# CLASS PLAN FOR 11TH & 12TH KYU - ORANGE BELT
## *Minimum Class Time - 8 weeks (16 classes)*

**1. DEMONSTRATE STANCES:** *Tachi-kata*

| | | | |
|---|---|---|---|
| Heisoku- dachi | *informal attention stance (heels and toes together)* | | |
| Musubi-dachi- dachi | *informal attention stance (toes turned out)* | | |
| Hachiji-dachi | *open-leg stance.* | Zenkutsu-dachi | *front stance* |
| Kokutsu-dachi | *back stance* | Kiba-dachi | *straddle stance* |

**2. DEMONSTRATE KICKS:** *Keri-kata*

| | | |
|---|---|---|
| Front Leg Lift | Mae-geri | *front kick* |
| Side Leg Lift | Mawashi-geri | *roundhouse kick* |
| | Yoko-geri | *side kick* |

**3. DEMONSTRATE HAND TECHNIQUES:** *Te-waza*

*Uke-te -- hand blocks*

| | | | |
|---|---|---|---|
| Age-uke | *high defend* | Soto-uke | *outside-inside defend* |
| Chudan-uke | *middle defend* | Juji-uke | *X-block* |
| Gedan Barai Uke | *low sweeping defend* | | |

*Tsuki-te-- hand attacks*

| | | | |
|---|---|---|---|
| Seiken | *regular fist* | Gyaku-tsuki | *reverse punch* |
| Uraken | *Backfist* | Oi-tsuki | *lunge punch* |
| Shuto | *sword hand* | Sonoba-tsuki | *basic punch* |

**4. DEMONSTRATE 4 IPPON KUMITE (** *Formal One-Step Sparring***)**
***The following are recommended***

Chose from a punch, front kick, side kick, and roundhouse kick to left or right sides.

**5. EXECUTE 4 RELEASES:**

| | |
|---|---|
| 1. Hold lapel by two hands | 2. Hold arm by wrist |
| 3. Hold shoulder by one hand from rear | 4. Hold neck from side |

**6. KATA REQUIREMENT**

| | |
|---|---|
| 1. Taikyoku Shodan | 2. Kwan Bu Level One - Basic Technique |

**7. LANGUAGE REQUIREMENTS**

1. Count to ten in Japanese.
   *ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju.*
2. *Sensei* - instructor, *Yame* - stop, *Yoi* - ready, *Hajime* - Begin, *Kiai* - spirit yell
3. *Rei* - Bow, *Hai* - yes, *Waza* - technique, *Dojo* - Training Hall, *Karate* - empty hands.

**8. Knowledge of Class Procedure**

| | |
|---|---|
| Bow in and bow out procedure | How to address the instructor |
| How to sit in class | How to stand in class |
| Ability to concentrate | Ability to follow directions |
| How to get along with classmates | Ability to be a good partner |
| Interest and attentiveness | |

**9. Knowledge of Class Exercises**

Ability to follow and perform the class exercises
Kwan Bu exercises appropriate for rank.

| | | |
|---|---|---|
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