

Shorin-Ryu Karate of Williamsburg



Little Dragons Handbook



This handbook belongs to

Welcome to Little Dragons!



Our Little Dragons Program is a developmental class for children ages 5-7 that concentrates on karate techniques, strength/balance/flexibility training and discipline/focus/ listening skills. This is a great class for young children to be exposed to karate as well as a physical activity that will improve their bodies and their minds.

Common Questions

When does my child test for their belts?

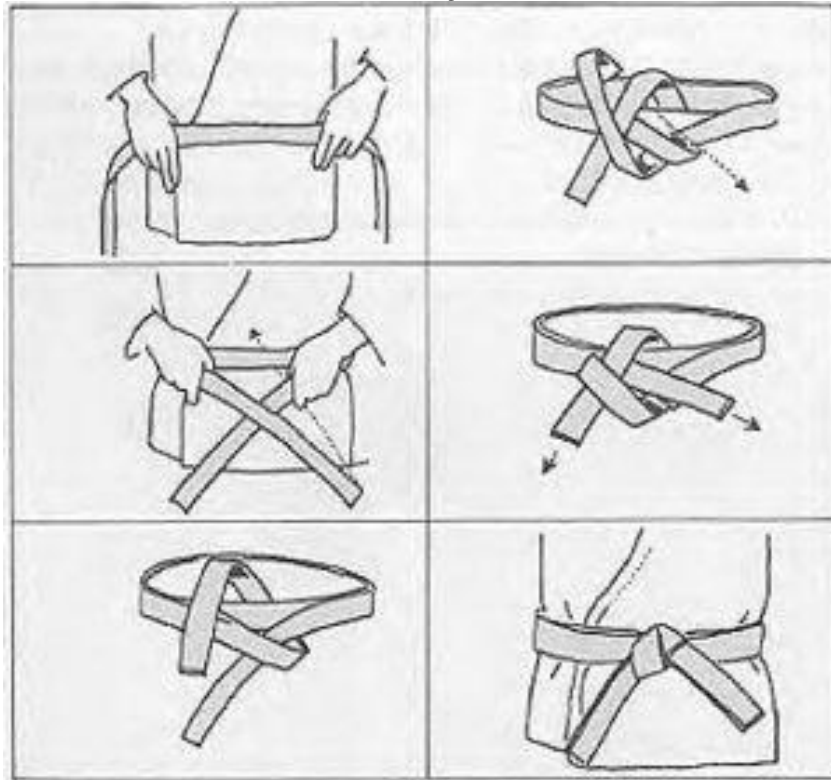
Little dragons testing is based on their proficiency of the requirements stated in the handbook for each belt rank. Children are nominated for testing by their instructors so please do not ask if your child can test. We base the privilege of testing on whether or not your child knows the requirements by heart and can execute them with proper form and show correct technique. Students are promoted in class to 4 intermediate skill levels through our stripe system. Each stripe represents one of four skill levels: ***Red Stripe***-required kicking techniques; ***Blue Stripe***-required blocking techniques; ***Green Stripe***-required striking techniques; ***Yellow stripe***-Discipline/listening stripe.

Testing is held usually bi-monthly since children progress at different rates, however, it is not uncommon for there to be a number of months between ranks due to the difference in individual development.

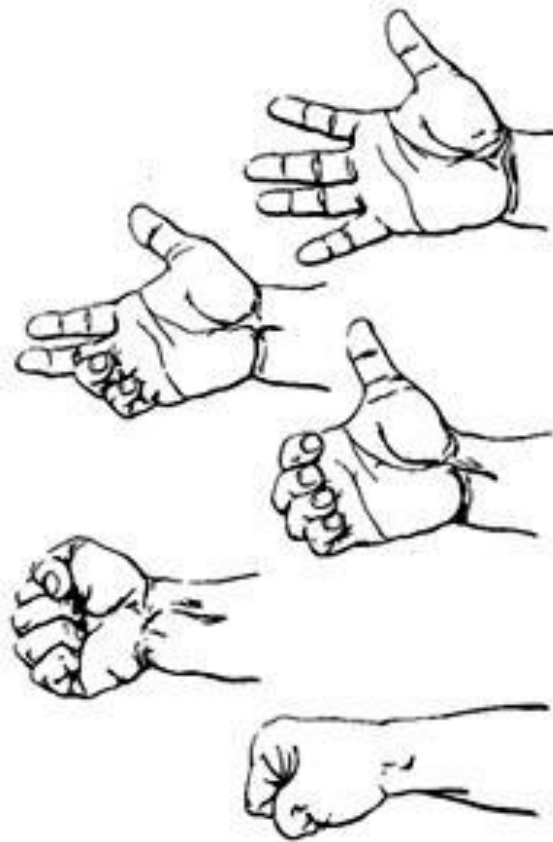
When is my child ready to move to the next class?

Children are ready to begin the Shorin-Ryu Karate Youth class when they have made it through Lil Dragons or upon the recommendation of the instructors once they have reached the age of 8. The Dragons course is designed to prepare them for the next level but also as an indicator of whether or not they can handle the level of standard and curriculum of the beginning youth karate program

How to tie your belt

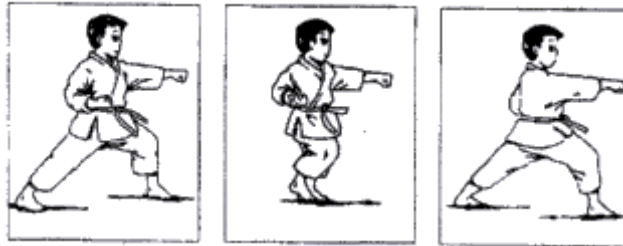


How to make a proper fist



MIDDLE PUNCH

CHOKU ZUKI



CHUDAN YOKO UKE



CHUDAN ZUKI

- Make sure that the hands twist as the punch goes out
- The returning hand must twist palm up to the lower rib cage-half-way through the thickness of the body.
- Snap the fist strongly to the front and punch in the middle of the body for a middle punch and to the nose for a high punch.

STANCES

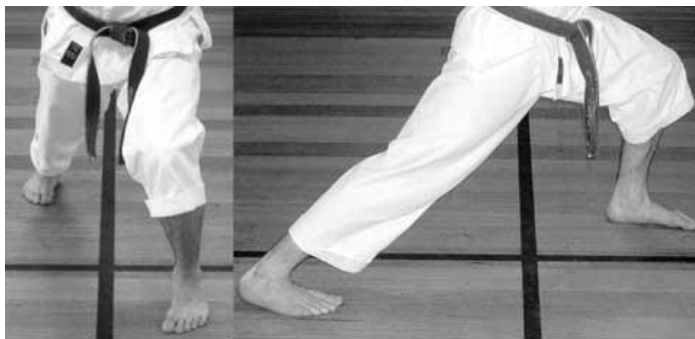
Horse Stance

Body weight should be distributed 50% on each leg. Legs should be spread shoulder width apart and the knees should be bowed outward so as to strengthen the stance. This is a side fighting stance, 75% defense and 25% offense. The feet should be pointing straight or at a slightly outward angle in front of the body and the hips should be tucked in so they are in line with the heels. The knees should be bent so they will allow slight viewing of the toes.



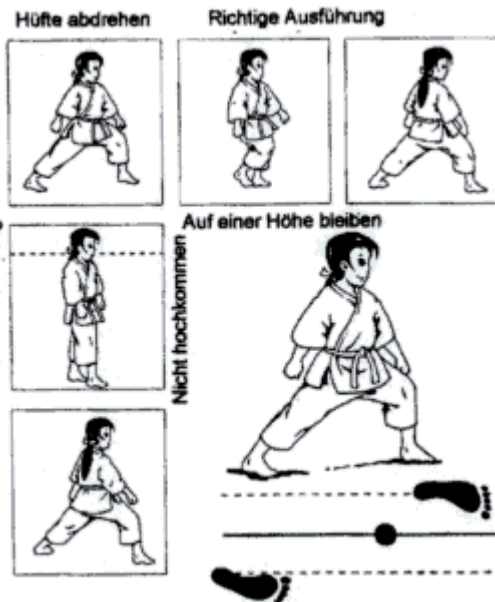
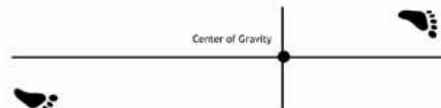
- **Forward Leg Block Stance (Zenkutsu-Dachi)**

Body weight should be 60% on the front leg and 40% on the back leg. The front leg is bent so that the knee is straight above the ankle and the front foot is pointing straight ahead. The back foot is to be pointing at about a 30 to 40 degree angle. The knee of the back leg should be straight, but, not locked into position. This is a front fighting stance and should be accompanied with the forward leg block. This stance is 50% offense and 50% defense.



ZENKUTSU DACHI

Forward Stance



- **Cat Foot Stance (Neko-Ashi-Dachi)**

Body weight should be distributed 90% on the back leg and 10% on the front leg. The back leg is to be in a somewhat crouched position with the back foot turned to a slight angle in order to support the body weight. The front leg is bent with only the ball of the foot touching the floor. The front foot is approximately 1 1/2 to 2 foot lengths from the ball of the back foot. This stance is 75% offense and 25% defense.



NEKO ASHI
DACHI
Cat Leg Stance

Natural Stance



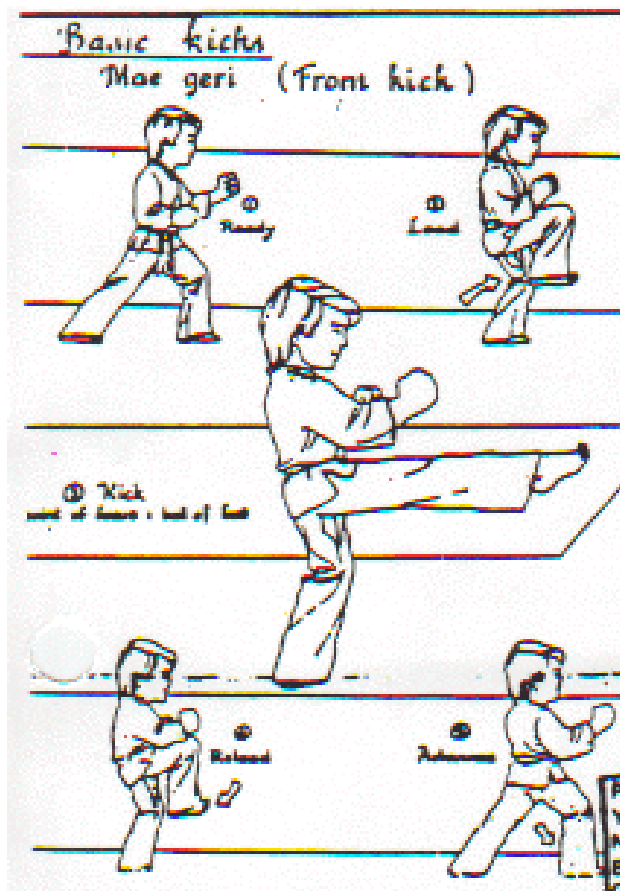
*Natural stance is a forward stance with a length that would be the same as your stride. The easiest measurement of the stance's length is that the heel of the front foot should be in line with the big toe of the back foot. Both knees should be bent and the back should be straight. **VERY IMPORTANT:** When moving forward in this stance, it is necessary to turn the front toes 45 degrees out before you step through. Otherwise keep both feet pointed straight ahead as if standing on train tracks.*

Kicks

Front Kick (Mae-Geri)

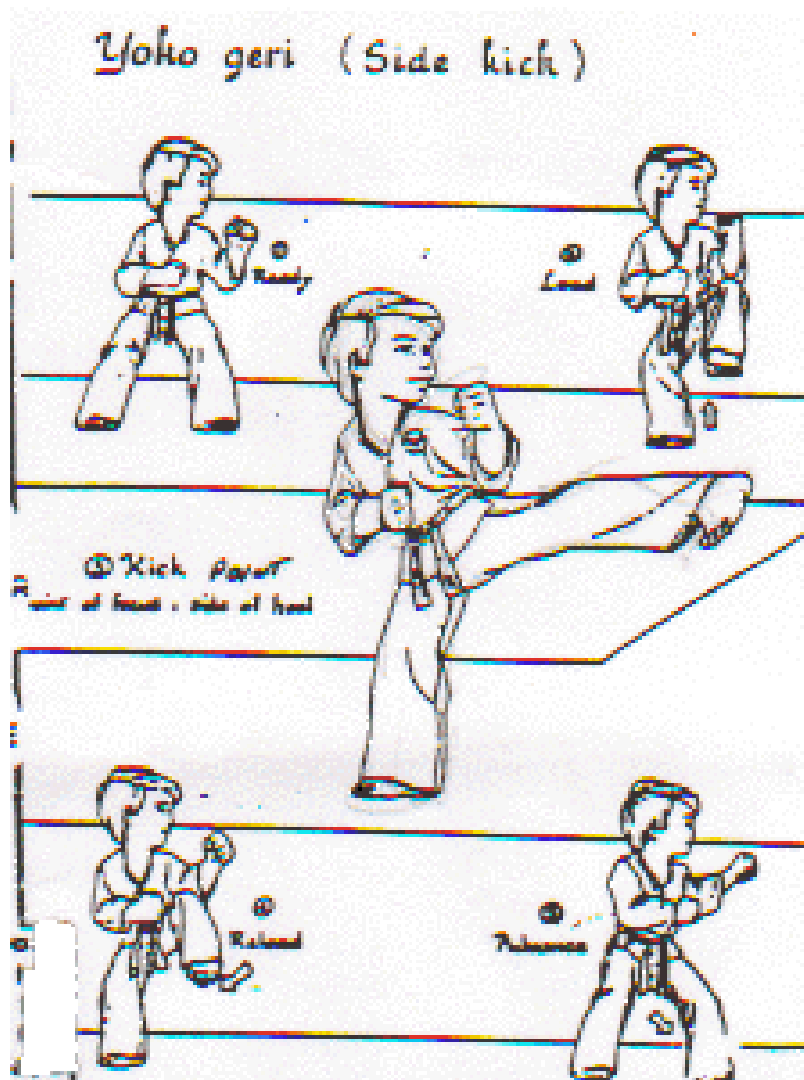
the kicking leg should be raised until the knee is slightly higher than the point of the target. The other leg should be slightly bent to allow for stability and balance of the body on this leg. The ball of the foot on the kicking leg should be extended as far forward as possible.

Bending at the ankle, thus locking the ankle joint and making it strong - with the toes curled back. All of this development should be done by the time the leg/ankle/foot is raising off the floor. If kicking with the back leg, this should be done when the kicking leg passes the other (support) leg.



Side Kick (Yoko-Geri)

The kicking leg is raised to the side with the knee of the kicking leg facing the direction of the belly button. In this raised position, the foot position and ankle position should be completed. As the leg is extended to the target, the hips are to be thrust. Not Rolled. Into the movement of the kicking leg. The upper part of the body is to be planed out horizontally to the floor. The point of contact on the kicking foot is the heel in the thrust kick and the edge of the foot in the snapping kick. **YOU MUST PULL THE LEG IN ALL OF THE WAY BACK AFTER KICKING TO A KNEE RAISE**





Roundhouse Kick

- This kick has four points as well. (up/out/back/down)
- Make sure that the body is facing sideways to the target.
- The knee of the kicking leg must point at the target before snapping the foot out.
- after the kick, the knee should be the same height and not drop so you can kick again if you have to.

Blocks

Middle outside Block



Genau am Ohr ausholen



Arm im Halbkreis v.
oben führen



SOTO UDE UKE

Middle inside Block



HIGH BLOCK



An der Hüfte beginnen



Vor dem Gesicht überkreuzen



Genau vor dem Kopf abwehren



AGE UKE

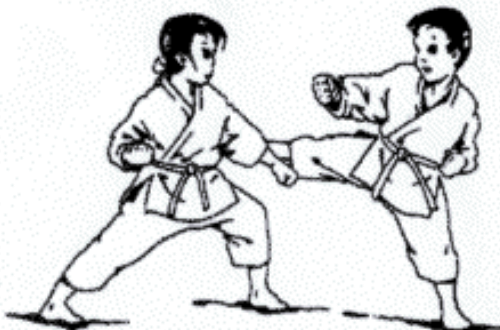
LOW BLOCK



Genau am Ohr ausholen



Hüfte abdrehen



GEDAN BARAI

KNIFEHAND BLOCK



SHUTO UKE



Mit gestreckten Fingern
am Ohr ausholen



Fingerspitzen auf Schulterhöhe

Little Dragons

Yellow belt Requirements

Attendance 2 months **minimum**

Stances Attention stance
Ready Stance

Block Low Block

Punches Center Punch
-must demonstrate making a proper fist
-punches must show focus (targeting), speed, snap and power
-Back hand position must be on the ribs, NOT the belt

Kicks Front Leg Front Snap Kick
-must demonstrate all four positions (up, out , back and down)
-must demonstrate balance

Spirit Kiai shout (LOUD!!)

Parent/Teacher Recommendation- filled out before testing

Little Dragons

Orange belt Requirements

Attendance 2 months **minimum since last test**

Stances Cat Stance, Natural stance

Block **high block** (open hand and closed hand)
Low block

Strikes **double punch,**
high punch
low punch,
high/middle/low punch combination with
focus and speed
Middle punch

Kicks **Front leg front snap kick**
Rear leg front snap kick

-must demonstrate all four positions (up, out, back and down)

-must demonstrate balance

Spirit Kiai shout (LOUD!!)

Parent/Teacher Recommendation- *filled out before testing*

Little Dragons

Blue Belt Requirements

- Attendance** 2 months minimum since last test
- Stances** Cat Stance, Natural stance, Horse stance
-stances must have proper knee alignment and bend
- Block** **Knife hand block**
high block (open hand and closed hand)
Low block
- Strikes** **Knife hand**
double punch,
high punch
Middle punch
low punch,
high/middle/low punch combination with focus
and speed
- Kicks** **roundhouse kick**
rear leg front snap kick,
Front leg front snap kick
-must demonstrate all four positions (up, out , back and down)
- Spirit** Kiai shout (LOUD!!)
- Parent/Teacher Recommendation-** *filled out before testing*

Little Dragons

Purple Belt

Attendance 4 months minimum since last test

Stances **Crane stance, cat stance**
horse stance, naihanchi stance(iron horse stance),
forward stance

Block **middle inside block**
Forward Knife hand block
high block (open hand and closed hand)
Low block

Strikes **palm strike**
Knife hand
double punch,
high punch
Middle punch
low punch,
high/middle/low punch combination

Kicks **outside crescent kick(circle kick)**
rear leg front snap kick
Front leg front snap kick
roundhouse kick
-must demonstrate all four positions (up, out , back and down)

Spirit Kiai shout (LOUD!!)

Parent/Teacher Recommendation- *filled out before testing*

Little Dragons

Green Belt

Attendance 4 months minimum since last test

Stances Crane stance, cat stance
horse stance
naihanchi stance(iron horse stance), forward stance

Block **middle outside block**
middle inside block
Forward Knife hand block
high block (open hand and closed hand)
Low block

Strikes palm strike
Knife hand
double punch,
high punch
Middle punch
low punch,
high/middle/low punch combination

Kicks **side kick**
Inside crescent kick
Outside crescent kick
rear leg front snap kick
Front leg front snap kick
roundhouse kick
-must demonstrate all four positions (up, out, back and down)

Spirit Kiai shout (LOUD!!)

Parent/Teacher Recommendation- filled out before testing

Little Dragons

Brown Belt Requirements

- Attendance** 4 months minimum since last test
- Stances** Horse stance, forward stance, cat stance, crane stance, naihanchi stance, natural stance, forward stance
- Block** **palm heel block**
middle outside block,
middle inside block
Knife hand block
high block (open hand and closed hand)
Low block
- Strikes** **backfist**
palm strike
Knife hand
double punch,
high punch
Middle punch
low punch,
high/middle/low punch combination
- Kicks** **combination-forward leg front snap kick, back leg front snap kick** (*must be able to do both sides*)
Back kick
side kick
crescent kick(inside/outside)
front and rear leg front snap kick
roundhouse kick
-must demonstrate all four positions (up, out , back and down)

Parent/Teacher Recommendation- *filled out before testing*

Little Dragons

Red Belt

Blocks middle outside block,
palm heel block
middle inside block
Knife hand block
high block (open hand and closed hand)
Low block

Stances All Stances

Strikes Palm heel strike
Knifehand
Backfist
Spearhand
double punch,
high punch
Middle punch
low punch,
high/middle/low punch combination

Kicks Side kick,
Roundhouse kick,
Crescent kick(inside/outside)
Front snap kick (*front leg and back leg*),
Low/High Double roundhouse kick (same leg)
Back kick
Spinning back kick

Parent/Teacher Recommendation- *filled out before testing*