

A  
Black  
Belt  
is just a  
White  
Belt  
that  
never  
gave up  
trying.



# Karate Kids For Christ

A  
Saint  
is a  
sinner,  
who  
never  
gave up  
on God.

## Program Overview and Curriculum Guide

Sponsored by

Watkinsville First United Methodist Church

1331 New High Shoals Road

Watkinsville Ga. 30677

706-769-6088

# Karate Kids for Christ



## Program Guide Table of Contents

Student Creed.....	Page 1
What this Ministry is NOT.....	Page 2
What this Ministry Is About.....	Page 3
Student Creed	
Operating Philosophy	
Expectations	
What are we trying to do?.....	Page 4
Operating Guidelines (How do we do this?).....	Page 5
Expectations of Students.....	Pages 6-8
Expectations of parents	
Our commitment to you	
Opportunities during the course	
Class Schedule	
Graduation requirements.....	Page 9
Student Creed	
Requirements for Yellow Belt	
Conditioning	
Attendance	
Participation	
Improvement	
Safety	
Basic Techniques	
Self Defense Techniques	
Sets and Form	
Yellow Belt Test	
Topics Covered.....	Pages 10-12

## What this Ministry is NOT

This Ministry is *not* a baby sitting service. All parents/guardians of students enrolled in the course are expected to remain present with their child during all classes. The church will be providing coffee, snacks and other fellowship opportunities for you while here, but please remember that you are a partner in your child's progress.



This ministry is *not* about teaching violence. We do not teach, nor do we endorse "Mixed Martial Arts" as seen on television. While this may be popular with the general public, it has absolutely nothing to do with the traditional martial arts. It is a perversion of an ancient and respected tradition.

Students, who use excessive force on others or purposely engage in violence, will be reprimanded and may possibly lose their belt rank. We teach the proper, reasonable and responsible application of force – against those who would intimidate, bully or otherwise attempt to harm your child. Unchecked or mean-spirited violence is abhorrent to the tradition of the classical martial arts and simply is not tolerated at any level--beginning, advanced or expert.



This ministry is *not* about indoctrinating your child with ancient near eastern mysticism or Buddhism. As Methodists, we honor the faith traditions of others, but we do not teach those in this ministry. We do incorporate the practice of the Spiritual Disciplines as outlined in Galatians 5 (New Testament) from the Judeo/Christian tradition. We focus upon teaching timeless values of honor, respect, courage and discipline. We help instill traditions and principles that bring about good character. We do this through emphasis on the Fruits of the Spirit. We encourage students to grow in their own faith and to engage in the spiritual disciplines throughout their entire lives.

## What this ministry is about

# 空手道

KARA      H.      DO  
*Empty      Hand      Way*

### *The Fruits of the Spirit include*

*Peace – Patience – Kindness – Goodness – Gentleness – Self Control – Self Discipline*

### *Our Student Pledge:*

“I am...a child of God, a person of Sacred worth, and a student of the martial arts. I study the disciplines of peace, patience, kindness, goodness, gentleness and self control. I am not violent. But should I be forced to defend myself, my principles or my honor; should it be a matter of life or death, right or wrong, then here are my weapons – Karate, my empty hands.



The student creed, which all students must recite from memory for their graduation, is our guide in everything we do. We are about helping kids become better kids; helping children achieve their potential in everything they do. *Self Discipline, Self Control, Patience, Responsibility, Courtesy* and *Respect* are just a few of the character traits we build into the program.

Our operating philosophy is to help give your child a distinct advantage by learning the benefits of discipline early in life – and to reinforce that learning with positive affirmations and rewards. We do not punish poor results. We reward and acknowledge superior results. Every person – every student is a child of God, and as such deserves to be treated with respect and courtesy at all times. This is demonstrated through learning “Yes Sir” and “No Sir” in response to instructors as well as other students. Please help us reinforce this standard at home. “Yeah, no, whatever, and huh” are unacceptable responses to any adult.

Karate begins and ends with courtesy, which is why one sees students bowing so often. Students will be taught to bow upon entering the Dojo (School), on the mat (Training Area), to instructors and to other students. The bow is a demonstration of respect and courtesy – not submission or subservience. Respect and courtesy are mutually expected and mutually exchanged between all participants at all times. Your child will be addressed as “Mr.” or “Miss” as well.



Our expectations are for the students to give as much of themselves to instruction as the instructors are giving to them. This means:



- Arriving to class on time (at least ten minutes early)
- Being prepared for class – uniform on, belt on, sitting on edge of mat.
- No chewing gum
- No shoes on the mat
- Doing your best – not perfection, but honestly trying your hardest.



## What are we trying to do?

We are trying to do 3 things.

Through this program, it has been demonstrated that we are in fact:

### 1 *Helping kids become better kids.*

- **Focus** – developing student's ability to focus on tasks and challenges and overcoming obstacles.
- **Awareness** – developing a keen sense of self awareness--awareness of others and of surroundings, making sure to avoid the bad places/people in the first place and recognizing and responding to danger signs.
- **Self discipline** – becoming a self starter by developing skills of self awareness and realizing the joy of setting and achieving goals.
- **Self confidence** – learning that setting and achieving goals is a good thing; developing confidence by facing and overcoming a variety of obstacles in life.
- **Courage** – developing inward courage that comes from a growing knowledge of self, value in God's eyes, and having options and possibilities at one's disposal when faced with difficult, challenging or dangerous situations.
- **Gentleness through inward and outward strength** – knowing one's own strength, coupled with a thorough knowledge of options for overcoming obstacles, allows us to relax and be gentle rather than always having to be 'on guard' and rigid or 'tough.'

### 2 *Offering alternatives to being a victim.*

- Becoming a champion by learning how to fight, when to fight, and most importantly, when not to fight.
- Becoming a positive example for others by demonstrating self discipline, courage, confidence, compassion and kindness to all; demonstrating strength, wisdom, courage and restraint when confronted by bullies or threats.
- Becoming all that God is calling us to be by learning to listen carefully, focus intently and follow courageously the counsel of parents, teachers and instructors.

### 3 *Teaching and reinforcing the benefits of a spiritually disciplined life.*

A disciplined life is a good life.

A disciplined life is a healthy life.

A disciplined life is a worthy life.

# Operating Guidelines

## For Parents:

- Parents/guardians are to remain in the class with their children at all times during instruction.
- No student is to be dropped off and picked up later.
- Students should come to class in uniform, with belt.
- Extra one-on-one time will be provided for students having a difficult time.
- Parents are expected to review all material with their children in preparation for graduation.
- Minimum of 16 classes are required for belt ranking. Make-up classes (up to 2 sessions) can be arranged.

## For Students:

- What you learn here stays here. You do not have authority or permission to teach what you learn here to anyone outside the Dojo.
- You are not to practice 'on' anyone (brothers, sisters, cats, dogs, etc.) at home.
- You are expected to practice 'with' someone at home at least twice weekly.
- You are expected to come to class on time.
- Be prepared upon arrival. This means you should be wearing a clean uniform and having your belt tied. You should be lined up on the edge of the mat, with other classmates, five minutes prior to the start of class.
- Students will use control in drilling with other students at all times.
- No excessive force is allowed. Students should attend a minimum of 16 classes to receive ranking in belt class. Make up classes for absences will be available.

## Our Commitment To You

Our commitment to you and your child is simple: It is to help your child become the very best she or he can be!

- To encourage your child to seek out and adopt the spiritual disciplines for their own guide in life.
- To celebrate your children's accomplishments with them *(whether that is improved grades in school, victories in sports or improved behavior at home)*.
- To challenge your children to always do their best, to try their hardest.
- To coach your children by praising what they do right, correcting what they do wrong and complimenting them when they strive to get it right.
- To teach your children how to discover and develop their very best in life.
- To encourage your children to always do their best in everything they try.
- To remind your children that they are children of God and a person of Sacred Worth.
- To welcome you and your family to this ministry and this church at all times.

## The Student Commitment

Please read and sign (parents and students) and give to instructor at your first class.

I, (Karate Student's Name) \_\_\_\_\_, as a child of God, a person of sacred worth and a student of the martial arts commit myself to learning the following disciplines and applying them in my life to the best of my ability:

*Peace, Patience, Kindness, Goodness, Gentleness and Self Control.*

- I will never be abusive or offensive.  
I will never use my skills to intentionally harm an innocent.
- I will never teach my karate skills to anyone outside of *Karate Kids for Christ* class.
- I will always use and develop my most powerful weapon – my mind.
- I will always do my best to stand between a bully and a victim.
- I will take care of my body and get plenty of exercise.
- I will do my best in this class and in all other areas of my life.

Student signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Graduation Requirements

## *Advancing from White Belt to Yellow Belt*

**Memorize and recite the student creed**

### **Demonstrate Basic Techniques**

<b>Stances</b>	<b>Blocks</b>	<b>Strikes</b>	<b>Kicks</b>
<i>Ready</i>	<i>Upward</i>	<i>Front Jab</i>	<i>Front leg front kick</i>
<i>Attention</i>	<i>Inward</i>	<i>Front backfist</i>	<i>Back leg front kick</i>
<i>Rest</i>	<i>Outward</i>	<i>High punch</i>	<i>Slide up side kick</i>
<i>Natural</i>	<i>Downward</i>	<i>Middle punch</i>	<i>Back kick</i>
<i>Guard</i>			
<i>Side</i>			
<i>Non-aggressive defensive stance #1</i>			
<i>Non-aggressive defensive stance #2</i>			

### **Self Defense Techniques**

- 1 Attempted shoulder grab defense
- 2 Wild punch defense
- 3 Straight wrist grab defense
- 4 Crossover wrist grab defense
- 5 Attempted push defense
- 6 Rear arm lock escape and defense
- 7 **\*\*All children and juniors (ages 5 – 12) must demonstrate their ability to escape from one of the assistant instructors or the head instructor.**
- 8 **Teens and adults must test effectively in at least one “*Kumite*” exercise. *Kumite*’ is an exercise in responding to an unknown, previously unpracticed attack, by the head instructor. (Demonstrate your ability to **‘respond,’** rather than **‘react’** – the ability to think quickly and act decisively on your feet).**

### **Sets and Forms**

- 1 12 blocks
- 2 Confidence Form

### **Yellow Belt Test**

All of the above

Hand in written requirement; Finish the following statements with one paragraph each:

The most important lesson I’ve learned in this course is that I can.....

Discovering and developing the spiritual disciplines has helped me to...

### ***Remember:***

“A Black Belt is simply a White Belt that never gave up.”

“A saint is simply a sinner who never gave up on God.”

“An honor student is simply an average student who decided to excel.”

## Conditioning:

All students must be able to effectively demonstrate their ability to complete the following minimum conditioning exercises:

### Children and Juniors:

- 25 jumping jacks
- 25 crunches
- 15 pushups (Children)
- 20 pushups (Juniors) (Girls or Boys style)

### Teens and adults

- 50 jumping jacks
- 50 crunches
- 50 pushups

### Focus:

Demonstrate the ability to remain focused while surrounded by distractions. (We will practice in class.)

### Class safety:

- All students must wear uniform complete with ranking belt to each class.
- There will be no sparring.
- When practicing with a partner, all students will use and demonstrate self control.
- Use of excessive force is not permitted for any reason.
- No chewing gum is allowed during class.
- No jewelry is allowed to be worn during class – including rings, bracelets, watches, ear rings etc. These can interfere with your training and cause injuries either to you or to another student.
- Students are not allowed outside the building, without a parent, at any time.
- If a student is ill, it is advised that you *do not come to class* and share your illness. *We will offer make up classes for students who become ill during the semester.*
  
- Karate class is not a time to show off, therefore, do not feel as if you have to do more than you are able to do. Do what you are comfortable with, or able to do, and then challenge yourself to do a little more. For example: If you are on push up #35 and feel you can't get to #50, try instead to get to at least #40 and do the other ten at a later time. Never push yourself or others beyond your ability. Never do less than what you are capable of doing either. Growth comes from effort exerted.