

**INSTRUCTOR:**

# H.C.K. JUNIOR STUDY SHEET

## **DO NOT LOSE!**

For up to date news log on to [www.hckarate.com](http://www.hckarate.com) and follow us on FACEBOOK.

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 [mail@hckarate.com](mailto:mail@hckarate.com), visit our website at [www.hckarate.com](http://www.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 proper to wear the uniform pants and a t-shirt. Never wear the top without the belt and/or uniform pants. If a t-shirt is worn under the uniform top (requirement for girls) it 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 top and tie strings at left hip.



(2)

Tie the strings in a bow.



(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 which on stomach (belly button) and wrap the belt around the back.



(6)

The belt goes around the back and crosses. Both ends are brought around 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, is on top, tucks under both layers and comes out on top.



(9)

Place the belt on the left side 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 both ends out to the sides.

**Order your Sparring Gear & other items online at**  
**[www.hckarate.cmascatalog.com](http://www.hckarate.cmascatalog.com)**

## **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 and class number 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.
- Karate is to be practiced only in class and at home with permission.

## **HISTORY, STUDY TERMS & Suggested Personal Equipment for Current Belt Color of Student**

**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**.

**All students-Mouthpiece and Boys 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 ATTITUDE**. Karate is made up of different types of **KICKS, PUNCHES and STRIKES**. **All students-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 EXERCISES** called **KATA**. The belt rating system in American karate for juniors is **WHITE, YELLOW, ORANGE, GREEN, BLUE, PURPLE, 3 degrees of PURPLE, RED, 3 levels of RED**. **All students-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, 7 levels of BLACK**. **All students-Head Gear/Shield**

**Blue Belts & Above – ALL of the above. All students should Have Complete Sparring Equipment required to compete at tournaments.**

<b>RANK</b>	<b>MINIMUM HOURS</b>	<b>TOURNAMENTS</b>	<b>TECHNIQUES, CONDITIONING &amp; KNOWLEDGE</b>
Yellow	10-12	At least 1	Name on uniform, fighting stance, side kick, roundhouse kick, back fist strike, punch, 30 sit-ups, 30 pushups and knowledge of ALL karate rules, history & study terms.
Orange	10-12	1 as a yellow belt	All the above plus round patch on uniform, knife hand strike, back ridge hand strike, front kick, double roundhouse, hand & kicking combinations, 60 sit-ups, 60 pushups. <b>YOU WILL NOT BE ALLOWED TO TEST WITHOUT YOUR NAME ON YOUR UNIFORM</b>
Green	10-12	1 as an orange belt	All the above plus triangle patch on uniform, hook kick, hook kick-roundhouse, lead ridge hand, 75 sit-ups and 75 pushups. <b>YOU WILL NOT BE ALLOWED TO TEST WITHOUT ROUND PATCH ON YOUR UNIFORM</b>
Blue	20-24	2 as a green belt	All the above plus ability to tie belt, crescent kick, jump front kick, spinning back kick, 90 sit-ups and 90 pushups. <b>YOU WILL NOT BE ALLOWED TO TEST WITHOUT TRIANGLE PATCH ON YOUR UNIFORM</b>
1° Purple	20-24	2 as a blue belt	All of the above plus jump hook kick, jump side kick, turning hook kick, 100 sit-ups and 100 pushups. <b>WILL NOT BE ALLOWED TO TEST IF YOU CANNOT TIE YOUR OWN BELT</b>
2° Purple	20-24	2 as a 1° purple belt	All of the above plus jab, back roundhouse kick, reverse crescent kick, 125 sit-ups and 125 pushups.
3° Purple	20-24	2 as a 2° purple belt	All of the above plus flying side kick, spinning crescent kick, hook punch, 150 sit-ups and 150 pushups.
1° Red	30-36	3 as a 3° purple belt	All of the above plus turning jump crescent kick, jump spinning crescent kick, forward stance, 200 sit-ups, 200 pushups, run 1 mile, 250 word essay on “Attitude”, “B” average in school, “A” in conduct, and design a kata (30 techniques).
2° Red	30-36	3 as a 1° red belt	All of the above plus jump spinning back kick, lunge punch, down block, and 300 word essay on “Leadership”.
3° Red	30-36	3 as a 2° red belt	All of the above plus jump spin hook kick, 300 word essay on “How Karate Has Affected Your Life”, and H-Form 1.