

ACTION KARATE

BEGINNER CURRICULUM

PHASE I



Creed: To build true confidence I must have knowledge of the mind, honesty in the heart, and strength in the body.

Universal Two

GOAL: FULL EXTENSION

Kenpo Kata, Universal Two, Chop chop, fist covered, ayah go into right fighting stance
1) left back knuckle 2) right leg steps forward right reverse punch 3) left leg dancer step behind right leg spin back knuckle 4) drop on right knee do right reverse punch 5) right lean away stance left hand palms straight out right hand up as a cover above eyes 6) horse stance hands chambered 7) right high spear hand palm down 8) left high spear hand palm down 9) right middle spear hand palm facing in 10) left middle spear hand palm facing in 11) right low spear hand palm up 12) left low spear hand palm up 13) lift left leg into crane stance left palm straight out right hand cover above eyes chop chop, fist covered, Victory, Cross, Humility, Flip Up, Bow, Action

Universal One

GOAL: FOOT POSITION

Kenpo Kata, Universal One, chop chop, fist covered, ayah go into right fighting stance
1) left back knuckle 2) right reverse punch 3) right round house kick land forward 4) right shuffle side kick 5) right back knuckle 6) drop on left knee left reverse punch 7) turn left slap ground behind you and do a right rear kick 8) left knee down left ridge hand while turning back to front 9) right knife hand block starts from behind left shoulder 10) left reverse punch. Chop chop, fist covered, Victory, Cross, Humility, Flip Up, Bow, Action

Dragon Kata

GOAL: STRONG HORSE STANCE

Kenpo Kata, Dragon Kata, chop chop, fist covered go into horse stance. Chamber both hands start with right side Up, In, Out, Touch, Down, Back, Asah. Chamber now do left side Up, In, Out, Touch, Down, Back, Asah. Chamber. Right leg back fighting stance
1) back knuckle 2) reverse punch 3) returning front kick 4) chicken kick Chop chop, fist covered, Victory, Cross, Humility, Flip Up, Bow, Action