



Activity Plan for Karate

| Week 1 | | | |
|---|----------------------|---------------|--|
| Activity | How many or how long | How many days | Instructions |
| Karate Stance and Punching  | 10 mins/day | 3 days/wk | Karate punches involves: a good stance, a tight well-clenched fist with the thumb on top, hip rotation, breath control and quick twisting of the wrist just before hitting the target (like a snap-action). To practice punching, start within the ready stance – see photo (feet apart, fists at rest near hips, palms upwards). A powerful punch begins with strong hip rotation while your arm extends forward in a straight line. As the elbow passes the body the wrist begins to twist, completing the punch so the palm faces the ground. The target is to hit with the knuckles of the 1 st two fingers (index and middle). You should be breathing out as you make impact with your target. Practice punching on the spot, 5 with each arm slowly at first while making sure you do all these things properly. Do it front of a mirror so you can correct yourself or a friend/family member. |


| Week 2 | | | |
|--|----------------------|---------------|--|
| Activity | How many or how long | How many days | Instructions |
| Karate Palm Heel Strike (Shotei Uchi)  | 10 mins/day | 3 days/wk | Palm heel strikes can be just as hard as fist strikes (punches) and they're even better because there's less risk of hurting your hand. How to perform a palm heel strike: <ol style="list-style-type: none"> 1) Start with your hands tucked up under your arms in ready position (feet apart) with your hands open and fingers pointing upward and the heel of the palm forward, your thumbs tucked in and the wrist area locked. 2) Thrust your palm towards your target striking with the heel (bottom) of the palm. There is no twisting of the arm unlike punching. But make sure to exhale as you strike, try to keep your elbows as inwards as possible. Don't forget to rotate your hips (like in punching) and have a sturdy stance to add power and speed to your strike. Push the palm heel as far forward as you can while keeping the thumb tucked in. Practice on the spot striking into the air. |

Activity Plan for Karate

| Week 3 | | | |
|-------------------------------------|----------------------|---------------|--|
| Activity | How many or how long | How many days | Instructions |
| <i>Week 2 activities plus below</i> | | | |
| Karate Front Kick (Mae Geri) | 10 mins/day | 3 days/wk | <p>The front kick is the most used of all karate kicks because it can be done very fast and is hard to block. How to do a Front Kick:</p> <ol style="list-style-type: none"> 1) The kick begins by bringing your knee up and forward. The heel and then toes must spring forward from the ground in one motion, snapping the leg forward towards the target. 2) Bend the leg you are standing on while kicking to give you better balance. Your foot should be pointed forward with your toes pulled tightly back. You should be hitting the target with the ball of your foot. 3) As you're kicking, thrust your hips forward to add power and speed. 4) Return your leg to the ground quickly to stop your opponent from grabbing your leg. <p>Remember: Make sure to keep your guard up (fists) up while kicking. Don't throw your arms behind you as you kick. Tilt your head slightly down, with your chin tucked in. Try to Try to keep your back straight and don't lean forward or backwards while kicking. Practice kicking low before you aim higher. You can watch a clip of this kick at: https://www.wikihow.com/Perform-Mae-Geri-(Shotokan-Karate)</p> |



Activity Plan for Karate

| Week 4 | | | |
|--|-------------------------|------------------|--|
| Activity | How many or how long | How many days | Instructions |
| <i>Week 2 & 3 activities plus below</i> | | | |
| Karate: Blocking— Gedan Barai  | 15 mins/day | 3 days/wk | <p>The Karate technique “Gedan Barai” is a lower block used for blocking both punches and kicks. It is a basic block. To do the block with the left arm first:</p> <ol style="list-style-type: none"> 1. Your starting position should be the same as the “ready position” (from week 1) but with your left arm tucked up under your shoulder (as shown at the end of the video clip). Lead with your elbow and forearm, move your left arm across the chest, which blocks your middle area. As you’re doing this your hip should be rotating towards the right which will move your center body (a target to opponents) out of the way. 2. Then with the left elbow, move it in a circular motion downwards to your left therefore blocking your lower area, including the groin. At the same time, move the other arm (right arm), in a circular motion, protecting the lower area while the left moves downward to do the actual block. In a way, both arms are blocking at the same time. 3. The left finishes by your side about two fists away from your leg. At the same time, your right arm finishes tucked under your shoulder in ready position. <p>You can watch a video clip of this move at http://www.all-karate.com/130/lower-block-outside-gedan-barai</p> |