Isshinryu Karate/Women’s Self-Defense Seminars Syllabus

Continuous Ongoing Sessions

# Instructor Information

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| Instructor | Email | Class Location |
| **Stephen Lage,**  **4th Degree Black Belt** | steve.lage@yahoo.com | SJ YMCA, Studio B |

# General Information

## Description

Ready for great fitness, great discipline, great confidence, and a great time? The Y offers beginner and advanced classes of Isshinryu Karate for ages 7 and up.

COURSE OBJECTIVE – ADULT ISSHINRYU KARATE (Ages 12 and up)

Develop self-confidence, self-discipline, goal-setting, and respect for others, all while learning how to defend yourself through studying a traditional Okinawan Martial Art, Isshinryu Karate. For men and women alike, this ongoing course covers the complete system – from White Belt to Black Belt and beyond – beginning with basic blocks and strikes and effective self-defense techniques, advancing with kata (forms), kumite (sparring), body conditioning, and advanced street-oriented self-defense techniques, giving you the confidence needed to stay safe. Beginning students should wear loose fitting clothing to class. Advanced students are required to wear the proper uniform and appropriate belt rank.

COURSE OBJECTIVE – LITTLE DRAGONS KARATE (Ages 7-12)

Through the discipline of Isshinryu Karate, students develop confidence, goal-setting, patience, good manners, self-discipline, and respect for others while also learning easy self-defense techniques to help keep them safe. Drills develop good listening skills, gross and fine motor skills, awareness, focus, balance, coordination, timing, speed, strength, and self-control. This ongoing course covers the complete system – from White Belt to Black Belt and beyond – building good character as they begin with the basic blocks and strikes, advancing with kata (forms), kumite (sparring), and advanced self-defense techniques, giving them the confidence needed to stay safe. Best of all, students will have FUN while they learn. Beginning students should wear loose fitting clothing to class. Advanced students are required to wear the proper uniform and appropriate belt rank.

COURSE OBJECTIVE – WOMEN’S SELF-DEFENSE SEMINAR

Great for teens and moms! This intense, 2-hour seminar teaches you how to be aware of your surroundings, avoid dangerous situations and utilize the basic blocks, strikes, and kicks to protect yourself if necessary. Learn tactics against various types of assaults by utilizing easy, effective self-defense techniques under realistic conditions to maximize damage without relying on strength. Wear loose fitting clothing.

## Expectations and Goals: Pass/Fail

# Pass/Fail

Students advance through the ranks by demonstrating proficiency and skills appropriate for the rank being tested through written tests, physical performances and verbal explanations (answering questions about history, technique, traditions, philosophy, etc. during their belt testing ceremony). Every student progresses at their own pace, dictated by their desire to learn the art, how often they practice outside of class.

# Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

* Beginning students should wear loose fitting clothing to class
* All students are required to wear a groin cup (purchased by the student from any sporting goods retailer)
* Advanced students are required to wear the proper uniform (purchased through the instructor) and appropriate patch(es)
* Advanced students are also required to purchase appropriate sparring gear (hand and foot pads, head gear, mouthguard, etc.) as they begin sparring
* Belt testing fees apply for appropriate rank belt and official Certificate of Rank

## Optional Materials (provided by student/family)

## Students have the option to purchase an in-depth student handbook, optional sparring gear (shin guards, rib guards, etc.), and various training gear as their own needs and desires arise.

# Course Schedule

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| This is an ongoing class. Each week, beginning students learn the basic techniques necessary for their Yellow Belt Testing. Advanced students learn kata (forms) and kumite (sparring) techniques along with advanced techniques appropriate for their rank. Students learn at their own pace. Advancement is not on a preset schedule. |
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# End of Semester: Finished Work

* Evidence of Learning: post-test score improvement, class/parent/public performance, achievement of a higher level or rank, product creation
* When students demonstrate the proficiency required for rank advancement, they are tested at a formal, scheduled belt testing ceremony where they must pass the various written and physical examinations and demonstrations required.