

USA Karate Coaching Course

Level 1 Kata - Kumite



LEVEL 1

REGIONAL LEVEL COACH



REQUIREMENTS

- USA Karate **LEVEL 2** Membership
- SafeSport Trained
- Background Check (Required for individuals 18+)
- Minimum Age - 16 years
- Valid CPR and First Aid Certification
- Positive Coaching Alliance Certification
- Attend **LEVEL 1** USA Karate Coaching Workshop
- USA Karate **JUDGE D** License



ACCESS PRIVILEGES

Coaching access on the field of play at local and regional competitions.

USA KARATE



Level I
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Regional Coaching Course

USA Karate Regional Coaching Course

Course Overview

- Module 1: Regional Kata Program
- Module 2: Coaching Mannerisms, Athlete Needs
- Module 3: Karate Competition Charting
- Module 4: Compulsory Category & Athlete Attire
- Module 5: Team USA Warmup

USA KARATE REGIONAL KATA PROGRAM

Level 1-Kata



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Regional Kata Program

Module 1

REGIONAL KATA PROGRAM

- The Kata Competition was established in 1970
- It consists of exercises designed for solo performance
- Karate was originally divided into four major styles
 - Goju-Ryu
 - Shito-Ryu
 - Shotokan
 - Wado-Ryu

REGIONAL KATA PROGRAM

- 2014, replacing the four-style system with an all-inclusive model
- Based on the school of origin, there are three major divisions
 - Naha-Te
 - Shuri-Te
 - Tomari-Te

REGIONAL KATA PROGRAM

- Naha-Te
 - Circular movements that are short and powerful .
 - The following styles are incorporated into this school

Goju-Ryu

Kyokushinkai

Ryuei-Ryu

Uechi-Ryu

REGIONAL KATA PROGRAM

- Shuri-Te and Tomari-Te
 - Defined by movements driven by linear motion
 - The nature of the mechanics results in a dynamic and fast performance resulting in sharp movements
 - Shito-Ryu Wado-Ryu Shotokan

REGIONAL KATA PROGRAM

Style	School
Shotokan <ul style="list-style-type: none"> • Unsu • Gankaku • Gojushiho-Sho • Gojushiho-Dai • Kanku-Sho • Sochin 	Shuri-Te <ul style="list-style-type: none"> • Unsu
Ryuei Ryu <ul style="list-style-type: none"> • Anan • Anan Dai • Ohan • Ohan Dai • Pachu 	Naha-Te <ul style="list-style-type: none"> • Anan • Anan Dai • Ohan • Ohan Dai • Pachu • Kururunfa • Shisochin • Suparimpei
Shito Ryu <ul style="list-style-type: none"> • Chatanyara • Chibana • Papuren 	Tomari-Te <ul style="list-style-type: none"> • Gankaku • Gojushiho-Sho • Gojushiho-Dai • Kanku-Sho • Sochin • Chatanyara • Chibana • Papuren
Goju Ryu <ul style="list-style-type: none"> • Kururunfa • Suparinpei • Shisochin 	



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USA KARATE KATA PROGRAM

Shuri-Te

首里手

Matsumura Sokon
(1809-1896)

Matsumura ha Bassai
Matsumura ha Seisan

Itosu Anko
(1832-1915)

Heian (Pinan) 1-5
Naihanchi 1-3

**Bassai Dai*
Bassai Sho
Kosokun Dai
Kosokun Sho
Shiho Kosokun
Jion
Jitte
Jiin
Chinto
Chinte
Gojushiho
Rohai Shodan
Rohai Nidan
Rohai Sandan
Wanshu

Ishimine Peichin
(1825-1889)

Ishimine Bassai

Naha-Te

那覇手

Higaonna Kanryu
(1845-1916)

Sanchin
Saifa
Seipai

**Seienchin*
Sanseiru
Shisochin
Suparinpei
Kururunfa
Seisan

Miyagi Chojun
(1888-1953)

Tensho

Tomari-Te

泊手

Aragaki Seisho
(1840-1918)

Niseishi
Sochin
Unshu

Matsumora Kosaku
(1829-1898)

Matsumora ha Bassai (TomarinoBassai)

**Matsumora ha Rohai* (Koshiki Rohai)
Wanshu

Kyan Chotoku
(1870-1945)

Ananko
Chinto (Tomari no Chinto)

Chatan Yara
(1740-1812)

Chatan Yara Kusanku

Oyadomari Kokan
(1831-1905)

Oyadomari no Bassai

Hakkaku-Ken

白鶴拳

Go Kenki (Wu Xian Hui)
(1886-1940)

Haffa I - II
**Nipaipo*
Papuren

Kenwa Mabuni

(1889-1952)

Juroku
Matsukaze
Aoyagi
Shinpa

Kenei Mabuni

(1918-)

Yottsu no Kata 1-4
Dai Ichi Dosa
Dai Ni Dosa
Dai San Dosa
Dai Yon Dosa

Shinsei Ichi
Shinsei Ni
Miyajo



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REGIONAL KATA PROGRAM

- Guidelines
 - In order to achieve high performance in karate, kata must meet standardized criteria that can be easily globalized
 - This program aims to establish guidelines for operating procedure among referees, coaches, and athletes

REGIONAL KATA PROGRAM

Organization of the competition

Individual Kata



Team Kata



REGIONAL KATA PROGRAM

USA Karate Non Elite Beginner, Novice, Intermediate and Advanced Divisions

Elimination system with repechage for individuals or Teams. (Used unless otherwise specified for the competition).

Operation of Matches:

At the start of each bout and in answer to their names, the two athletes, one wearing a red belt (**AKA**) and the other wearing a blue belt (**AO**), shall line up at the match area perimeter facing Judge 1.

The Tournament Director shall determine if athletes will perform kata individually or simultaneously.

The starting point for kata performance is anywhere within the perimeter of the competition area.

Individual Execution:

Following a bow by both athletes to the Judging Panel and then to each other, **AO** shall then step back out of the match area.

After moving to the starting position, **AKA** will bow and make a CLEAR announcement of the name of the Kata that will be performed and begin the Kata.

Upon completion of the Kata and after bowing at the end of the Kata, **AKA** shall leave the area to await the performance of **AO**, who will follow the same procedure. After **AO's** Kata has been completed, both shall return to the match area perimeter and await the Panel's decision.

Simultaneous Execution:

Following a bow by both athletes to the Judging Panel, and to each other, both athletes shall enter the match area and space themselves to avoid collision or interference in the performance of their Kata. After moving to their starting positions, both will bow and then make a CLEAR announcement of the names of their Kata to be performed, and both athletes shall begin their Kata.

On completion of their Kata and bow at the end of the Kata, the athlete shall stand side-by-side in the match area and await the decision from the Panel.

USA KARATE KATA PROGRAM

USA Karate Beginner to Intermediate competitors:

Require only one kata and can repeat the same kata each round.

**When the Beginner and Novice categories are combined, the athletes may perform any kata from either the Beginner or Novice Official Kata List.*

USA Karate Advanced competitors:

In all Advanced categories, of every age category, athletes must perform a kata different from the previous round. The minimum number of katas required is 2, which can be repeated but not twice in a row.

**When the Intermediate and Advanced categories are combined, the athletes may perform any kata from the Official Kata List and repeat the same kata in every round.*

Disqualification:

- An athlete or team of athletes may be disqualified for the following reasons, including those listed in WKF Kata Rules Article 5.8.
- An Advanced athlete who repeats the previously performed Kata two rounds in a row, in contravention of Rule 3.2.2.

REGIONAL KATA PROGRAM

Advanced & WKF Elite Divisions:

Only Kata from the WKF official Kata list may be performed.

1	Anan	35	Jiin	69	Passai
2	Anan Dai	36	Jion	70	Pinan Shodan
3	Ananko	37	Jitte	71	Pinan Nidan
4	Aoyagi	38	Juroku	72	Pinan Sandan
5	Bassai	39	Kanchin	73	Pinan Yondan
6	Bassai Dai	40	Kanku Dai	74	Pinan Godan
7	Bassai Sho	41	Kanku Sho	75	Rohai
8	Chatanyara Kusanku	42	Kanshu	76	Saifa
9	Chibana No Kushanku	43	Kishimono No Kushanku	77	Sanchin
10	Chinte	44	Kousoukun	78	Sansai
11	Chinto	45	Kousoukun Dai	79	Sanseiru
12	Enpi	46	Kousoukun Sho	80	Sanseru
13	Fukyugata Ichi	47	Kururunfa	81	Seichin
14	Fukyugata Ni	48	Kusanku	82	Seienchin (Seiyunchin)
15	Gankaku	49	Kyan No Chinto	83	Seipai
16	Garyu	50	Kyan No Wanshu	84	Seiryu
17	Gekisai (Geksai) 1	51	Matsukaze	85	Seishan
18	Gekisai (Geksai) 2	52	Matsumura Bassai	86	Seisan (Sesan)
19	Gojushiho	53	Matsumura Rohai	87	Shiho Kousoukun
20	Gojushiho Dai	54	Meikyo	88	Shinpa
21	Gojushiho Sho	55	Myojo	89	Shinsei
22	Hakusho	56	Naifanchin Shodan	90	Shisochin
23	Hangetsu	57	Naifanchin Nidan	91	Sochin
24	Haufa (Haffa)	58	Naifanchin Sandan	92	Suparinpei
25	Heian Shodan	59	Naihanchi	93	Tekki Shodan
26	Heian Nidan	60	Nijushiho	94	Tekki Nidan
27	Heian Sandan	61	Nipaipo	95	Tekki Sandan
28	Heian Yondan	62	Niseishi	96	Tensho
29	Heian Godan	63	Ohan	97	Tomari Bassai
30	Heiku	64	Ohan Dai	98	Unshu
31	Ishimine Bassai	65	Oyadomari No Passai	99	Unsu
32	Itosu Rohai Shodan	66	Pachu	100	Useishi
33	Itosu Rohai Nidan	67	Paiku	101	Wankan
34	Itosu Rohai Sandan	68	Papuren	102	Wanshu



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REGIONAL KATA PROGRAM

USA Karate Kata list for Non Elite Beginner, Novice and Intermediate divisions

APPENDIX 7:
OFFICIAL KATA LIST
For USA Karate Beginning, Novice, Intermediate, and Advanced Categories

Beginner: 0-1 Year Experience		Novice: 1-2 Years Experience	
Gekisai Daichi		Fukyu Ichi	Pinan Shodan
Gekisai Daimi		Fukyu Ni	Pinan Nidan
Fukyu Daichi		Fukyu San	Pinan Sandan
Fukyu Daimi		Gekisai Daichi	Pinan Yondan
Heian Shodan		Gekisai Daimi	Pinan Godan
Heian Nidan		Gekisai Dai San	Taikyoku
Junino		Heian Shodan	Ten No Kata
Kihon Kata		Heian Nidan	
Pinan Shodan		Heian Sandan	
Pinan Nidan		Heian Yondan	
Taikyoku		Heian Godan	
Ten No Kata		Junino	

Intermediate: 2-4 Years Experience			
<i>All katas from Beginner and Novice categories above plus the following</i>			
Ananko		Naifanchin Nidan	
Ananku		Naifanchin Sandan	
Aoyagi		Naifanchi	
Bassai		Nijushihō	
Bassai Dai		Niseishi	
Bassai Sho		Pachu	
Chinte		Passai	
Enpi		Rohai	
Garyu		Saifa	
Hangetsu / Seisan	(Not Goju)	Sanchin	
Hauffa (Haffa)		Sanseru	
Ishimine Bassai		Seichin	
Itosu Rohai Shodan		Seienchin (Seiyunchin)	
Itosu Rohai Nidan		Seipai	
Itosu Rohai Sandan		Seiryu	
Jiin		Shinsei	
Jion		Shisochin	
Jitte		Tekki Shodan	
Juroku Dai		Tekki Nidan	
Kousoukun Dai		Tekki Sandan	
Kusanku	(Only Wado Kata)	Tensho	
Matsukaze		Wankan	
Matsumura Rohai		Wanshu	
Meikyo		Wanshin (Kobayashi)	
Myojo			
Naifanchin Shodan			

Advanced: 4+ Years Experience
All kata from Beginner, Novice and Intermediate categories above as well as all kata listed on the WKF Official Kata list

Responsibility of the Coach / Competitor(s)



**Responsibility of Competitor to ANNOUNCE Kata prior to performance!
Coach should be alert to hear kata of personal athlete and competitor
to ensure that name matches performance!**

Para-Karate Coaching Program

- 2026 L2 Para-Karate Program will be offered during the USA Karate National Championships.
- Coaches will be given specific training techniques and strategies for Para Karate Athletes and a designed program.
- USA Karate encourages you to offer Para Programs within your school!



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USA Karate Coaching Course

Level 1-Kumite





Coaching Mannerisms / Athlete Needs

Module 2

Coach

[kohch] • noun

a passionate, dedicated individual who unlocks hidden potential and maximizes a team's performance by believing, encouraging, and developing.

**Losers Make Excuses...
Winners find ways!**

**Win Like a Champion...
Lose Like a Champion!**

Coaches Mannerisms Do's & Don'ts

- Pre Match
 - Overloading vs. Minimal Talk
- Match talk
 - Cue words vs. speeches
- Post match
 - Positive Feedback (what worked vs. choices made)
 - Teachable moments
 - Reminders for remaining rounds/ repechage
- Coach Follow Up
 - Reflection and Review
 - Journaling



Athlete Needs

- Mandatory Equipment
 - All working order (night prior)
 - Back up (when needed)
- Staging Preparation
 - Warm up (Personal vs. Coach)
- Chart Knowledge
 - Color, Timing, Rounds



COACH BEHAVIOR & ATTIRE

CORRECT ATTITUDE, PLEASE!



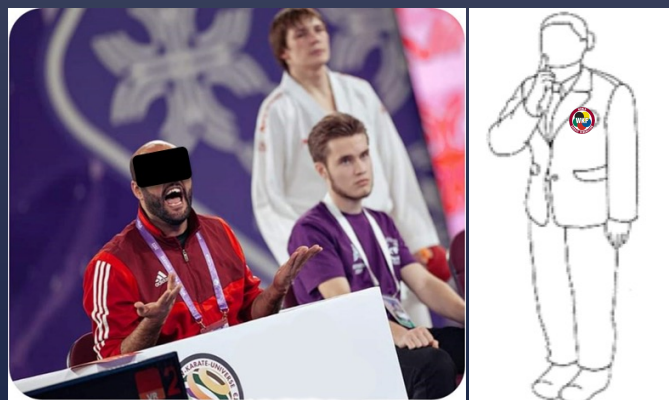
COACH INSTRUCTIONS AND COMMENTS

Must not interfere with the smooth running of the bout



Don't lean on the box

NO!



NO!



Proper Attire & Demeanor During Elimination



YES!

Giving respect will earn respect!



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COACH

Must wear a tracksuit (eliminations)

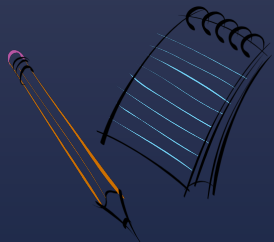
Display official identification

Must sit in the box provided



Be Prepared!

Pencil/Pen Notebook and Copy of Current Rules (On Phone/Tablet)



YES!

Note Pad / Draws
Pen / Pencil
Phone for Notes /
Rules / Record
Keeping

NO!

Hat or Cap
Sunglasses
Tablets / Phones /
Camara for
Pictures or Video
Headset / Bluetooth



NO COMMUNICATION DEVICES!



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USA Karate Official Protest

General Provisions and Guidelines to better understand Official Protest can be found in USA Karate Rules Article 13 & WKF Rules Article 13.

Starting in 2027, ONLY LEVEL 3 ELITE COACHES can Submit a Protest

What to Expect in LEVEL II Coaching Course

- A Complete Tutorial on what PROTEST CAN and CANNOT BE ACCEPTED.
- When to Protest and How to Submit a Successful Protest.

Coaches have a RESPONSIBILITY to stay up to date with USA Karate and WKF Rules



Karate Competition Charting

Module 3

Presentation Roadmap

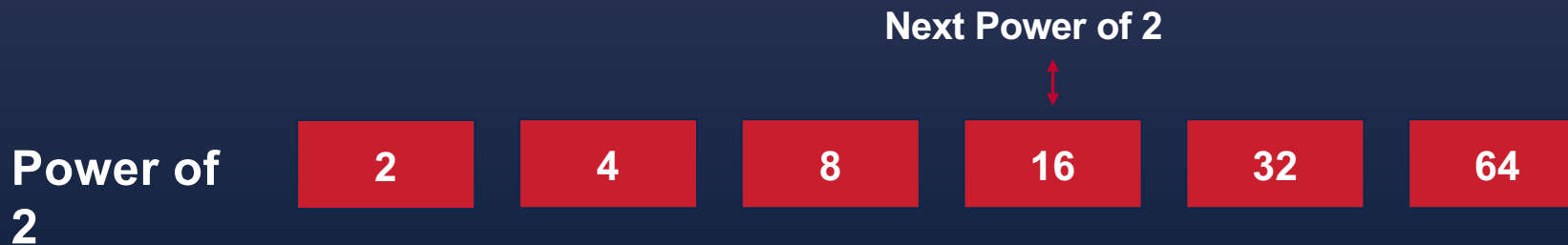
- What is a Bye?
- Determining # of Bye's
- Types of charting
- Color Designation
- Repechage
- Charting Examples: Single, Repechage, Double Elimination

Refresher: The Bye – How it works

- A “bye” advances a competitor automatically when the bracket doesn't evenly divide.
- Use to fill up the bracket to the nearest power of 2.

Determining # of Bye's

- Tournaments use bracket sizes that are powers of 2: 8, 16, 32, 64, etc.
- To calculate bye's: *Next Power of 2 - # of Players = # Bye's*



13 Players

Next Power of 2

Bye's Needed

$$16 - 13 = 3$$

What types of charting do we use in karate?

1. Single Elimination
2. Single Elimination with Repechage
3. Double Elimination

(USA Karate utilizes Double Elimination in the two-phase Junior-Senior Team USA Trials)

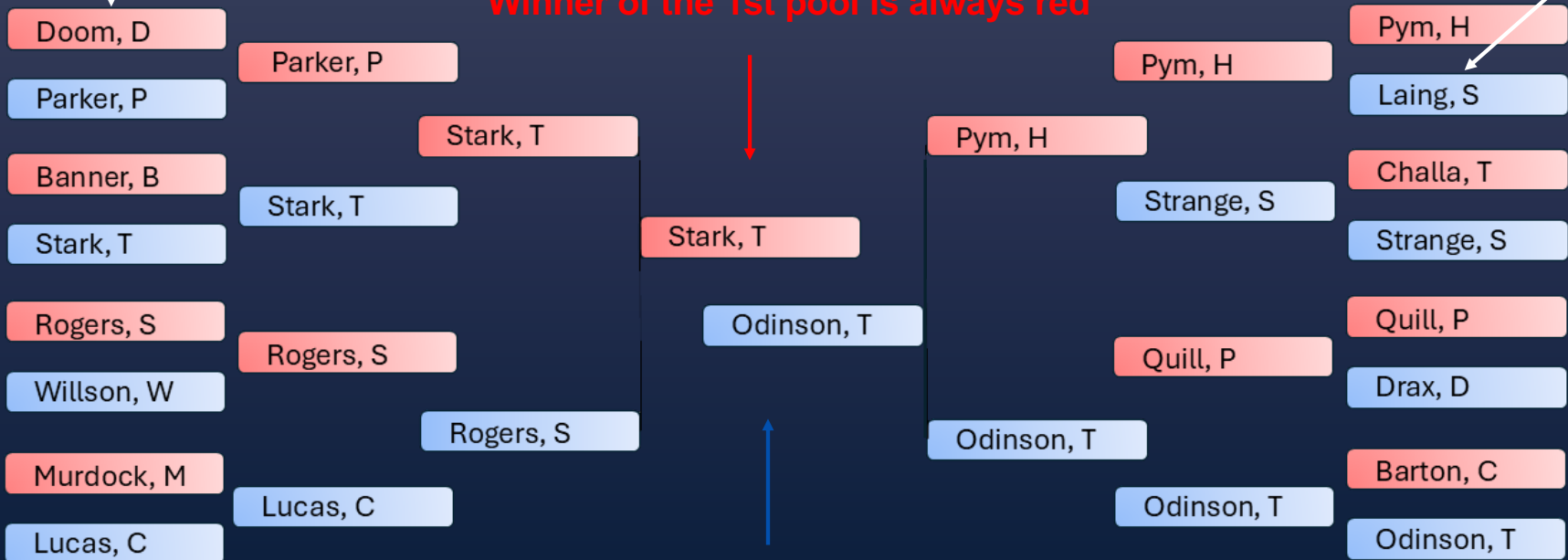
Color Designation

Top is always Red

Bottom always Blue

Winner of the 1st pool is always red

Winner of the 2nd pool is always blue

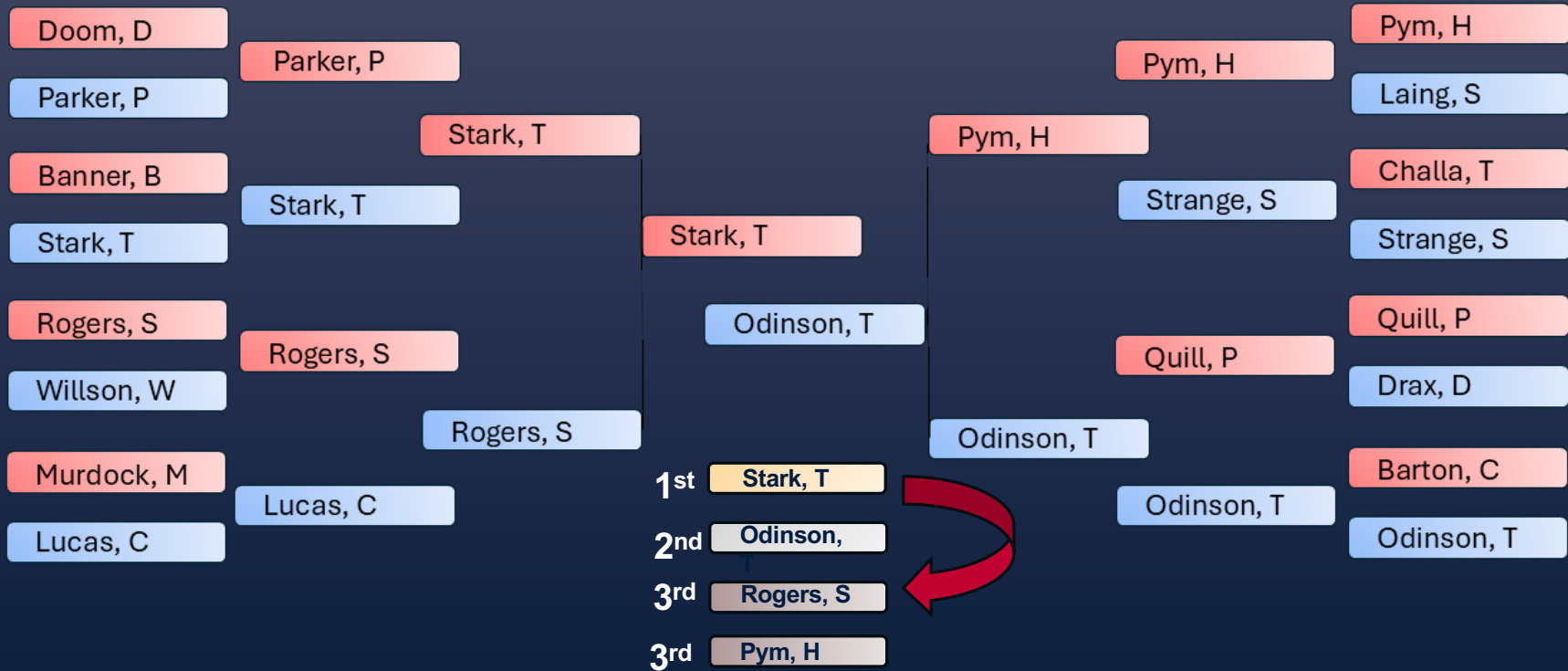


Single Elimination

Key features of a single-elimination bracket:

- One match per round
- Immediate elimination
- Progression to the next round
- Simplified format


Single Elimination Chart



Repechage

Dictionary

Definitions from [Oxford Languages](#) · [Learn more](#)

 **re·pê·chage** **Repechage**
/ˌrɛpəˈʃhɑːZH/

noun

noun: **repêchage**; plural noun: **repêchages**; noun: **repechage**; plural noun: **repechages**

(in **rowing** and other sports) a contest in which the best-placed of those who failed to win **heats** compete for a place in the final.

Origin

FRENCH

FRENCH

repêcher → repêchage
fish out,
rescue

early 20th century: French, from *repêcher* 'fish out, rescue'.

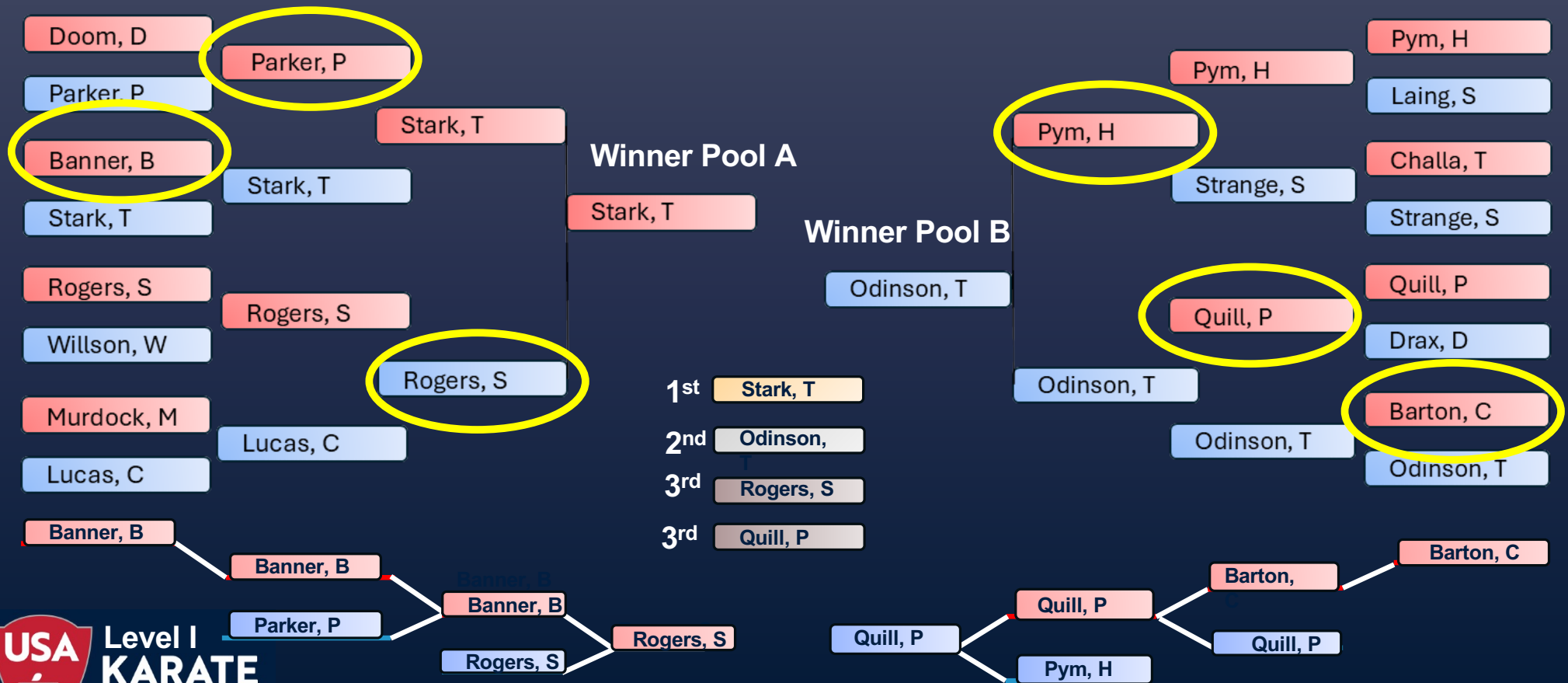
Use over time for: Repechage



Single Elimination with Repechage

- A single elimination tournament with repechage uses a single-elimination bracket to determine the champion, but includes a secondary bracket for losers who lost to the eventual finalists, offering them a chance to compete for a bronze medal or other lower placement.

Single Elimination with Repechage



Single Elimination with Repechage

Key features of a single-elimination with Repechage:

- More Matches
- Bronze Medal
- Increased Interest
- Fairness

Double Elimination

Double-elimination tournaments, participants aren't eliminated after a single loss. Instead, they must lose two matches to be out of the competition. This format typically involves two brackets: a **winners bracket** and a **losers bracket**.

- **Winners Bracket:**

All participants begin in the **winners** bracket. If a participant loses a match in this bracket, they move to the losers bracket.

- **Losers Bracket:**

The losers bracket consists of participants who have already lost one match. Participants in the losers bracket must continue to win matches to avoid elimination.

- **Grand Finals:**

The tournament's winner is ultimately determined in a finals matchup between the last remaining participant from the **winners** bracket and the last remaining participant from the **losers** bracket. The winner of the **losers** bracket may need to win twice to defeat the winner of the **winners** bracket.

Key Takeaways

- Use powers of 2 for structure.
- Byes ensure balanced brackets.
- *Next Power of 2 – # of Players = # Bye's*
- Understanding color designation.
- Repechage gives athletes a second chance.
- Double Elimination requires two losses to be out.

Bracket Type	Key Feature	Pros	Cons
Single Elimination	Lose once and you're out.	Simple and fast format.	Unforgiving; one bad match ends the run.
Single Elim + Repechage	If you lose to a finalist, you enter the repechage bracket for a chance at bronze.	Fairer for those who lose to top competitors.	More complex and time-consuming.
Double Elimination	You must lose twice to be eliminated; includes a full loser's bracket.	Most fair; best identifies true #1, #2, and #3.	Longest format; requires more matches.



Compulsory Category & Athlete Attire

Module 4

The experience categories for USA Karate competition shall be as follows:

- **Beginner** 8th Kyu & under; less than 1 year of training
- **Novice** 7th Kyu - 5th Kyu; 1 to 2 years of training
- **Intermediate** 4th Kyu - 2nd Kyu; 2+ to 4 years of training
- **Advanced** 1st Kyu & higher; 4+ years of training

2nd kyu must compete in Intermediate categories or higher.

1st kyu and Black Belts must compete in Advanced Categories or Elite.

COMPETITION AGE CATEGORIES

USA KARATE CATEGORIES	AGE	KUMITE DURATION
Child(ren): Male/Female	11 years & younger	1:30
Junior Cadet: Male/Female	12-13 years old	1:30
Cadet: Male/Female	14-15 years old	1:30
Junior: Male/Female	16-17 years old	1:30
Senior: Male/Female	18 years and older	1:30
Masters: Male/Female	35 years and older	1:30

- Jodan (Head) Hand and Foot Skin Touch is PERMITTED in ALL categories!
- WKF/PKF States NO Sweeps or Takedowns are Permitted in ALL U12 Categories (NOT USA Karate)

Karate Gi

USA Karate Signature events Non Elite

- WKF Approved Karate Gi
- White is Mandatory
- *WKF Red & Blue uniforms may be substituted



WKF & USA Karate Signature events *Elite Divisions

WKF Red & Blue uniforms Mandatory

Jacket ties must be tied



YES



NO

Jackets without ties may not be used

COMPETITORS & TEAMS

Must wear a Plain **RED** or **BLUE** belt
as per designated pool



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KARATE-GI

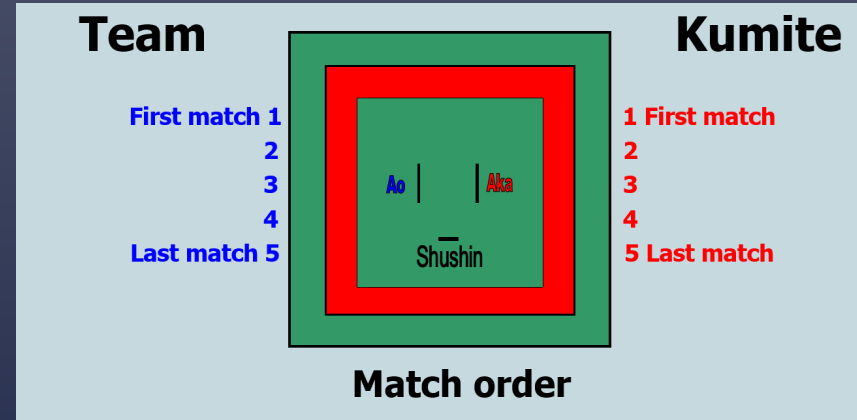
For teams, members must all wear the same Color on the shoulders



OFFICIAL DRESS Kata / Kumite



In **Non-Elite** Team Matches
There will be three competitors on
Tatami and line up order remains same.



In All Team Matches
ALL competitors **must sit down**
and wait for the next bout



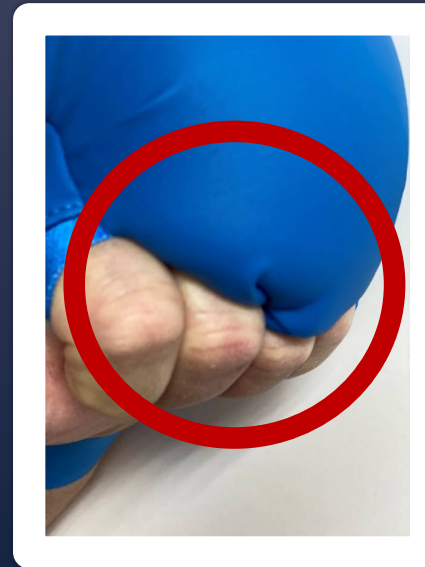
USA Karate Mandatory Approved Protective Equipment



***May be substituted for
WKF Approved Equipment**

USA Karate Approved Gloves

Equipment MUST FIT properly



YES!

NO!



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THE SAFETY OF THE COMPETITORS IS OUR RESPONSIBILITY



YES!



NO!

MALE BODY PROTECTOR



FEMALE INTEGRATED CHEST PROTECTOR



WKF or Non-WKF Body Protector & Integrated Chest Protector
WKF Not Mandatory in Non-Elite Divisions (But Recommended)

PROTECTIVE COMPULSORY EQUIPMENT



Protective Compulsory Equipment
Mouth Guard (male/female)
Groin Protector for Males in All Categories

MANDATORY for ALL KUMITE CHILDREN U-14

Approved External Body Protector

External Chest/Body Protector
Mandatory in ALL U14 categories



USA Karate Approved Helmet

Mandatory in ALL U14 categories



PROHIBITED



Hair Decorations

Metal hair clips

Ribbons

Beads

Piercing



TAPE IS
DECORATION

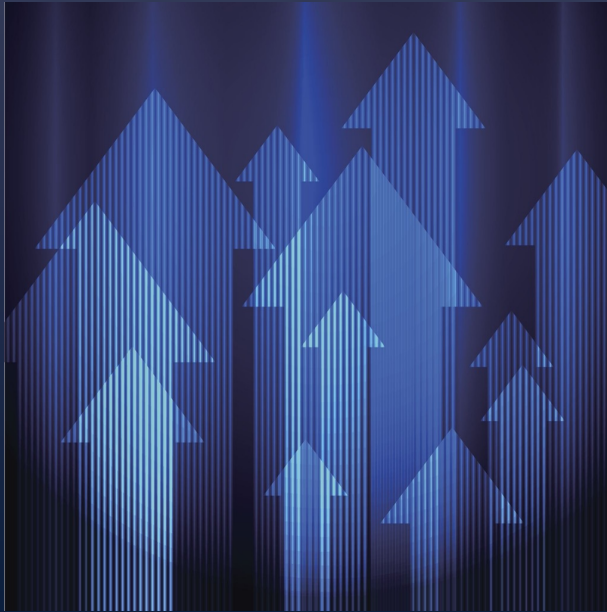


PERMITTED

One or Two discrete rubber bands or ponytail retainers are prohibited.



If a competitor arrives at the Tatami with unregulated Equipment or Karate-Gi, he/she is given **two (2) minutes Kumite & one (1) minute for kata** to correct matters!



COACHES!

**DON'T LET YOUR COMPETITORS
LOSE THEIR MENTAL TRAINING
AND CONCENTRATION...**



Keep your athlete focused and in the ZONE!



**Level I
KARATE**

Regional Coaching Course



USA KARATE DYNAMIC WARMUP

Module 5

WHY IS THIS IMPORTANT?

- Many athletes at the Junior and Senior level struggled to warm up efficiently and effectively before training and competition
- This can leave the athletes under-prepared and cold when they are first called to compete
- This leads to suboptimal performances in early rounds and earlier than expected eliminations

WARMUP GOALS

- Ready the body for high performance movement
- Address a variety of locomotion patterns and planes of movement
- Move through a broad active range of motion
- Activate and warm the muscles, tendons, and ligaments
- Increase core temperature
- Make every minute of training count
- Be fully prepared to execute in competition

WARMUP PROGRESSION

- Start ground-based and progress to standing and dynamic
- Start simple and progress to more complex
- Start slow and progress to higher speed and intensity
- Start general and progress to sport- and skill-specific movements

ADDITIONAL BENEFITS

- Familiar warmup routine can help mitigate pre-competition anxiety
- Comprehensive warmup can be used anywhere
- Helpful after travel: move the body & get the heart & lungs working
- Reduces injury risk
- Sets the athlete up for success in training and competition

USA KARATE WARMUP

Quadruped/Hip Module

- Activates and prepares everything around the hip girdle from a ground-based position

Dynamic Module

- Increases the size, pace, and intensity of movements
- Guides the athlete through a gradual warmup
- Activates & prepares their body
- Elevates heart rate and body temperature

Recap

- We hope you now have a better understanding of:
 - Module 1: Regional Kata Program
 - Module 2: Coaching Mannerisms & Athlete Needs
 - Module 3: Karate Competition Charting
 - Module 4: Compulsory Category & Athlete Attire
 - Module 5: Team USA Warmup

**Congratulations
&
Thank you!**

***Best of Skill to you and
your Athletes!***

Please visit WWW.USANKF.ORG for USA National Coach Contacts AND Current Rules!



USA Karate Warmup Slides Detail

USA KARATE DYNAMIC WARMUP

Video Demonstrations Of Each Module Are Also Available Here:

- Quadruped / Hip Module Video Demonstrations:

<https://youtu.be/J3ISgxxhPWuI>

- Dynamic Module Video Demonstrations

<https://youtu.be/HQtnIzK7420>

QUADRUPED/HIP MODULE

- Maintain a neutral posture with core and trunk engagement
- Isolate the movements happening at the hip joint
- Maintain tension through the upper body
- Always pushing into the ground, keeping both elbows straight
- Pace should not be rushed
- Only move as far and fast as you can while maintaining controlled movements

QUADRUPED/HIP MODULE

	Movement	Reps/Distance
1	Cat/Cow	6/side
2	Fire Hydrant	6/side
3	Hip Circles	6/side
4	Heel/Scorpion Kick	6/side
5	Straight Leg Lateral Reach	6/side
6	Straight Leg Hip Rockers	6/side
7	3-Way Hip Glide	6/side

QUADRUPED/HIP MODULE

Cat / Cow

- Positioning:
 - Hands beneath shoulders
 - Knees beneath hips
 - Toes “live”
 - Ankles tucked/dorsiflexed
- Execution:
 - Spine rises towards the ceiling, hips tuck towards your nose
 - Spine gently falls towards the floor, tilting hips away from your head



QUADRUPED/HIP MODULE

Fire Hydrant

- Positioning:
 - Hands beneath shoulders
 - Knees beneath hips
 - Spine flat
 - Elbows straight
- Execution:
 - Keep knee bent 90 degrees, lift knee and ankle out to the side
 - Minimize any other movement, keeping core braced and spine neutral



QUADRUPED/HIP MODULE

Hip Circles

- Positioning:
 - Hands beneath shoulders
 - Knees beneath hips
 - Spine flat, Braced core
 - Elbows straight
- Execution:
 - Bring your knee forward, then rotate in a circle to the side and then backwards
 - Make a smooth circle through the hip joint



QUADRUPED/HIP MODULE

Heel/Scorpion Kick

- Positioning:
 - Hands beneath shoulders
 - Knees beneath hips
 - Spine flat, Braced core
 - Elbows straight
- Execution:
 - Keep ankle dorsiflexed and press heel up towards the sky
 - Glute should contract – but back should NOT arch. Keep core braced.



QUADRUPED/HIP MODULE

Straight Leg Lateral Reach

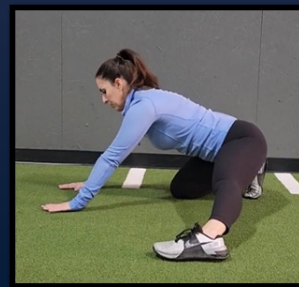
- Positioning:
 - Hands beneath shoulders
 - Spine flat, Braced core
 - Elbows straight
 - Extend 1 leg straight back
- Execution:
 - Squeeze the quad and reach back with the heel
 - Rotate toes out to the side, then swing leg out to the side. Go slow.



QUADRUPED/HIP MODULE

Straight Leg Hip Rockers

- Positioning:
 - Hands beneath shoulders
 - Spine flat, Braced core
 - Extend 1 leg directly out to the side in line with opposite knee
- Execution:
 - **Rock the hips backwards and forwards**
 - **Keep the bottom of the foot flat on the floor**



QUADRUPED/HIP MODULE

3-Way Hip Glide

- Positioning:
 - Half-kneeling position
 - Both knees bent at 90 degrees
 - Tall, straight posture
 - Hands on hips
- Execution:
 - Glide hips towards toes of front foot
 - Bend front knee towards toes
 - First straight forward, then 45 degrees, then straight out to the side



DYNAMIC MODULE

- Can be used before every training session and competition
- Most of the movements can be performed in place when space is limited
- Each movement should be performed for about 10-20 meters
- Across 1 full tatami and back again
- If time is extremely constrained, some of the early movements can be done in just 1 direction
- Any stationary movements should be performed for 10 repetitions

DYNAMIC MODULE

	Movement	Reps/Distance
1	Hugs	20m
2	Walking Scoop & Reach	20m
3	Atlas Lunge	20m
4	Inch Worm Cat/Cow	20m
5	A Skip	20m
6	Sideways A Skip	20m
7	B Skip	20m
8	C Skip	20m
9	Fast Feet	20m
10	Long Pulls	20m
11	High Swings	20m
12	Arm Swings	10/direction



Level I
KARATE

Regional Coaching Course

DYNAMIC MODULE

Hugs

- **Execution:**
 - Maintain tall posture
 - Lift up leg and hug shin, bringing thigh close to chest
 - Squeeze for a moment, then lower the leg and take a few steps before repeating on the other side.



DYNAMIC MODULE

Walking Scoop & Reach

- Execution:
 - Step one leg out in front, keeping it straight with heel out front
 - Scoop your hands down towards that foot (back knee can bend but front leg should stay straight)
 - Reach up to the sky with full extension of the body



DYNAMIC MODULE

Atlas Lunge

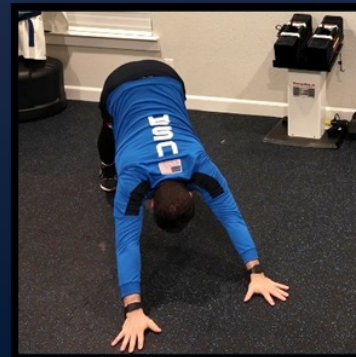
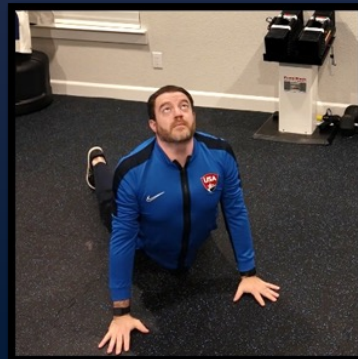
- Execution:
 - Step forward into a lunge with tall posture and arms raised high and wide overhead
 - Lean torso back, then over towards the side with the leg in front
 - Step up, take a few steps, then repeat on the next side



DYNAMIC MODULE

Inch Worm Cat/Cow

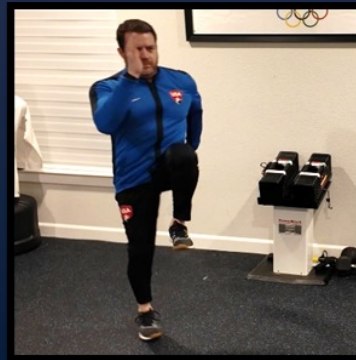
- Execution:
 - Walk hands out until you are in a plank
 - Drop your hips to the ground and look up
 - Raise your hips to the sky and press heels into the ground
 - Walk your feet up to your hands, then repeat



DYNAMIC MODULE

A Skip

- **Execution:**
 - With a tall posture, bring one knee up and swing your arms as if you are running
 - Forcefully drive your foot down into the ground as you skip and switch your arms



DYNAMIC MODULE

Sideways A Skip

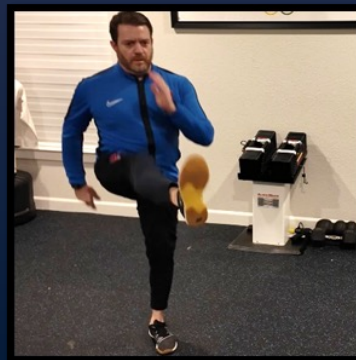
- **Execution:**
 - Same basic movement as A Skip, but moving laterally
 - Drive laterally across the floor, still bringing the knee up high in front on each step



DYNAMIC MODULE

B Skip

- **Execution:**
 - Kick leg straight out at waist height, then rapidly pull the leg down until directly under your hips
 - Hop forward on that leg, then switch to the other side
 - Aim for a full range of motion from waist height to fully under your hips



DYNAMIC MODULE

C Skip

- Execution:
 - With arms straight out in front of you, hop forward and raise your knee up high in front, then hop forward and place that foot next to the other
 - Hop forward again, raising the knee out to the side, then hop forward with both feet
 - Repeat a third time, once again raising the knee in front of you



Level I
KARATE

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DYNAMIC MODULE

Fast Feet

- Execution:
 - Keep legs straight and maintain a slight bend at the hips
 - Front part of the foot should pop off the ground as fast as possible
 - Aim for as many fast steps as possible while moving across the floor



DYNAMIC MODULE

Long Pulls

- Execution:
 - Keep legs straight and aim your chest up high
 - Pull yourself as far as possible with each step
 - Should look like you're celebrating into the end zone, not bounding on the moon.
Don't bend your knees.



DYNAMIC MODULE

High Swings

- Execution:
 - Maintain a tall posture with straight back and both legs straight
 - Swing one leg up as high as possible (while maintaining straight lines) and touch your opposite hand
 - Take a few steps and repeat on the other side



DYNAMIC MODULE

Arm Swings

- Execution:
 - This can be done stationary or with a light jog/shuffle
 - Aim for as BIG a motion as possible
 - 10 repetitions each of huge circles to the front, back, and swinging the arms in and out across the front of your body

