

MARTIAL ARTS LEADERSHIP TRAINING ASSOCIATION

CLASS NOTES



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Rotation 2

Words of the Belt

Respect

Be nice to people and things
Obey the rules
Look people in the eyes
Doing things with the right attitude
Attitude of gratitude
Good manners
Say "Yes Ma'am, no Ma'am"
"yes Sir, no Sir"
Take care of your things
Don't boast
Golden Rule
How to act outside karate
Take care of your things

Courage

Standing up for what you believe in
Trying new things
Peer pressure
Be truthful, EVEN when it's hard
Indomitable spirit
Push your limits
Standing up vs. being aggressive
Sometimes you stand alone
Get back on the horse
It's ok to be afraid
Be yourself
Face your fears

Intensity

Extraordinary power and focus
Push Yourself
Always try your best
Never give up
Don't quit
Push your limits
Never "settle"
Be alert
Challenge Yourself
Be your best
Put some "snap" into it
Push your comfort zone



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Rotation 2 - Beginners

Basics Week

Respect

Beginners

Basic punch

Blocks

Chops

Front

Flip

Black Belt Club Only:

Sparring

Bo Kata I

Fun Exercises:

- ✓ Face partner and see who can punch fastest on command.
- ✓ Have student come to front of class and lead blocks, endeavoring to mess up the rest of the class.
- ✓ Chops on X-Ray paper.
- ✓ Jump over blocker, land in horse stance, punch punch. (Advanced: spin in air to face person behind them when landing in a horse stance.)
- ✓ Balance on kicks. (4-parts)
- ✓ Kick the kick three times in a row and see if they can balance.
- ✓ Turn around and for fifteen seconds face partner and both do as many flip kicks without putting their foot down to see who can do the most.
- ✓ Kicks on bags.
- ✓ S.T.O.R.M. person is surrounded by students and attack them with a Blast Master. Students have to front kick them away.



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Rotation 2 - Intermediate Basics Week

Intermediates

Spinning Side
Spinning Back
Spinning Hook
Crescent
Reverse Crescent
Spinning Reverse Crescent
Jumping Front
Jumping Roundhouse
Back Roll
Forward Roll

Extra:

Bo Kata I

Fun Exercises:

- Jumping Roundhouse on the bags
- Crescent kicks over a chair
- Face each other and aim at your partner's face
- Spinning Hook in air, on hand targets
- Spinning Side kicks and Jumping Front Kicks—dominoes
- Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall, they have to do a back roll.



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Rotation 2 - Advanced Basics Week

Advanced

Jump Spinning Side
Jump Spinning Back
Jump Spinning Hook

Extra:

Sparring

Fun Exercises:

- Spinning Side Kick on Bag
- Spinning Side Kicks—dominoes
- Spinning Hook Kick on the targets
- Front Kick on bags aiming at a piece of tape so their aim is good enough for breaking boards later the next week.



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Rotation 2 - PreBlack Basics Week

Adult Pre-Black

Jump Spinning Reverse Crescent Kick
Tornado Kick

Extra:

Sparring Rounds

Fun Exercises:

- Spinning Hook Kick on Targets
- Spinning Reverse Crescents on Targets
- JSRC/Tornado on targets



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Rotation 2 - Beginners

Grabs Week

Respect

Beginners

Chops
Side kick
Hook kick
Double Wrap from Behind
Double Choke from Behind

Black Belt Club Only:

Grabs with partners
+Arm up Behind the Back

Fun Exercises:

- Demonstrate similar wrist position for 1st Wrist and Double Choke
- Demonstrate why you need to use Right knee for Double wrap (answer: cause after you punch, they will have moved away far enough so your Left knee won't reach)
- Hook kick on hand targets with partners
- Side kick on bags, stand really close and see who can kick fastest on your mark. Helps with focus too.
- See how high they can kick.
- See how slow they can kick without losing balance.



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Rotation 2 - Intermediate Grabs Week

Intermediates

Offensive Sleeper Choke
Sleeper Choke Escape
Side Head Lock

Extra:

Bo Kata I
Sparring

Fun Exercises:

- Jumping Roundhouse on the bags
- Crescent kicks over a chair
- Face each other and aim at your partner's face
- Side Falls
- Spinning Hook in air, on hand targets
- Spinning Side kicks and Jumping Front Kicks—dominoes
- Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall, they have to do a back roll.



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Rotation 2 - Advanced Grabs Week

Advanced

Board Breaks

Front Kick

Extra:

Universal Kata

Star form

Bo Kata I

Fun Exercises:

- Spinning Side Kick on Bag
- Spinning Side Kicks—dominoes
- Spinning Hook Kick on the targets
- Front Kick on bags aiming at a piece of tape so their aim is good enough for breaking boards later the next week.
- Review Beginner and Intermediate Grabs



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Rotation 2 – Pre-Black Grabs Week

Adult Pre-Black

Knives:

Slash– Karate and Aikido

Board Breaks

Front Kick

Palm Heel

Extra:

Grabs from Intermediate and Beginner cycles 1 and 2

Fun Exercises:

- Spinning Hook Kick on Targets
- Spinning Reverse Crescents on Targets
- JSRC/Tornado on targets



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Rotation 2 - Beginners

Sparring Combination Week

Respect

Beginners

Ridge hands

Backfist

Reverse Punch

Shuffle

Side Kick

Backfist, Reverse Punch, Rear-Hand Ridgehand

Backfist, Reverse Punch, Front-Hand Ridgehand

Backfist, Reverse Punch, Clear-Head, Punch

Backfist, Side Kick

Black Belt Club Only:

Sparring

Fun Exercises:

- Partners try to tag each other's shoulder's without being tagged themselves
 - Variation: Stick a quarter of a White belt in the students belts and see if they can take their partner's piece away without losing their own.
- To work on timing and distance a S.T.O.R.M. person is surrounded by students and attack them with a Blast Master. Students have to front kick them away.



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Rotation 2 - Intermediate **Sparring Combinations Week**

Intermediates

Jab

Cross

Hook

Uppercut

Full Contact Drills

Extra:

Sparring

Fun Exercises:

- Full Contact Drills on the WaveMasters
- Full Contact Drills on the square hand targets with a partner
- Spinning Hook in air, on hand targets
- Spinning Side kicks and Jumping Front Kicks—dominoes



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Rotation 2 - Advanced **Sparring Combinations Week**

Advanced

Palm Heel Block, Straight Chop, Sidekick, Spin and Cover

Palm Heel Block, Backfist, Ridgehand

Inside Block, Cross Chop, Punch, Front Kick

Outside Block, Palm Heel, Sidekick, Spin and Cover

Extra:

Sparring

Fun Exercises:

- Spinning Side Kick on Bag
- Spinning Side Kicks—dominoes
- Spinning Hook Kick on the targets
- Front Kick on bags aiming at a piece of tape so their aim is good enough for breaking boards later the next week.
- Have mirror-side student attack partner with a punch repeatedly for 1 minute while student has to use whichever self-defense taught to them today, they want, changing it up each time.
- Review Sparring Combinations from Basic and Intermediate levels.



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Rotation 2 – Pre-Black **Sparring Combinations Week**

Adult Pre-Black

Knifehand, Break, Spinning Elbow to Spine, Scoop Kick
Knifehand, Break, Elbow to Body, Elbow to Head, Scoop Kick
Knifehand, Break, Force Over, Elbow to the Spine, Sweep,
Front Kick, Ax Kick
Knifehand, Front Kick, Flip Kick, Palm Heel, Chop, Sidekick,
Take Down, 1, 2, 3, 4

Extra:

Self Defenses from cycles 1 and 2

Fun Exercises:

- Spinning Hook Kick on Targets
- Spinning Reverse Crescents on Targets
- JSRC/Tornado on targets



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Rotation 2 - Beginners

Kata Week

Respect

Beginners

Front-Thrust Kick
Roundhouse
Blocks
Forward Stance
Universal Kata

Black Belt Club Only:

Kata to the Numbers
Bo Kata I

Fun Exercises:

- Have the students put each foot on 2 lines on the floor and have them practice their C-Step with the lines as a guide to where their feet should land.
- Jump over blocker, land in horse stance, punch punch. (Advanced: spin in air to face person behind them when landing in a horse stance.)
- Face partner and see who can punch fastest while in a horse stance on command.
- Practice blocks on one side with other hand tucked in belt



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Rotation 2 - Intermediate Kata Week

Intermediates

1st Half of Star form
Forward Stance

Extra:

Bo Kata I

Fun Exercises:

- Forward Stance into a front kick, stick the leg out and then recoil it but still keep it in the air and see if they can hold it as long as the instructor can. After make sure to land off to the side.
- On the two lines used for forward stances on the mat and hold a x-ray target in front of them so they have to hit it with their front kick and then land (after recoiling) back on the appropriate line.
- Side Falls
- Review Universal Kata
- Spinning Hook in air, on hand targets
- Spinning Side kicks and Jumping Front Kicks—dominoes
- Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall, they have to do a back roll.
- Students partner up and watch each other do the kata and give helpful tips on how the other student can make it better.



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Rotation 2 - Advanced Kata Week

Advanced

2nd 3rd of Moonform

Extra:

Universal

Starform

Bo Kata I

Fun Exercises:

- Spinning Side Kick on Bag
- Spinning Side Kicks—dominoes
- Spinning Hook Kick on the targets
- Front Kick on bags aiming at a piece of tape so their aim is good enough for breaking boards later the next week.
- Go up and down the floor practicing Knife hands with the back stance
- Students partner up and watch each other do the kata and give helpful tips on how the other student can make it better.



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Rotation 2 – Pre-Black
Kata Week

Adult Pre-Black

All of Moonform

Kama Kata

Chase

Extra:

Basic Kata I

Starform

Fun Exercises:

- JSRC/Tornado on targets