

## Yuko Na Karate-do Class Schedule

### Junior Class ( Ages 7 - 14 )

	Monday	Wednesday	Friday
<b>1st week</b>	<b>Joint Manipulations</b>	<b>Ground Fighting</b>	<b>Kicks</b>
<b>2nd week</b>	<b>Forms</b>	<b>Blocks &amp; Strikes</b>	<b>Self - Defense / Sparring</b>
<b>3rd week</b>	<b>Kicks</b>	<b>Forms</b>	<b>Ground Fighting</b>
<b>4th week</b>	<b>Blocks &amp; Strikes</b>	<b>Joint Manipulations</b>	<b>Self - Defense / Sparring</b>

**Structure:**

**25 minutes - Tradition, Warm Up Exercises, and Floor Exercises**  
**25 minutes - Daily Focus listed above (tools, tactics, and strategy)\***  
**10 minutes - Test requirement overview**

### Adult / Advanced Class ( Adults; White to Black Belt - Youth; Purple to Black Belt or by invitation )

	Monday	Wednesday	Friday
<b>1st week</b>	<b>Joint Manipulations</b>	<b>Ground Fighting</b>	<b>Kicks</b>
<b>2nd week</b>	<b>Yuko Na Karate Do - Forms Shihan - Katana Training</b>	<b>Blocks &amp; Strikes</b>	<b>Self - Defense / Sparring</b>
<b>3rd week</b>	<b>Kicks</b>	<b>Forms</b>	<b>Ground Fighting</b>
<b>4th week</b>	<b>Yuko Na Karate Do - Blocks &amp; Strikes Shihan - Katana Training</b>	<b>Joint Manipulations</b>	<b>Self - Defense / Sparring</b>

**Structure:**

**25 minutes - Tradition, Warm Up Exercises, and Floor Exercises**  
**40 minutes - Daily Focus listed above (tools, tactics, and strategy)\***  
**15 minutes - Test requirement overview**

- \* Tools - Belt Rank specific tools under daily focus - learn and practice technique - repetition, repetition, repetition  
Tactics - Discuss, and work tool in appropriate manner - Drill setup and application - may add other tools that flow  
Strategy - Fight Simulation - Reflex Drills - Situation Based - Develop scenarios that flow into setup and application

## Yuko Na Karate-do Class Schedule (Continued)

---

**On the 5th Monday, Wednesday, or Friday:**

Instructor's choice; work on problem areas, clean up techniques, or just have fun - spar, break boards, ground fight etc.

### DAILY STRUCTURE AND FOCUS

- 1.) Come to class a little early to stretch and warm up. This can include warming up with classmates in a constructive, respectful, and safe manner.
- 2.) Line up by rank and age, or circle up at instructor's request.
- 3.) Short meditation to clear mind and prepare for lessons.
- 4.) Pledge of Allegiance.
- 5.) Warm up exercises. Developed to stretch and strengthen the body to perform karate techniques.

<u>Exercise</u>	<u>Youth Class</u>	<u>Adult / Advanced Class</u>
Groin / Hamstring Stretches	Basic 10 sec. stretches w/class	On own
Pushups / from ground every time	one set of 10	two sets of 25
crunches	one set of 10	one set of 50
v-ups or knee ups (in and outs)	one set of 10	none
side-ups	one set of 10 each side	one set of 30 each side
back-ups	one set of 20	one set of 40
lu-auts (Lung / Squat Combo)	one set of 7	one set of 15
slow jumping jacks	one set of 10	none

- 6.) Floor exercises. Developed to further warm up body along with create appropriate muscle memory for self-defense. Focus on simple practical techniques that flow and are effective, and also bring heat to major muscle groups. Instructor choice.
- 7.) Test requirements. Belt rank specific lessons to allow for a student's progression to their next belt level. Repetition, repetition, repetition. Use focus and control to help gain expertise with each technique.
- 8.) Daily focus. Each class has a daily focus, which is utilized to ensure all techniques are fully covered each month. Always work to meet the daily focus in order to test within the minimum time in grade or time of study, which can be between 3 months at lower ranks up to 7 months at the higher ranks. Work within the Tools, Tactics, and Strategy Framework. Tools are belt rank specific techniques under the daily focus - work these tools for several minutes slowly and learn at high level of technique - discuss application, how and why used. Tactics are the use of the daily focus tool(s) mixed and flowed into or from other karate tools and movements - focus on how to effectively flow to and from the daily focus tool(s) from other tools and movements efficiently and with purpose. Strategies are thought out and applied movements to apply learned daily focus tool(s) with or without an opponent aiding its success - learn how to make and apply basic strategies to real life scenarios that have a high level of success - practiced in fight simulations, and reflex development drills, these are situation based strategies to gain the appropriate muscle memory and confidence in real life event.