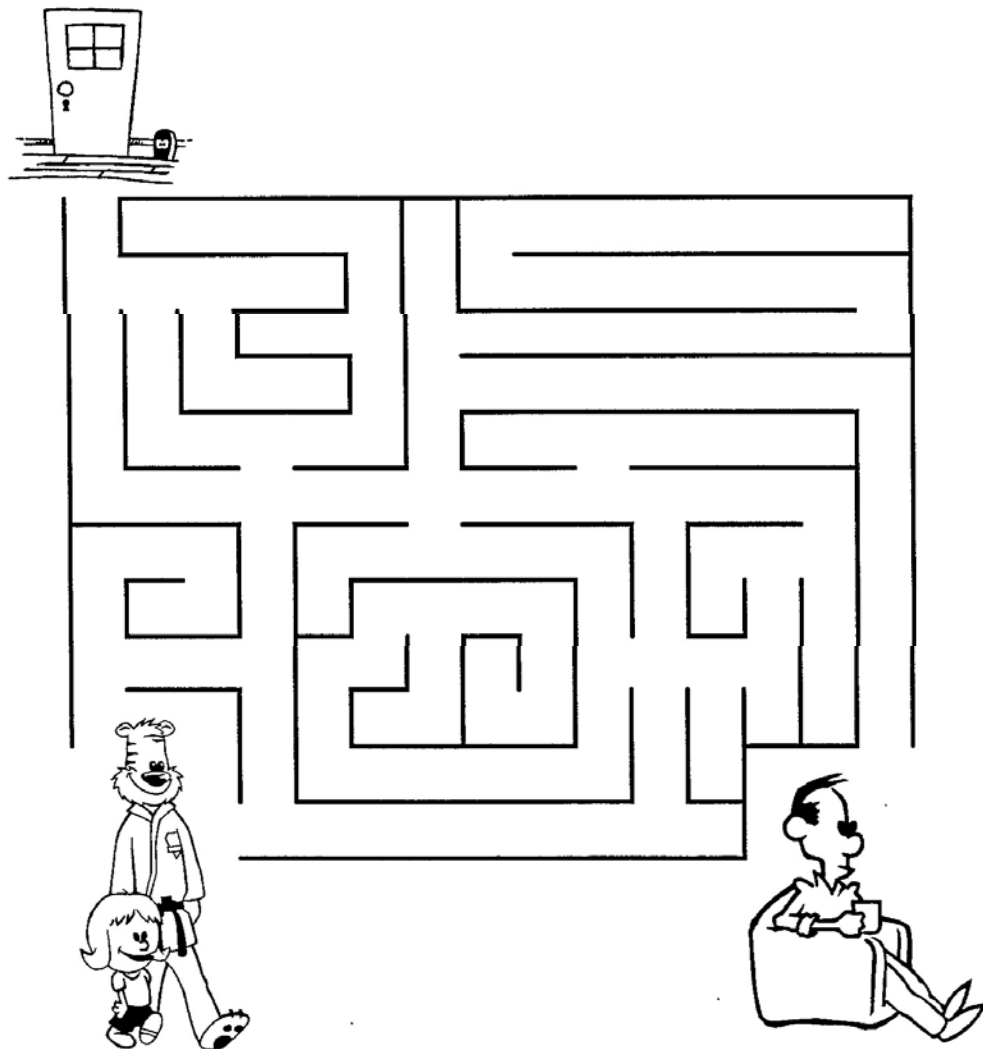
Feet
Placement



ANSWERING THE DOOR

If you hear someone at the door tell an adult. **NEVER** open the door by yourself.

Help Tora and his friend find their way to an adult, instead of opening the door.

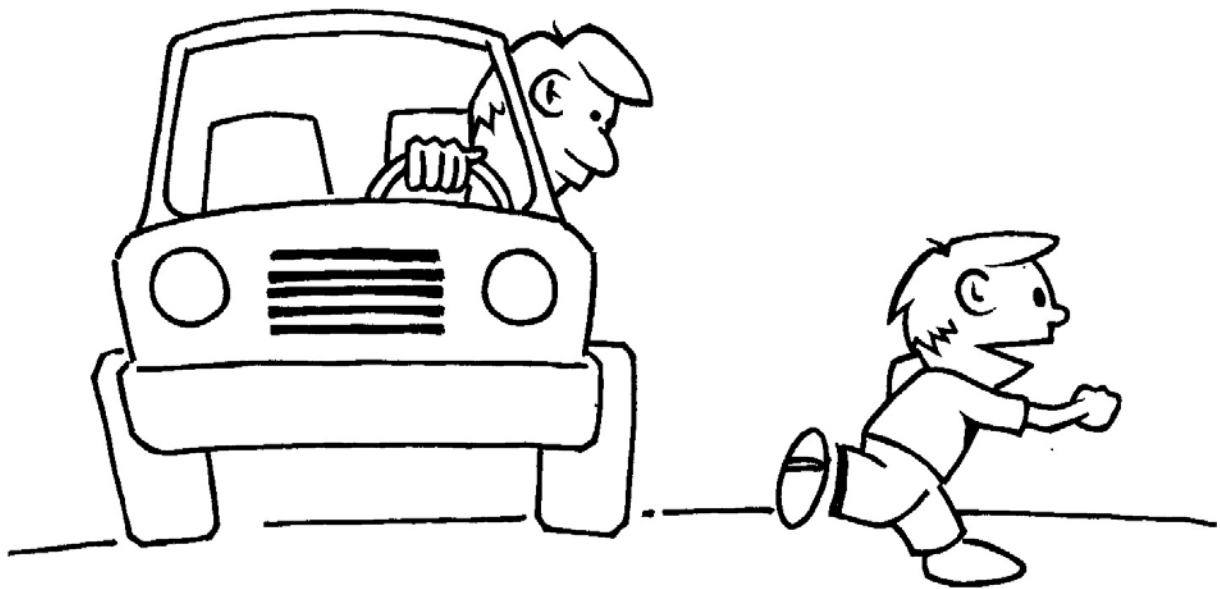


STREET SAFETY or STREETSMARTS™

If a car stops beside you and a stranger asks for directions or wants to talk to you for any reason, run away from the car.

Who can you see for help at home? On your street? At school?

- 1) _____
- 2) _____
- 3) _____

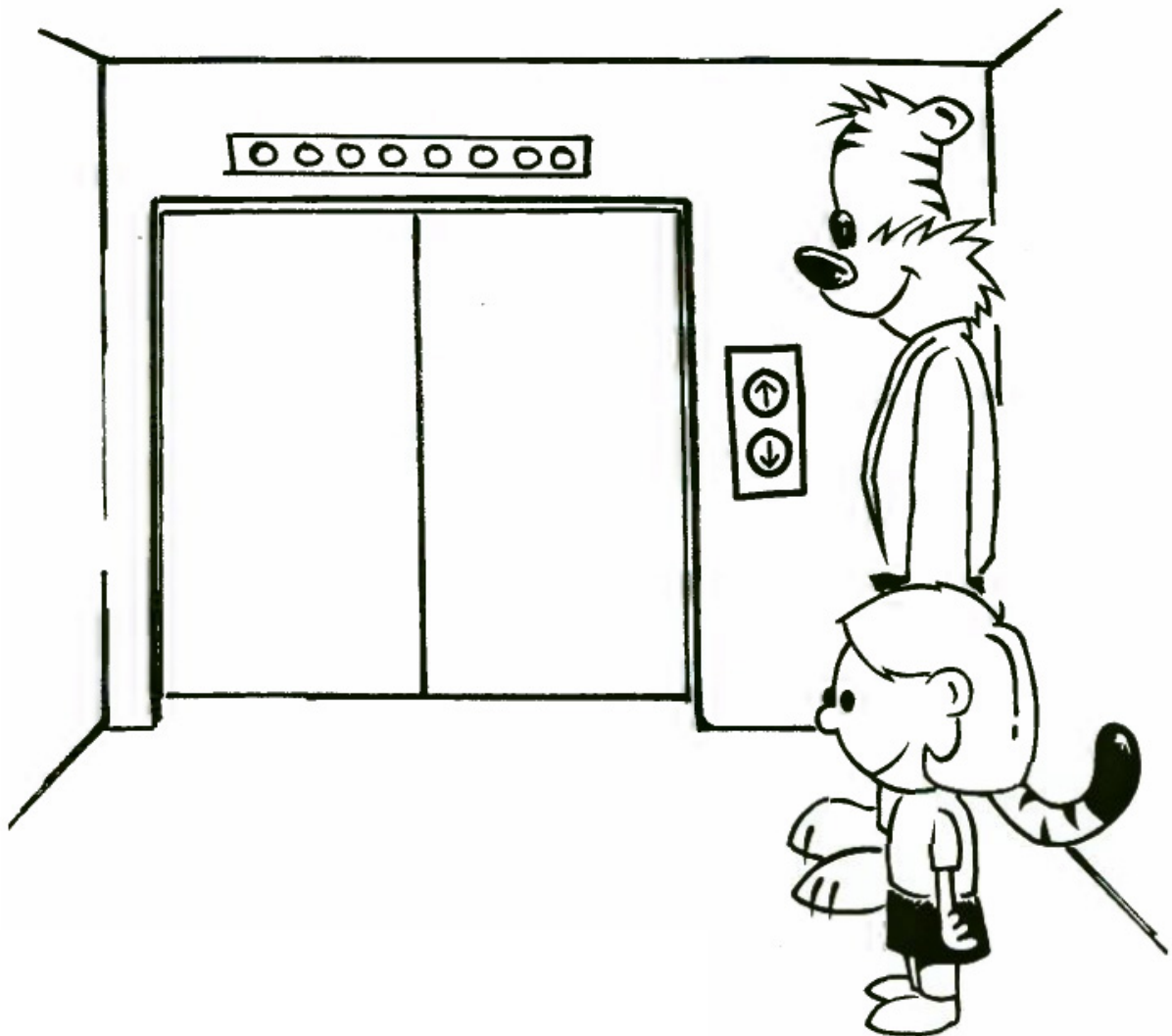


FIRE SAFETY

NEVER play with a lighter or matches. They could burn you or start a fire. Walk away from them or ask an adult to put them away.

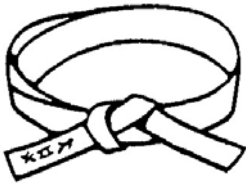


ELEVATOR SAFETY



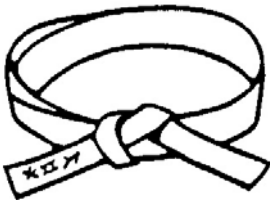
Always stand **AWAY** from the elevator doors when waiting for an elevator. Wait until the doorway is clear before stepping into the elevator. Stand near the buttons in the event of an emergency, you will be close to the alarm or emergency button.

SUPERTOTS™ BELTS

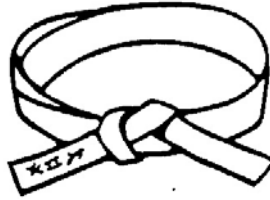


Colour the Slocki-Ryu belts in their order.

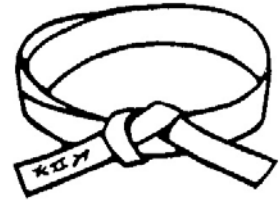
Tora Belt



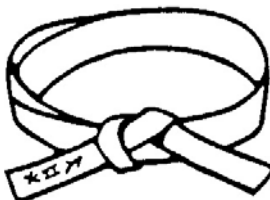
White Belt



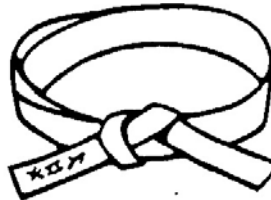
Gold Belt



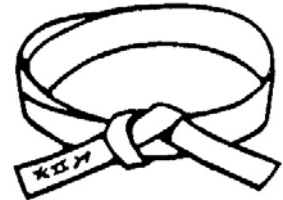
Orange Belt



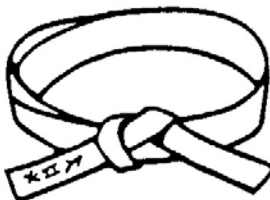
Red Belt



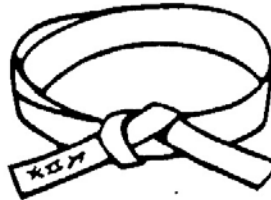
Green Belt



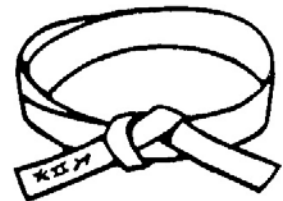
Violet Belt



Blue Belt



Brown Belt



Black Belt

End of Gold Belt requirements.

Gold Belt Grading Application

Please add my name to the GRADING list for the **month/year** of _____.

_____ Student Name	_____ Age	_____ Telephone Number
Circle Class: TOT JR SR	Circle Belt Size:	1 2 3 4 5 6

PLEASE PRINT CLEARLY

I have experienced the following improvements in myself since I joined Superkids.

Parents of students 12 and under: Please fill out this section with your child and add your comments.

CHECK LIST

- ☐ I have completed my written examination, doubled checked its accuracy and spelling.
- ☐ Please circle one for your copy of the belt ceremony: **DVD** **VHS**
- ☐ I have attached my testing fees, **\$64.20** (\$60.00 + GST of \$4.20)
- ☐ If under 18 years old, I have included my parent's signature and comments.

_____ Student's Signature	_____ Parent's Signature
------------------------------	-----------------------------