

BELT TYING PROCEDURE

Step 1: Fold belt in half, ends down. Ensure the Japanese script or KANJI is on the left, facing out, this should be on the end with the belt size. Place the middle point of the belt just below the belly button, at the tandem. Hold the belt with two hands, close to the mid point of the belt.



Step 2: Using both hands, wrap the belt, in both directions, behind and around you, crossing once, and bring the ends back out to the front.



Step 3: Extend both hands out in front, about 6 to 8 inches from your body. The side with the KANJI or belt size should now be in your right hand.

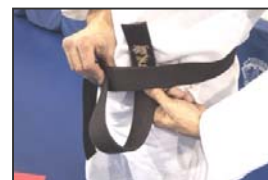
Take a moment to check to see if both ends of the belt extend out from the body an equal distance. Return your hands to about 6 to 8 inches from your body.



Step 4: First, take your left hand towards the right; belt should flush to your body. Take the right hand towards the left, crossing the belt on top, at the mid point of your body.



Step 5: Grasp the point where the belts cross with your right hand. The end with the KANJI or belt size should now be back on your left, facing away from your body. Take a moment to check to ensure the belt forms an "x" at the centre of the body.



Step 6: Using the left hand, take the end with the KANJI or belt size; tuck the end underneath and behind all portions of the belt.



Step 7: Bring the end with the KANJI or belt size up towards the left shoulder.

Step 8: Using the right hand, take the other end, flip the end over and towards the left. A gap should be the flipped end and the rest of the belt and your body.



Step 9: Let the end with the KANJI or belt size fall on top of the belt that was just flipped in the Step 5. There should be a gap between the belts ends, large enough for you to place your hand through. With his final crossing of the belt you are about to complete the belt knot.



Use your left hand to hold this crossing in place. The end of the belt with the KANJI or belt size should now be in front or possibly to the right.

Step 10: Use your right hand, reach through and grasp the belt end with the KANJI or belt size. Pull this end back through the gap.



Step 11: Shift your left hand to the left, grasping the end of the belt (with no KANJI). You will use both hands pull the knot closed, twisting the belt's bottom edge out.

Ensure you pull quickly and hard. This will help ensure the belt knot will remain closed for the class.



Step 12: Take a moment to ensure the KANJI or belt size is on the right, facing away.



Step 13: Do not touch the belt for the remainder of the class. This will help ensure the belt knot will remain closed for the class. The belt should not be so tight the student cannot breathe properly and feels comfortable.

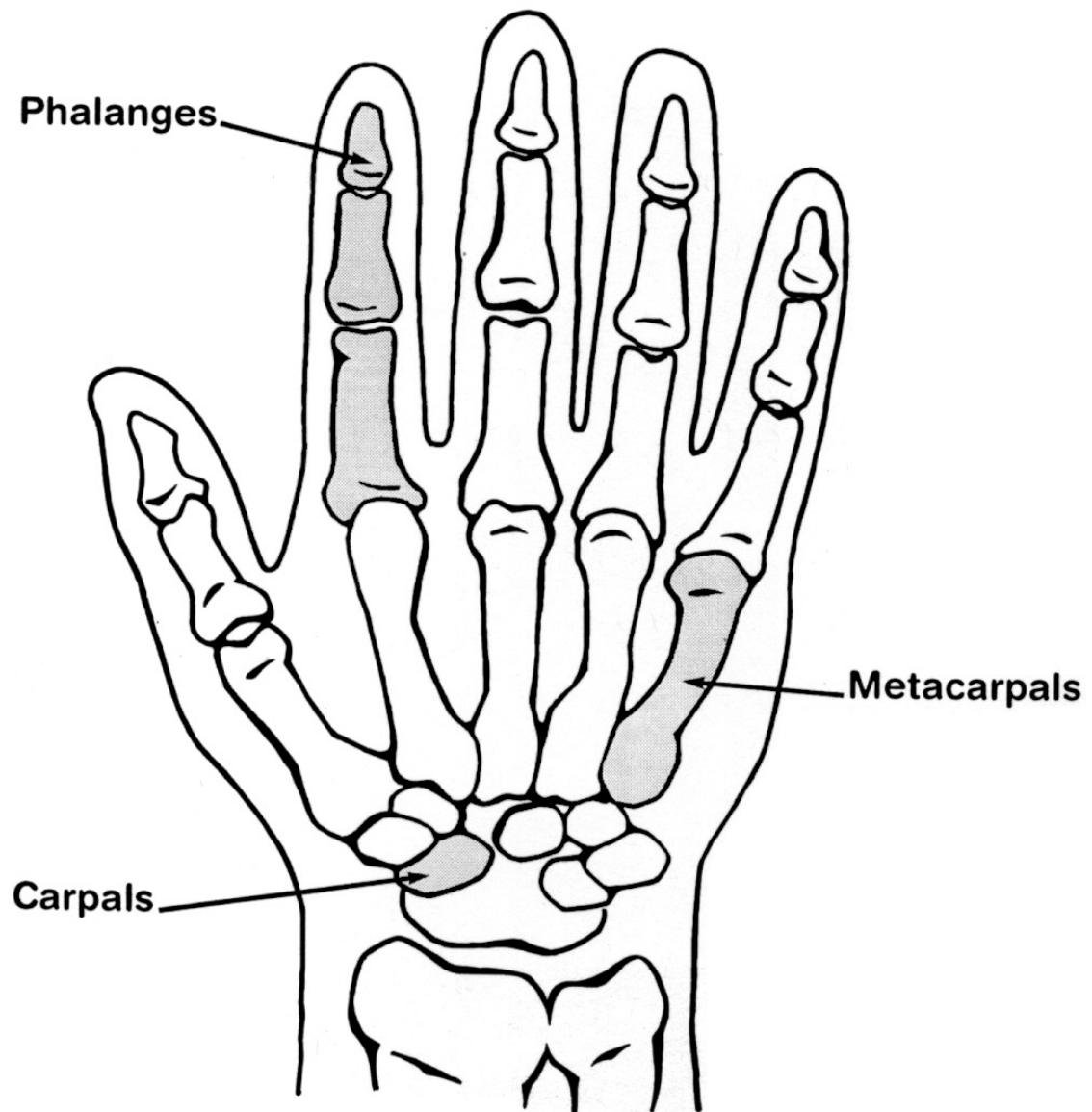
COUNTING TO 10 in JAPANESE

Practice counting out loud each number in Japanese as you colour the numbers and letters.



1	ICHI	(ee-chee)
2	NI	(nee)
3	SAN	(sand minus the “d”)
4	SHI	(shi)
5	GO	(like the English “go”)
6	ROKU	(row-koo)
7	SHICHI	(shee-chee)
8	HACHI	(hah-chee)
9	KU	(koo)
10	JU	(joo)

BONES OF THE HAND



The arrows are pointing to the main bones of the hand.
Colour the Phalanges GREEN. Colour the Metacarpals RED.
Colour the Carpals Blue.

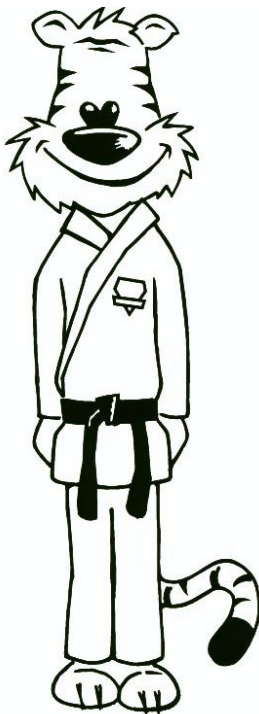
DISCIPLINE KATA

The discipline kata is performed when a student is late for class and has called in advance or if the SENSEI (instructor) feels it is necessary.

When you are performing the kata, how many push ups do you do? _____

In the blanks provided put in the number that is said when performing each movement. Practice doing the kata while saying the count out loud.

Kiyo Tsuke!



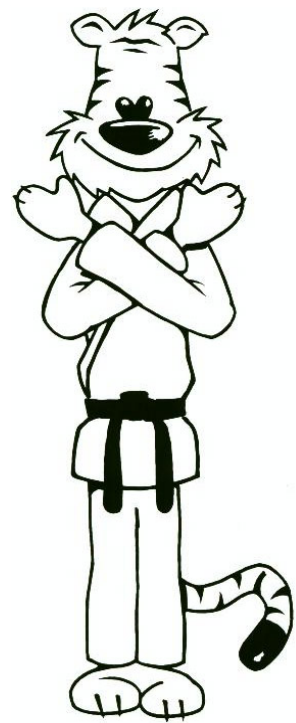
Attention
Stance

Rei



Bow

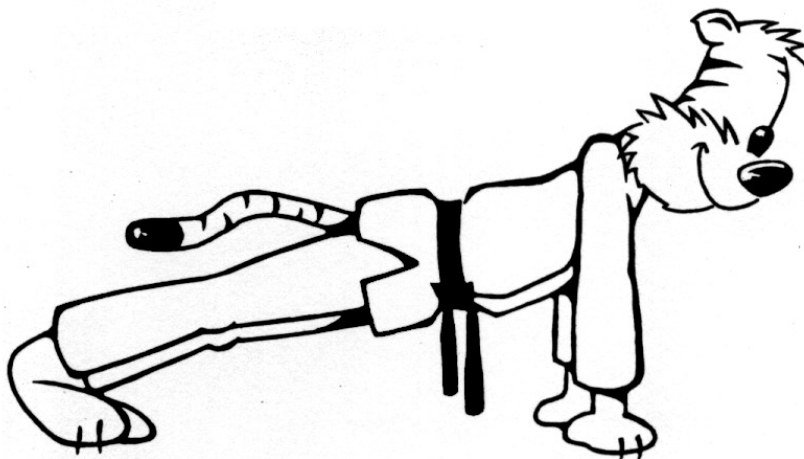
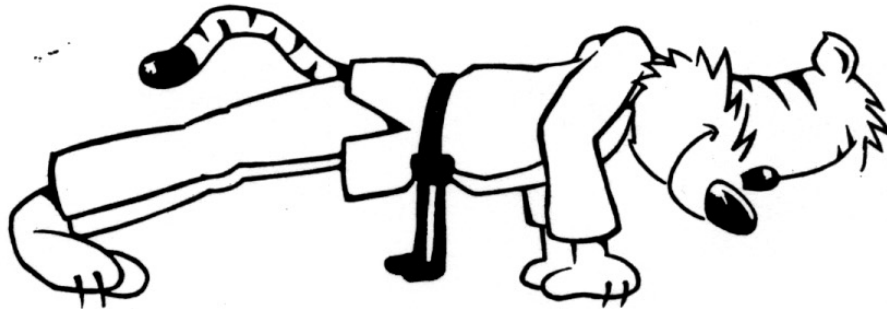
One Sir!



"X" Block
Left hand on top.

DISCIPLINE KATA cont'd

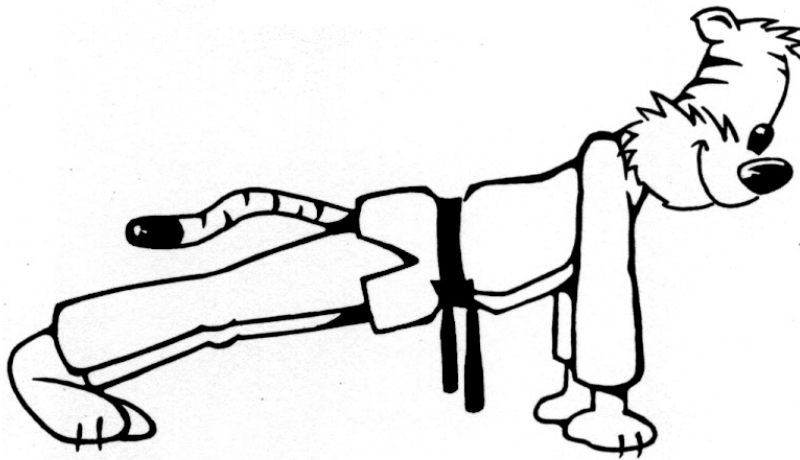
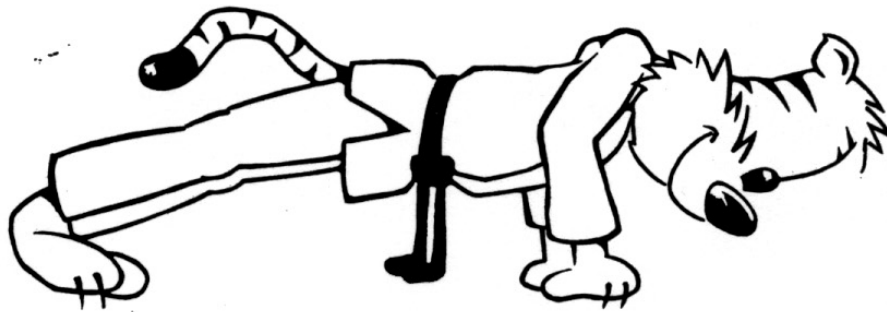
_____ Sir!



A full push-up;
Place your hands on the floor shoulder width apart,
Bend at the elbows, keeping your legs straight,
Push back up until your arms are straight.

DISCIPLINE KATA cont'd

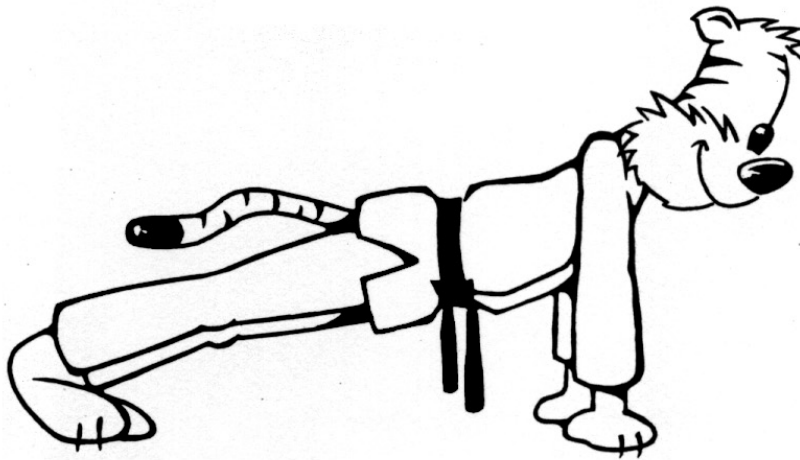
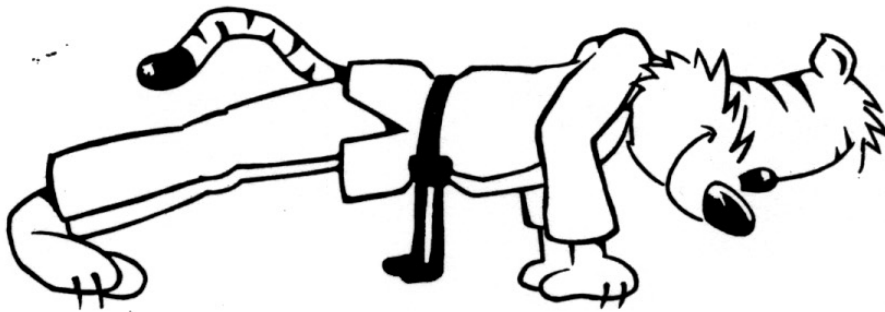
_____ Sir!



**A full push-up;
Place your hands on the floor shoulder width apart,
Bend at the elbows, keeping your legs straight,
Push back up until your arms are straight.**

DISCIPLINE KATA cont'd

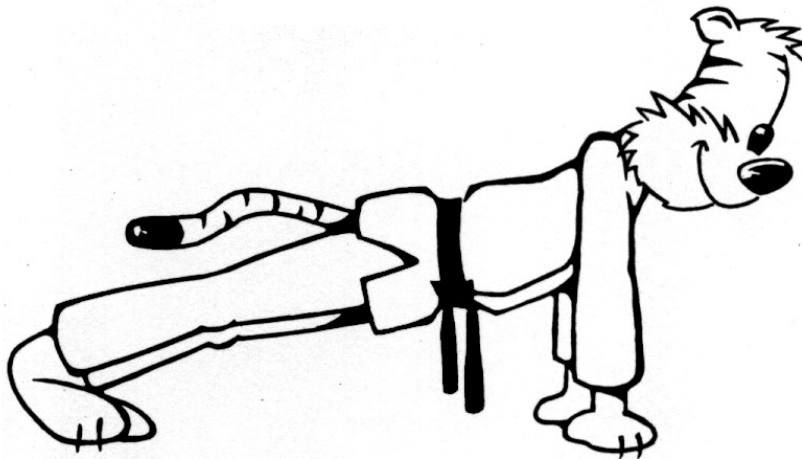
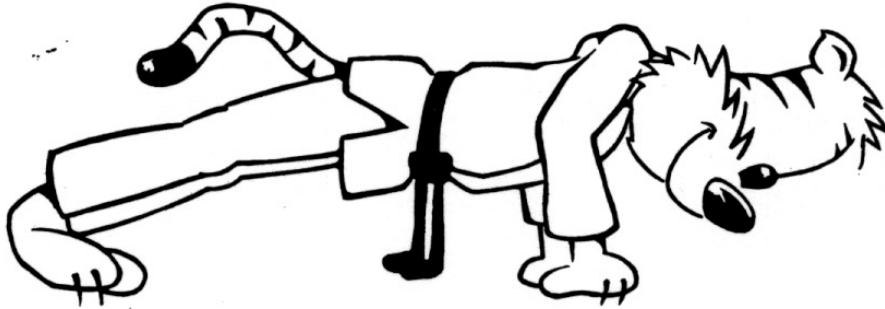
_____ Sir!



**A full push-up;
Place your hands on the floor shoulder width apart,
Bend at the elbows, keeping your legs straight,
Push back up until your arms are straight.**

DISCIPLINE KATA cont'd

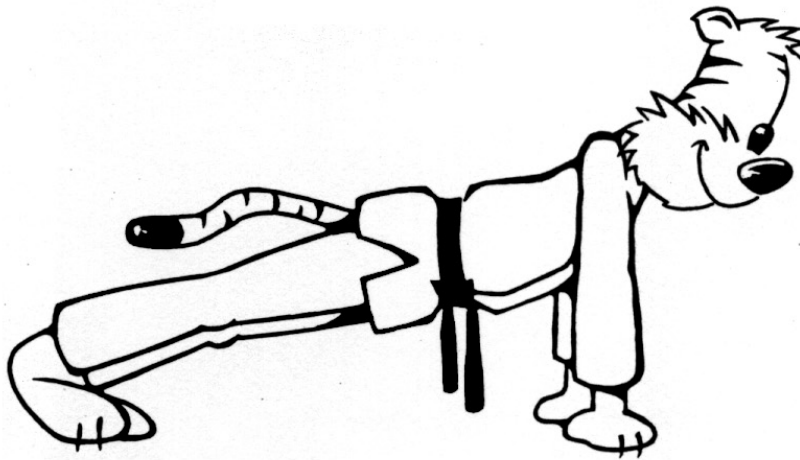
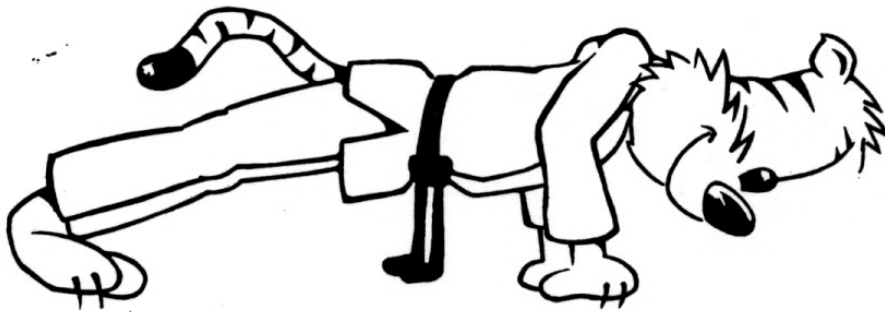
_____ Sir!



**A full push-up;
Place your hands on the floor shoulder width apart,
Bend at the elbows, keeping your legs straight,
Push back up until your arms are straight.**

DISCIPLINE KATA cont'd

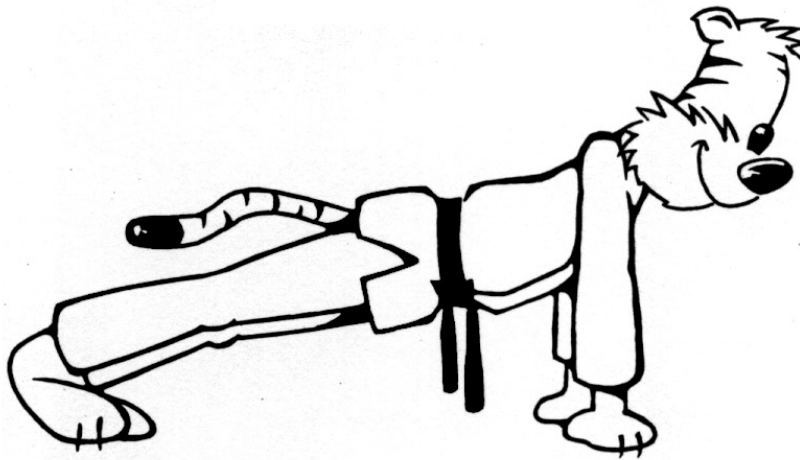
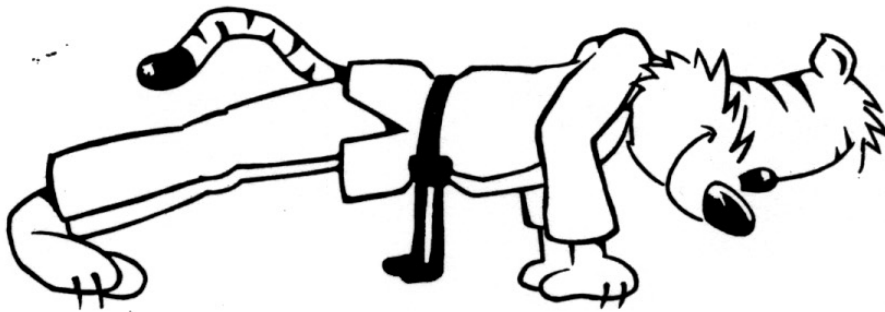
_____ Sir!



**A full push-up;
Place your hands on the floor shoulder width apart,
Bend at the elbows, keeping your legs straight,
Push back up until your arms are straight.**

DISCIPLINE KATA cont'd

_____ Sir!



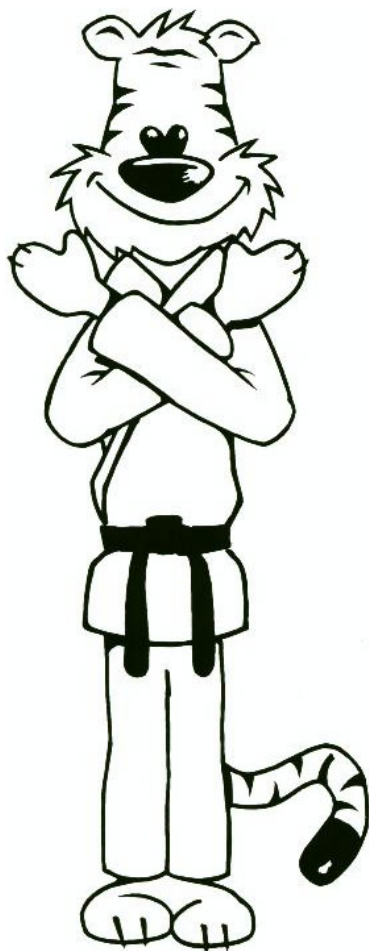
**A full push-up;
Place your hands on the floor shoulder width apart,
Bend at the elbows, keeping your legs straight,
Push back up until your arms are straight.**

DISCIPLINE KATA cont'd

_____ Sir!

_____ Sir!

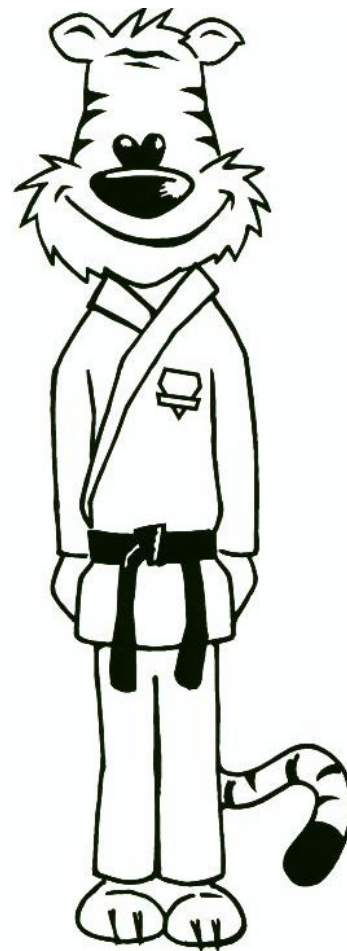
Thank you Sir!



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



Bow



Attention Stance

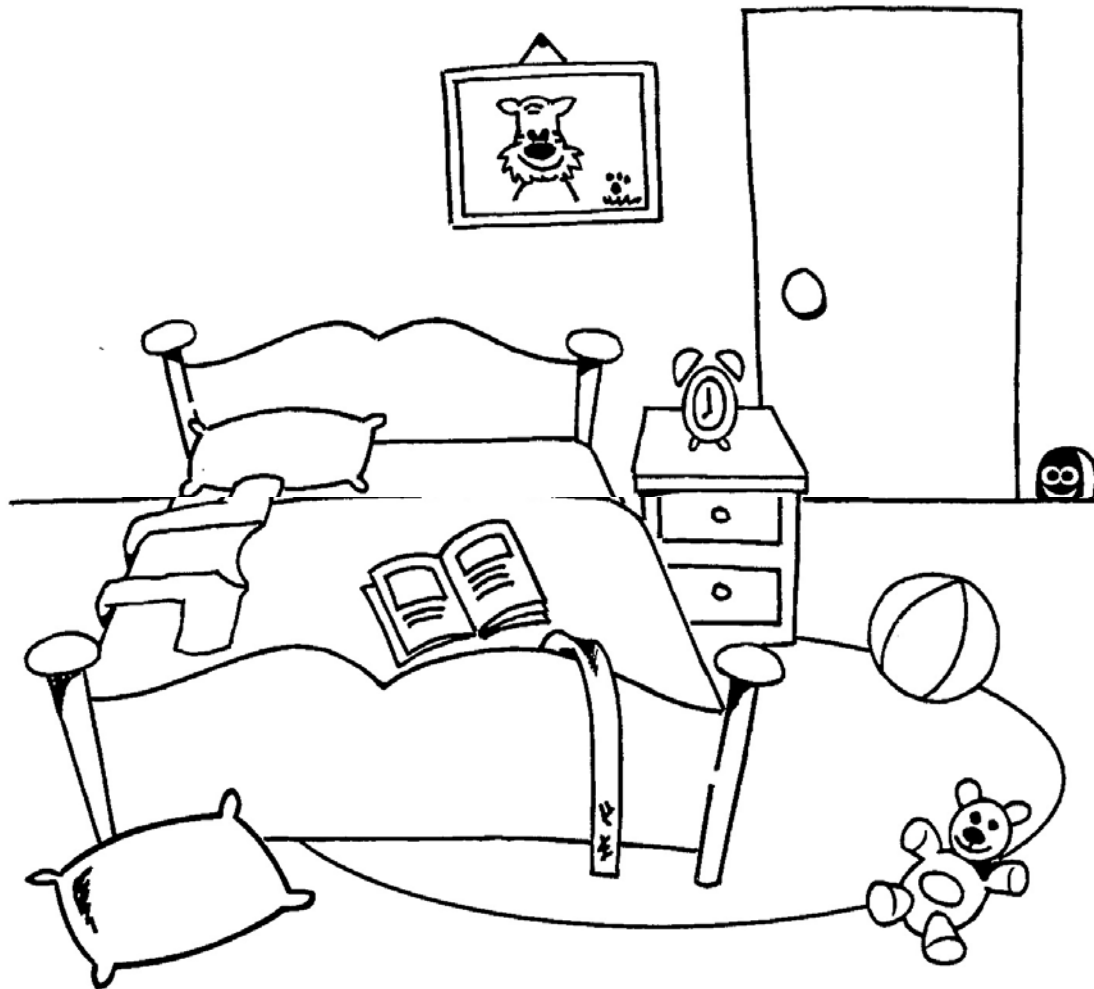
INTRODUCE YOURSELF TO SOMEONE



You can get your parents or teach to help you with this exercise. Introduce yourself to 5 new people your own age. These can be people at school, in your karate class, live on your street or you can practice on your relatives.

This is what you should say, “ Hi! My name is (your name). What is yours?” At the same time, shake their hand, using your right hand.

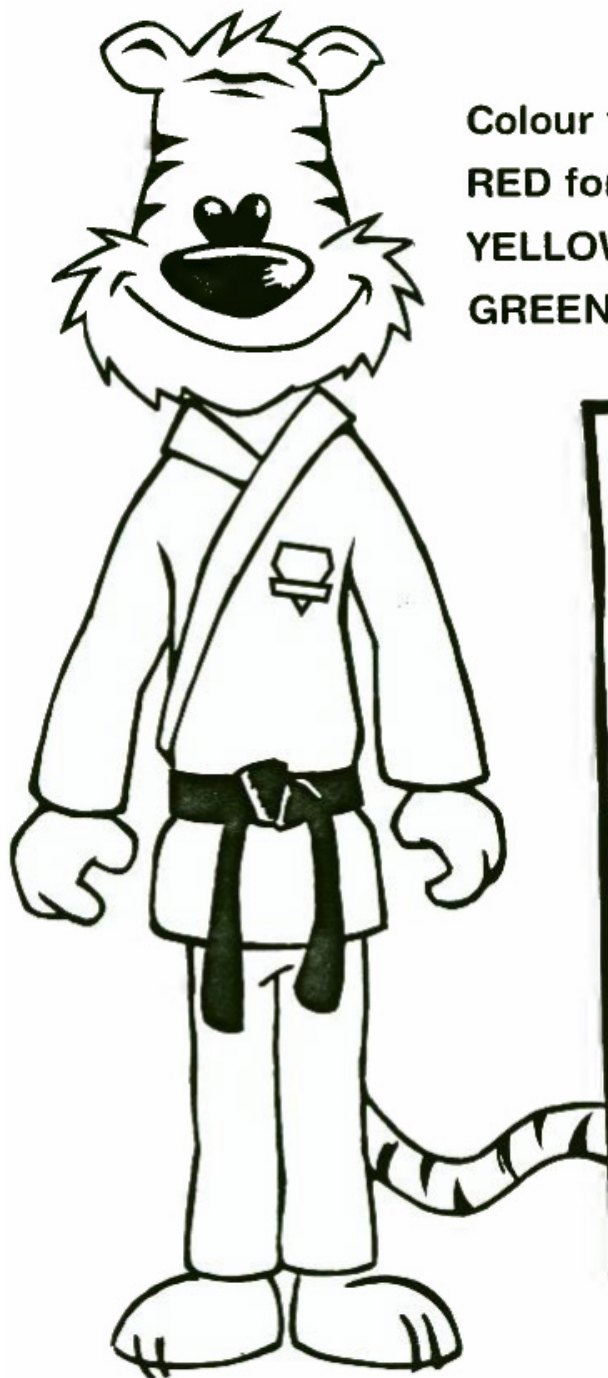
TIDY UP



Supertots™ always pick up after themselves. They put their toys away when they are finished playing with them. They hang their uniform or gi up after class. They keep their rooms tidy.

See if you can spot the items in this room that need to be put away. When you find them, put a circle around them.

TRAFFIC LIGHTS



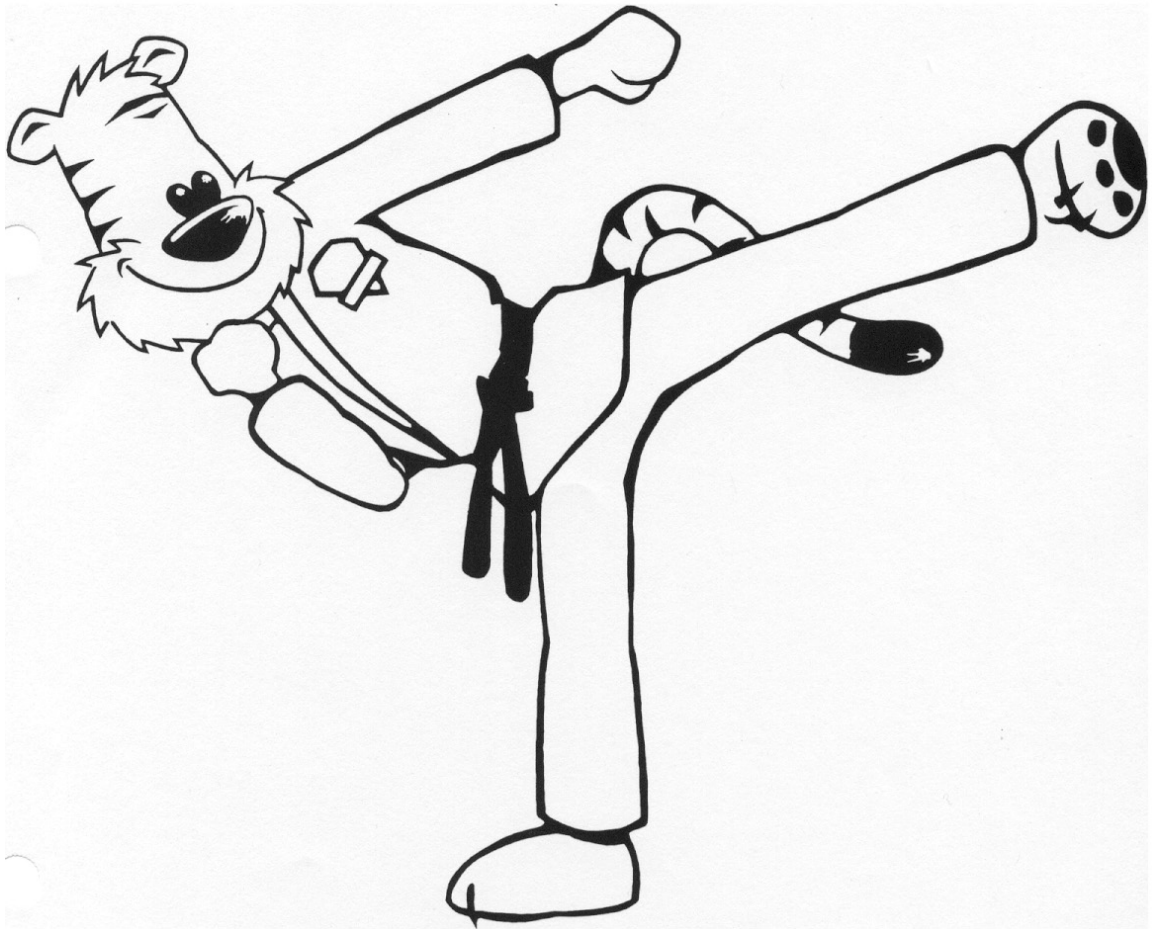
Colour the traffic lights.

RED for STOP

YELLOW for WAIT

GREEN for GO

SIDE KICK



Tora is practicing his side kick or yoko geri. When you practice, make sure you are kicking with the heel of your foot. Make sure your leg is straight at the end of the kick.

End of White Belt Requirements