

HCK JUNIOR STUDY SHEET

DO NOT LOSE!

HCK STUDENT: _____

INSTRUCTOR: _____

HCK CONTACT:

HCKARATE.COM

CALL OR TEXT (830) 629-6686

EMAIL - ADMIN@HCKARATE.COM

Shop - hill-country-karate.myshopify.com/collections/all

Follow us on Facebook! @hillcountrykarate

Welcome to Hill Country Karate's junior program. The most important part of your training with H.C.K. is having a good attitude at all times. This study sheet contains most of the information you will need to train in our program. Please keep this sheet in a safe place so that you can refer to it in the future. If you have further questions you can contact us at admin@hckarate.com, visit our website at hckarate.com or contact your instructor.

UNIFORMS

Students must wear their complete uniform to class (top, pants and belt). Before or after class, it is acceptable to wear the uniform pants and a t-shirt. Never wear gi top without the belt and/or uniform pants. T-shirt worn under the uniform top (requirement for girls) must be tucked inside the uniform pants. The following is an outline of how to put on the uniform.



(1) Place right side of uniform top across chest and tie strings at left hip in bow (see 2).



(2) Example of tie at left hip.



(3) Place left side of uniform across chest. Tie string in a bow at right hip.



(4) Fold belt in half and locate middle.



(5) Place the middle of the belt on stomach @ belly button and wrap the belt around the back.



(6) Belt goes around the back and crosses. Both ends are brought to the front.



(7) Lay the left side of the belt down and the right side of the belt on top.



(8) The right side of the belt (top), tucks under both layers and comes out on top.



(9) Place the left side of the belt over and on top of the belt on the right side leaving a hole.



(10) Take the end of the belt on top up through the hole.



(11) Pull tight. Both ends out to the sides.

CLASS RULES

- All instructors and assistants must be called “Mr., Mrs., Sir or Ma’am”.
- Students should arrive ten minutes prior to scheduled class start time.
- Late students will not receive class credit.
- Horseplay before, during, or after class is not permitted.
- Students must sign in with the instructor prior to class in order to receive credit for the class.

State your name followed by “Sir or Ma’am” in a loud, clear voice.

- Once a student has signed in he/she will not be allowed to leave the building without permission or a parent.
- Students must wear their complete uniform to all classes.
- For safety reasons, students may not wear jewelry (earrings, watches, rings, necklaces, etc) during class.
- No talking in class. Students with questions must raise their hand.
- For safety and to enable students to focus, class spectators (siblings, parents, etc) must remain “quietly” outside the training area (edge of gym).
- Karate is to be practiced only in class and at home with permission.

HISTORY, STUDY TERMS & REQUIRED/SUGGESTED PERSONAL EQUIPMENT

WHITE BELTS - The founder of modern day karate was a man named **FUNAKOSHI**. Karate began in the country of **INDIA** in the year **500 AD**. Karate is a Japanese word that means **EMPTY HANDS**. The most important aspect of your training is having a **GOOD ATTITUDE**.

REQUIREMENT ALL STUDENTS NEED MOUTHPIECE - BOYS NEED A SUPPORTER & CUP

YELLOW BELTS - Karate is divided into three groups: **ART, SPORT, and SELF-DEFENSE**. The goals of karate are to train your **MIND, BODY, and SPIRIT**. Karate is made up of different types of **KICKS, PUNCHES and STRIKES**.

SUGGESTED CLOTH SHIN GUARDS

ORANGE BELTS - The father of karate in the United States was a man named **ED PARKER**. It takes the average adult **3 - 5 YEARS** to obtain a black belt. The style of karate that you will be studying is **AMERICAN KARATE**. The art part of karate is made up of formal exercise called **KATA**. The belt rating system in American karate for juniors is **WHITE, YELLOW, ORANGE, GREEN, BLUE, 2 degrees of BLUE, PURPLE, 3 degrees of PURPLE, RED, 3 levels of RED**.

SUGGESTED HAND GEAR

GREEN BELTS - The most important part of karate is **CONDITIONING**. **JUDO** is made up of different types of throwing techniques. The most important part of sparring is **TIMING** and **DISTANCE**. The belt rating system in American karate for seniors is: **WHITE, YELLOW, ORANGE, GREEN, BLUE, PURPLE, BROWN, 3 degrees of BROWN, BLACK, 9 levels of BLACK**.

SUGGESTED HEAD GEAR/SHIELD

BLUE BELTS & ABOVE – **ALL** of the above. **All students should Have Complete Sparring Equipment required to compete at tournaments.**

RANK TEST REQUIREMENTS

RANK TO	MINIMUM HOURS	TOURNAMENTS	TECHNIQUES, CONDITIONING, & KNOWLEDGE (MUST KNOW FOR TEST)
YELLOW	10-12	1 AS WHITE BELT	Attention stance, bow, fighting stance, high check, low check, block, side kick, roundhouse kick, back fist strike, punch. Knowledge of ALL karate rules, white belt history & study terms. 30 sit-ups, 30 push-ups. Name on uniform.
ORANGE	10-12	1 AS YELLOW BELT	All of the above. Knife hand strike, back ridge hand strike, front kick, double roundhouse, hand & kicking combinations. Yellow belt history & study terms. 40 S/U & 40 P/U. Round patch on uniform. WILL NOT BE ALLOWED TO TEST WITHOUT YOUR NAME ON YOUR UNIFORM.
GREEN	10-20	1 AS ORANGE BELT	AOTA. Hook kick, hook kick-roundhouse, lead ridge hand. Orange belt history & study terms. 50 S/U and 50 P/U. Triangle patch on uniform. WILL NOT BE ALLOWED TO TEST WITHOUT ROUND PATCH ON YOUR UNIFORM.
1° BLUE	10-20	1 AS GREEN BELT	AOTA. Crescent kick, jump front kick. Green belt history & study terms. 60 S/U and 60 P/U. Ability to tie belt. WILL NOT BE ALLOWED TO TEST WITHOUT TRIANGLE PATCH ON YOUR UNIFORM.
2° BLUE	10-20	1 AS 1° BLUE BELT	AOTA. Turning side kick, spinning back kick. 70 S/U and 70 P/U.
1° PURPLE	20-24	2 AS BLUE BELT	AOTA. Jump hook kick, jump side kick, turning hook kick. 80 S/U and 80 P/U. WILL NOT BE ALLOWED TO TEST IF YOU CANNOT TIE YOUR OWN BELT.
2° PURPLE	20-24	2 AS 1° PURPLE BELT	AOTA. Jab, back roundhouse kick, reverse crescent kick. 90 S/U and 90 P/U.
3° PURPLE	20-24	2 AS 2° PURPLE BELT	AOTA. Flying side kick, spinning reverse crescent kick, hook punch. 100 S/U and 100 P/U.
1° RED	30-36	3 AS 3° PURPLE BELT	AOTA. Turning jump crescent kick, forward stance, down block, lunge punch. 125 S/U, 125 P/U, run 1 mile, 250 word essay on “Attitude” and H-FORM 1.
2° RED	30-36	3 AS 1° RED BELT	AOTA. Jump spinning back kick, jump spinning reverse crescent kick, high riser block. H-FORM 2 & 300 word essay on “Leadership”.
3° RED	30-36	3 AS 2° RED BELT	AOTA. Turning round house kick, jump spin hook kick. H- Form 3 & 300 word essay on “How Karate Has Affected Your Life”.