

SUPERTOTS™



SUPERTOTS™

STUDENT CREED

My goal is to become the best person I can be. I will achieve this objective by disciplining my body and my mind, working to overcome obstacles that hinder my positive growth.

I know this will take discipline.

I am ready to make this commitment to myself in order to become the best person I can be and to share this progress with others.

WELCOME to the SUPERKIDS™ LEARNING CENTRE

We would like to welcome you and thank you for choosing Supertots™. You are now a student of the very special Supertots™ educational system. Our classes focus on fun, learning, and basic life skills. Therefore, you will enjoy your Martial Arts training while achieving fitness, self-esteem, and discipline.



SUPERTOTS™

SUPERTOTS™ ACHIEVEMENT PROGRAM

As a student in the Supertots™ Program, you have a unique opportunity to begin your karate training at a young age. We have designed the Supertots™ Achievement Program to help promote this, and ease the transition in the Superkids™ Junior Program.

You can set your goals and keep track of them. It is fun for you, and your parents can become involved as well. When your parents show an interest in your progress and training, they help ensure your continued success at Superkids™, as well as other areas of your life.

Parents want to be involved in your activities, and like to help you improve your skills. We at Superkids™ encourage your parents to assist you, and we appreciate any feedback that you or your parents provide so we can continue in our common goal of you becoming the "Best person you can be!"

BELT LEVELS

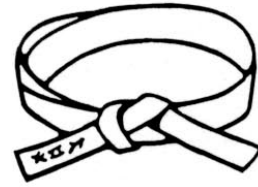
- 1)Tora Belt
- 2)White Belt
- 3)Gold Belt

The Supertots™ Achievement Program has three belt levels. Each belt level has specific requirements. The requirements are provided as part of this manual so you will know exactly what you must learn to earn each belt. Your accomplishments are acknowledged using a star system. Generally, you should expect one star a month; this is based on training an average of twice a week. All new belts are awarded at the monthly belt ceremony.



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Tora Belt Requirements



First Star Requirements



- √ Recite Home Address
- √ Recite Home Telephone Number
- √ All Stances
 - Attention Stance
 - Listening Posture
 - Natural Stance
 - Ready Posture

Second Star Requirements



- √ Lead and Reverse Punch
- √ Knife Hand Block
- √ Thank You Kata

Third Star Requirements



- √ Front Kick
- √ Recite Student Creed
- √ Minimum 25 Classes

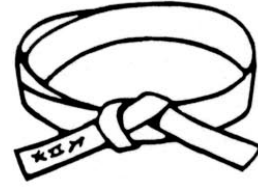
Fourth Star Requirement



- √ Complete Tora Belt Activity Sheets

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White Belt Requirements



First Star Requirements

- √ Bones of the Hand
 - Phalanges
 - Metacarpals
 - Carpals
- √ Discipline Kata



Second Star Requirements

- √ Inside Knife Hand Strike
- √ Horizontal Knee Strike
- √ Vertical Punch



Third Star Requirements

- √ Side Kick
- √ Palm Block
- √ Minimum 10 Classes

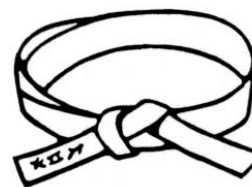


Fourth Star Requirement

- √ Complete White Belt Activity Sheets



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Gold Belt Requirements

First Star Requirements



- √ Shifting (with and without punching)
 - Forward
 - Backwards
 - Sideways
- √ Stepping or Walking
 - Without Blocking
 - With Blocking
 - While Kicking
- √ Palm Strike

Second Star Requirements



- √ Escapes
 - One Hand Escapes
 - Two Hand Escapes
 - Two on Two Hand Escapes
- √ Pad Work
 - Working Well with a Partner

Third Star Requirements



- √ Kata Choujin Kodomo

Fourth Star Requirement



- √ Complete Gold Belt Activity Sheets

STUDENT CREED



*My _____ is to become the best
person I can be. I will _____
this objective by disciplining my body
and my mind, working to overcome obsta-
cles that hinder my _____
growth. I know this will take*

_____.
*I am ready to make this commitment to
myself in order to become the best
person I can be and to share this
_____ with others.*

Fill in the missing
words in the
Superkids™ Karate
Student Creed. You
can practice your
letters in the blanks
shown here.

GOAL _____

ACHIEVE _____

POSITIVE _____

DISCIPLINE _____

PROGRESS _____

HOME TELEPHONE NUMBER

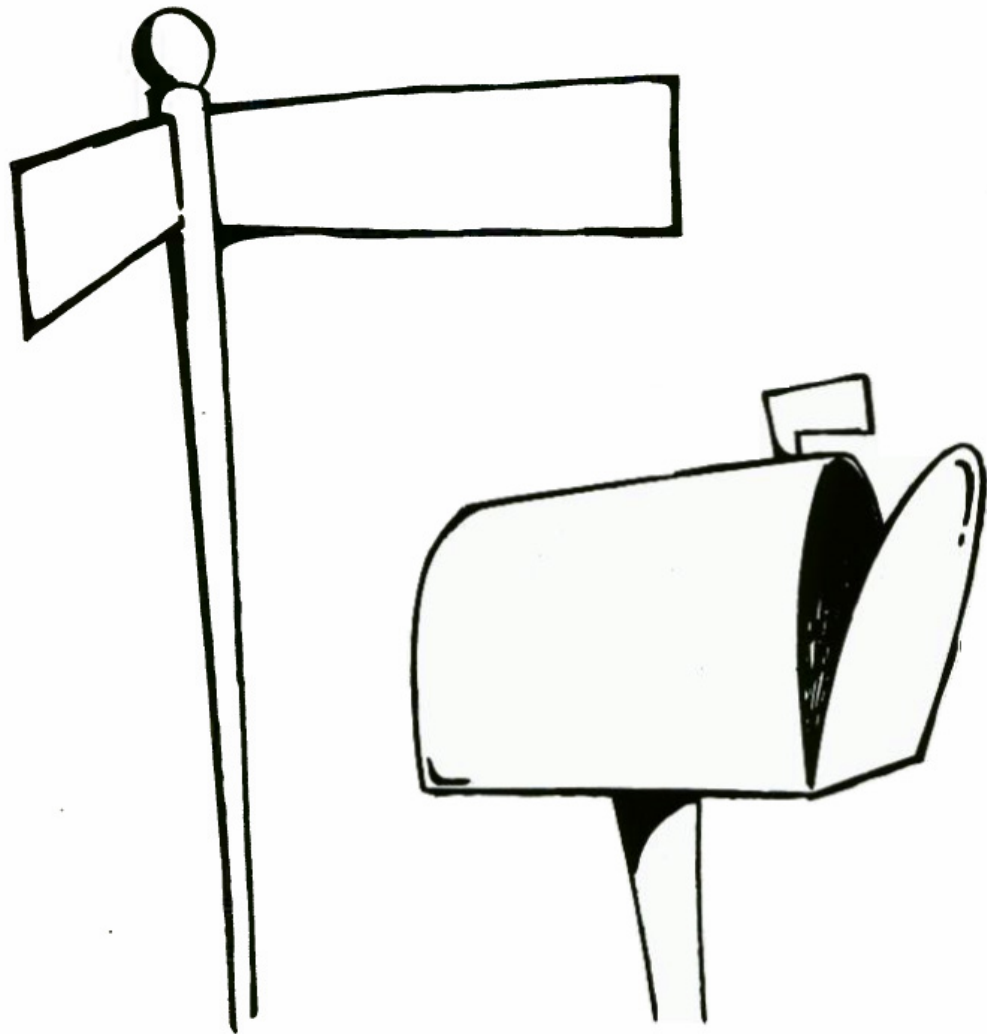


Colour in the numbers of your telephone number on the telephones shown here. Try to memorize your telephone number for your next Supertots™ class.



HOME ADDRESS AND POSTAL CODE

See if you can remember your address by writing in your street name on the large sign. Put your house number in the small sign. Put your city on the mailbox below.

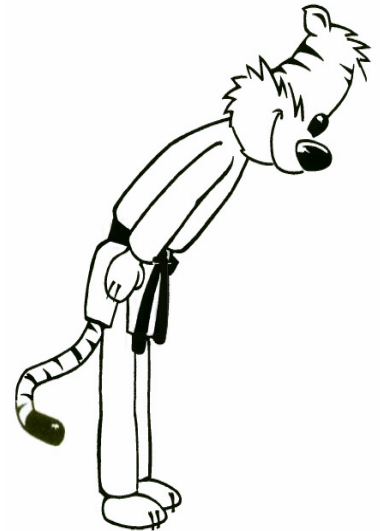


STANCES



Kiyo Tsuke

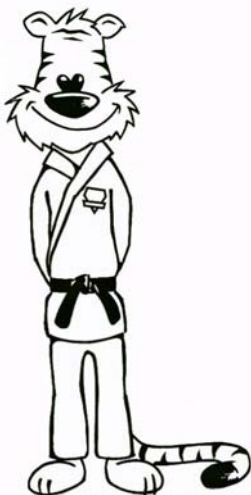
Tora is showing courtesy to his partner by standing at attention (Kiyo Tsuke) and bowing (Rei). Draw a line from the Japanese words to the pictures that they describe. Then colour the pictures.



Rei

**When the instructor says, “Kiyo Tsuke”,
come to attention stance and say, “Sir!”**

**When the instructor says, “Rei”;
bow and say, “Thank You Sir.”**



**Tora stands in listening stance when saying
the student creed or when Sensei is giving
instructions.**

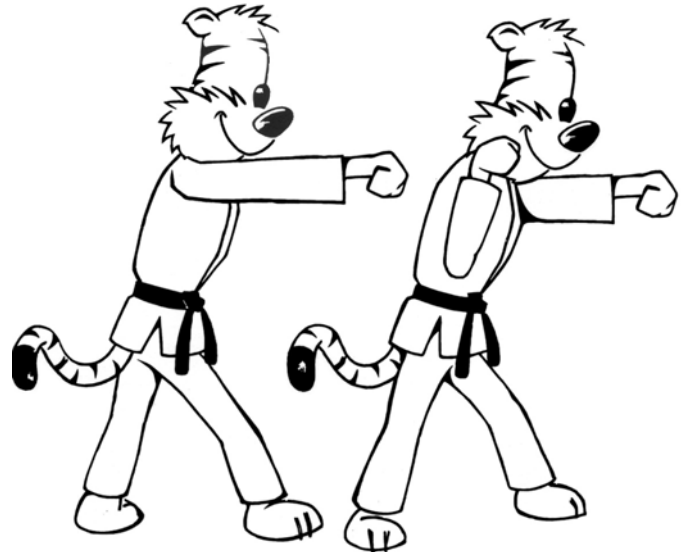
**When you are in listening stance, your feet
are shoulder width apart and your hands are
behind your back.**

LEAD AND REVERSE PUNCH

Tora is practicing his lead punch. His fist is closed and his lead leg is forward.

Put an "R" under the picture if Tora is punching with his right hand.

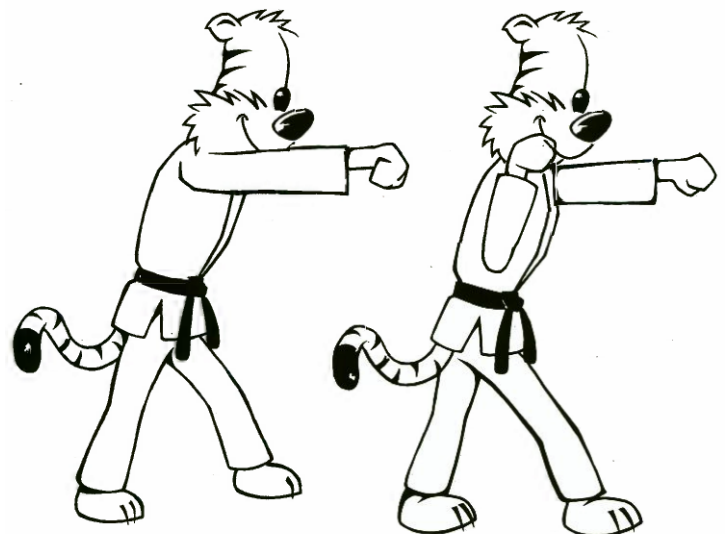
Put an "L" under the picture if Tora is punching with his left hand.



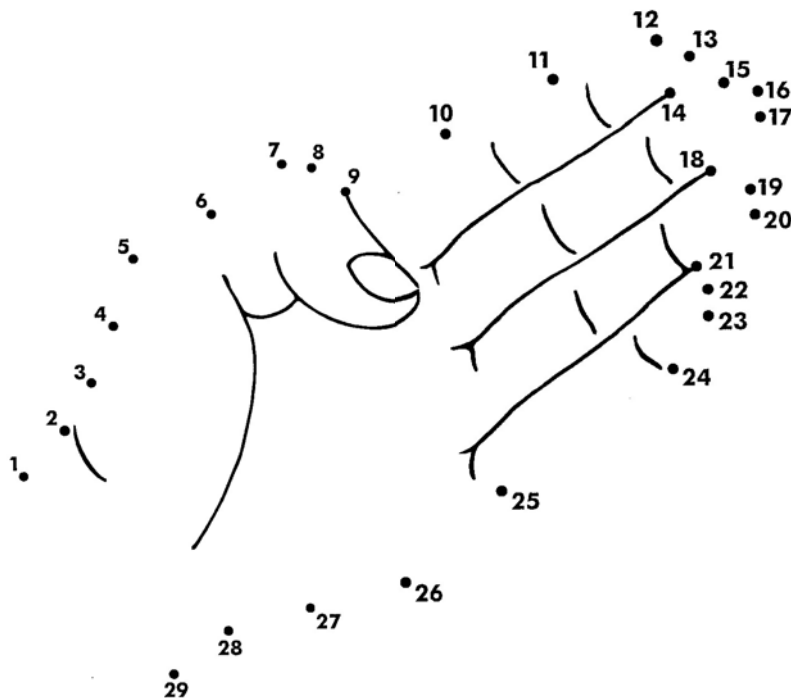
Tora is practicing his reverse punch or "Gyaku Tsuke."

If the picture shows him punching with his LEFT hand, colour his uniform or "GI" blue. Notice his lead leg is his right.

If the picture shows him punching with his RIGHT hand, colour his uniform or "GI" red. Notice his lead leg is now his left.



KNIFE HAND BLOCK



A knife hand block or shuto uke is used to protect you from a punch or a strike to the body.

Connect the dots in order, starting at 1, to complete the diagram. This is the way your hand should look when you perform the knife hand block, or shuto uke



Tora is performing his shuto uke to both sides of his body. Notice he has his left foot forward when blocking with his left hand. He has his right foot forward when blocking with his right hand.

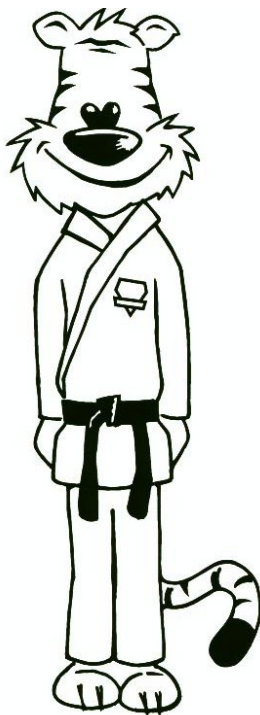


THANK YOU KATA

A kata is a series of KARATE techniques performed in a specific sequence designed to defend against imaginary attackers. You need to know the THANK YOU KATA to get your TORA belt.

When performing the THANK YOU KATA you must say the count aloud. For example, when performing the first movement at the same time you say “ONE SIR!” In the blanks provided on this page and the next few, print the number that is said by the instructor when performing that particular movement. Practice doing the kata while saying the count loud.

Kiyo Tsuke!



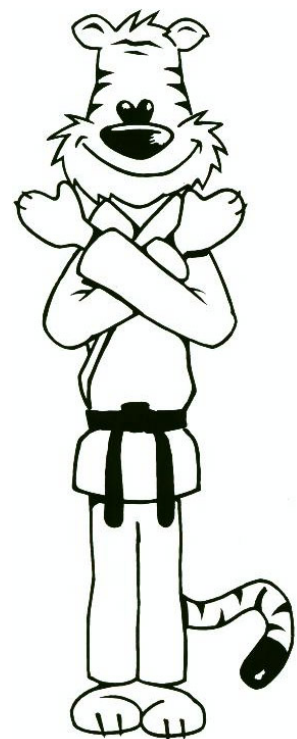
**Attention
Stance**

Rei



Bow

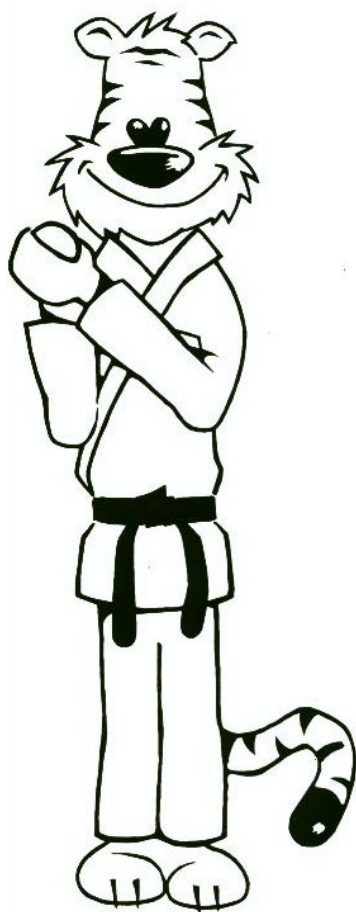
One Sir!



**“X” Block
Left hand on top.**

THANK YOU KATA cont'd

_____ Sir!



**Palm Block;
Left hand folds on top.**

_____ Sir!



**Knife Hand Block;
Step to the left;
Block with your left hand.**

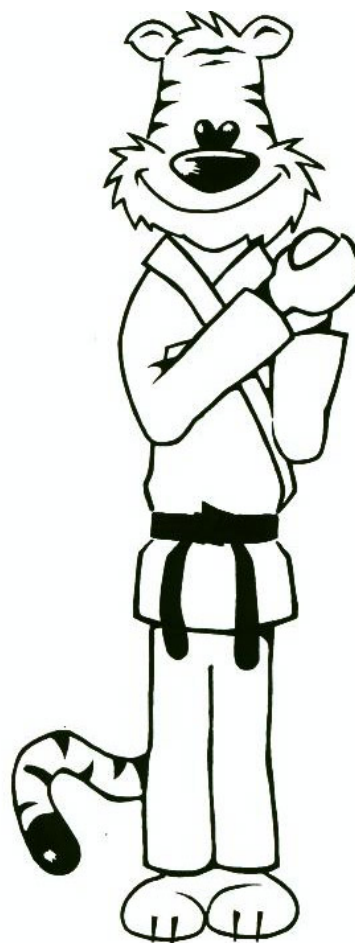
THANK YOU KATA cont'd

_____ Sir!



**Reverse Punch;
With your right hand.**

_____ Sir!



**Palm Block;
Punching hand (right)
folds on top.**

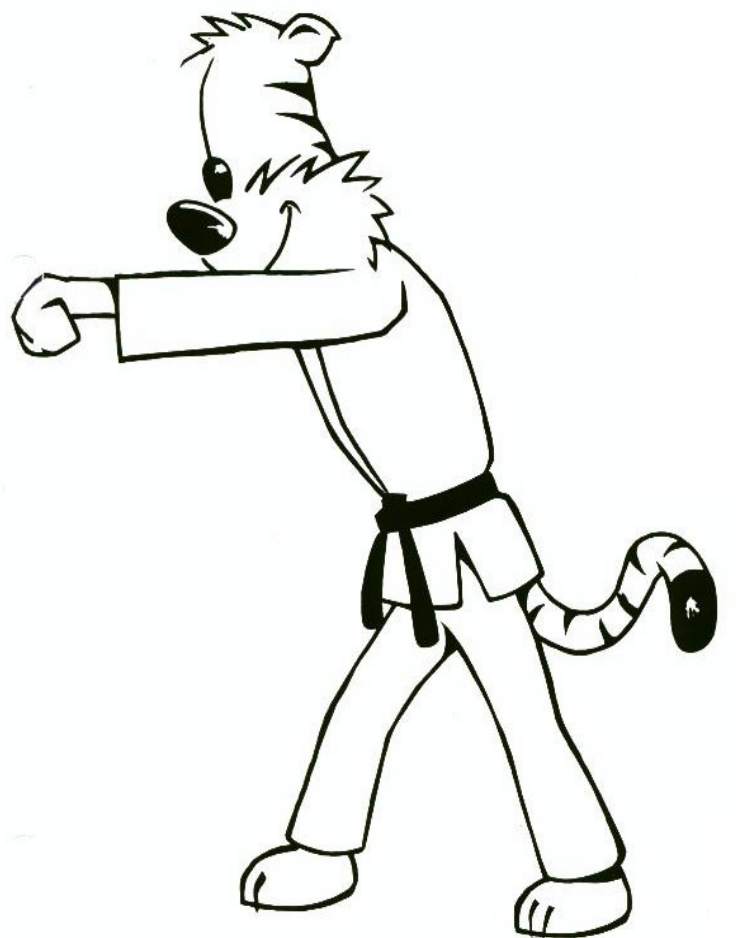
THANK YOU KATA cont'd

_____ Sir!

_____ Sir!



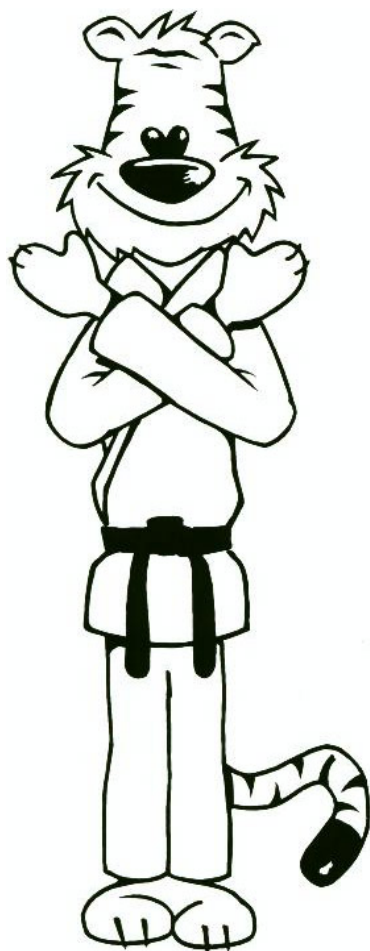
**Knife Hand Block;
Step to the right,
block with your right hand**



**Reverse Punch;
With left hand.**

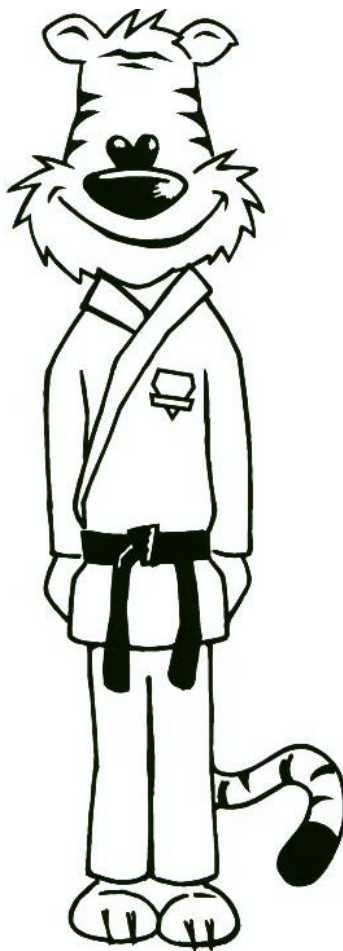
THANK YOU KATA cont'd

_____ Sir!



**"X" block;
Left hand on top**

_____ Sir!



**Attention
Stance**

Thank you Sir!



Bow

FRONT KICK

Tora is practicing his front kick or mae geri. His leg is straight, the ball of his foot is extended and his toes point up.

Tora has his hands on his hips, when his arms should be raised so he can protect his face better. Circle the parts of his body which are incorrect.



To complete the kick in four easy steps; Tora first lifts his knee and then extends his leg second. Tora “retracts” his kick (his knee is still raised) and finally he puts his foot down.

End of Tora Belt Requirements