

**BLACK PAW 黒足武道**

**MARTIAL ARTS ACADEMY**

**LITTLE BEARS**



**SYLLABUS**

# BLACK PAW 黒足武道

## MARTIAL ARTS ACADEMY

### LITTLE BEARS

## Terminology

### General

Karate	Empty Hand
Kihon	Basics
Kata	Pre-Arranged Form
Mawatte	Turn Around
Rei	Bow
Sensei	Teacher
Sensei Ni Rei	Bow to Teacher
Shomen Ni Rei	Bow to the Front
Dojo	Training Hall
Gi	Uniform
Jodan	Head Level
Chudan	Middle Level
Gedan	Low Level
Kiai	Shout of Spirit
Kime	Focus
Shugo	Line Up
Hajime	Begin
Yamae	Stop
Hidari	Left
Migi	Right

### Counting

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten

黒足武道



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## MARTIAL ARTS ACADEMY

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### White (with Yellow Stripe)

#### TECHNIQUES

Jodan Age Uke

Rising Head Block

Jodan Tsuki

Head Punch

Mae Geri

Front Kick

Musubi Dachi

Bowing Stance

Heiko Dachi

Ready Stance

#### COMBINATIONS

Rising Block Block, Head Punch

Front Kick, Head Punch

#### EXERCISES

5 Squats

5 Seconds balancing on each leg

5 Push Ups

5 Sit Ups

#### KATA

Kihon - First 4 moves

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## White (with Green Stripe)

Any basic move requested from the previous syllabus , plus:

### TECHNIQUES

Chudan Tsuki

Middle Punch

Gedan Tsuki

Lower Punch

Han Zenkutsu Dachi

Short Fighting Stance

### COMBINATIONS

Head Punch, Middle Punch, Lower Punch  
Front Kick, Middle Punch

### EXERCISES

10 Squats

10 Seconds balancing on each leg

10 Push Ups

10 Sit Ups

### KATA

Kihon - First 8 moves



## White (with Red Stripe)

Any basic move requested from the previous syllabus , plus:

### TECHNIQUES

Uchi Uke

Middle Inner Block

Ura Uchi

Front Back Fist Strike

### COMBINATIONS

Middle Inner Block, Middle Punch

Middle Inner Block, Front Back Fist

### EXERCISE

Distance Jumps

Balance Beam

10 Squats

10 Push Ups

10 Sit Ups

### KATA

Kihon - First 12 moves



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## Yellow

Any basic move requested from the previous syllabus , plus:

### TECHNIQUES

Gedan Berai	Lower Sweeping Block
Shita Tsuki	Short Punch
Mawashi Geri	Round Kick
Zenkutsu Dachi	Long Stance

### COMBINATIONS

Front Kick, Round Kick  
Lower Sweeping Block, Middle Punch, Front Kick  
Head Punch, Middle Punch, Lower Punch (Long Stance)  
Lower Sweeping Block, Middle Punch (Long Stance)

### EXERCISES

15 Squats  
15 Push Ups  
15 Sits Ups  
20 Seconds balancing on each leg

### KATA

Kihon - Full Floor and Head Pattern



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### Yellow (with White Stripe)

Any basic move requested from the previous syllabus , plus:

#### TECHNIQUES

Hije Ate

Rising Elbow Strike

Kiba Dachi

Horse Riding Stance

#### COMBINATIONS

Rising Elbow Strike (Horse Riding Stance)

Middle Inner Block, Short Punch

#### KATA

Gakisai Dai Ichi - First 6 moves

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## Yellow (with Orange Stripe)

Any basic move requested from the previous syllabus , plus:

### TECHNIQUES

Soto Uke

Middle Outer Block

Mawashi Empi

Round Elbow Strike

### COMBINATIONS

Rising Elbow Strike, Round Elbow Strike  
Middle Outer Block, Round Elbow Strike  
Rising Head Block, Middle Outer Block  
Round Kick, Round Elbow

### KATA

Gakisai Dai Ichi - First 10 moves

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### Yellow (with Green Stripe)

Any basic move requested from the previous syllabus , plus:

#### TECHNIQUES

Gyaku Tsuki

Reverse Punch

Shiko Dachi

Sumo Stance

#### COMBINATIONS

Long Stance, Reverse Punch

Sumo Stance, Low Sweeping Block, Lower Punch

Sumo Stance, Short Punch

#### KATA

Gakisai Dai Ichi - First 14 moves

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## MARTIAL ARTS ACADEMY

LITTLE BEARS

### Yellow (with Black Stripe)

Any basic move requested from the previous syllabus , plus:

#### TECHNIQUES

Gedan Uke

Lower Outer Block

Age Tsuki

Rising Punch

Yoko Geri

Side Kick

#### COMBINATIONS

Lower Outer Block, Middle Inner Block, Middle Punch  
Round Elbow Strike, Rising Punch

#### KATA

Gakisai Dai Ichi - Full Floor & Head Pattern



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### LITTLE BEARS

## Orange

Any basic move requested from the previous syllabus , plus:

### TECHNIQUES

Sanchin Dachi

Pigeon Toed Stance

### COMBINATIONS

Middle Inner Block, Middle Punch (Pigeon Toed Stance)

Rising Head Block, Head Punch (Pigeon Toed Stance)

Head Punch, Middle Punch, Lower Punch (Pigeon Toed Stance)

### KATA

Gekisai Dai Ichi - Full Technique and Strength



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