

# 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**

# USA Karate Regional Coaching Course

## Course Overview

- Module 1: Regional Kata Program
- Module 2: Regional Kumite Program
- Module 3: USA Karate Rules and Regulations
- Module 4: Team USA Warmup



# USA KARATE REGIONAL KATA PROGRAM

## Level 1-Kata







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



# 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 (Tomarino Bassai)*  
\**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*  
*Miyojo*



Level I  
KARATE

Regional Coaching Course

# 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 Divisions

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

## WKF Elite Divisions

Round-robin in groups followed by elimination for individuals or Teams. (Used for individual Premier League competitions and the Senior World Championships for both individuals and Teams).

Two-pool Round-robin system (used for multiple sport games)

# USA KARATE KATA PROGRAM

USA Karate beginner to intermediate competitors:

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

Advanced competitors cannot do the same kata in consecutive rounds. Must change kata each round. However, they are only required to have 2 different kata and are permitted alternate between them each round.

For Elite Competitors or Teams:

Competitor or Team are to perform a different kata for each round. No more than five (5) different kata are required to complete a competition. If the number of participants require a sixth round to win, a kata previously performed may be repeated (only in this sixth bout/match) as long as no kata is repeated twice in succession. The same principle should be applied if a seventh round is required to win.

# REGIONAL KATA PROGRAM

## 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



# REGIONAL KATA PROGRAM

USA Karate Kata list for Non Elite 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 Daini		Fukyu Ni	Pinan Nidan
Fukyu Daichi		Fukyu San	Pinan Sandan
Fukyu Daini		Gekisai Daichi	Pinan Yondan
Heian Shodan		Gekisai Daini	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	Naihanchi
Bassai	Nijushihō
Bassai Dai	Niseishi
Bassai Sho	Pachu
Chinte	Passai
Enpi	Rohai
Garyu	Saifa
Hangetsu / Seisan (Not Goju)	Sanchin
Hauffa (Haffa)	Sanseiru
Ishimine Bassai	Sanseru
Itosu Rohai Shodan	Seichin
Itosu Rohai Nidan	Seienchin (Seiyunchin)
Itosu Rohai Sandan	Seipai
Jiin	Seiryu
Jion	Shinpa
Jitte	Shinsei
Juroku	Shisochin
Kanku Dai	Tekki Shodan
Kousoukun Dai	Tekki Nidan
Kusanku (Only Wado Kata)	Tekki Sandan
Matsukaze	Tensho
Matsumura Rohai	Wankan
Meikyo	Wanshu
Myojo	Wanshin (Kobayashi)
Naifanchin Shodan	

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

# USA Karate Coaching Course

## Level 1-Kumite





# Mannerisms / Needs / Protest

Module 2

# Coach

[kohch] • noun

**a passionate, dedicated individual who unlocks hidden potential and maximizes a teams 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 & Coach)
- Chart Knowledge
  - Color, Timing, Rounds



# USA Karate Protest

USA Karate OFFICIAL PROTEST [WKF Rules Article 13]

## **13.1 General Provisions Please See Guidelines for Handling an Official WKF Protest**

**13.1.1 The Coach will request the official protest form from the Tatami Manager and will be expected to have it completed, signed, and delivered to the Tatami Manager within 5 minutes after announcing the intent to protest. The protest fee of \$350 (USD cash) must be submitted to the Tatami Manager at this time.**

**13.1.2 The protest must list the name, state, and country of the competitors and the precise details of what is being protested.**

**13.1.3 The decision of the Appeals Jury is final. It may only be overruled by a unanimous decision of the Chief Referee of the USA, the USA Karate Board of Directors Chairperson, and the USA Karate CEO.**

# USA Karate Protest

## 13.2 Composition of the Appeals Jury:

**13.2.1 The Referee Committee will assign three senior Referees as members of the Appeals Jury for all USA Karate Signature Events. No two members may be appointed from the same state or karate organization.**

**13.2.2 There is no conflict of interest by a member of the Appeals Jury for being from the same state as a member of the referee panel. The relevant conflict is with competitors, or another relevant actual conflict.**

## **USA Karate Competition Rules (January 1, 2025) - 913.3 Appeals Evaluation Process:**

**13.3.1 It is the responsibility of the Tatami Manager receiving the protest to gather the Appeals Jury and deposit the protest sum with the USA Karate Chairperson for any declined protest.**

## 13.4 Incident report

**13.4.1 The report should be signed by all three members of the Appeals Jury and submitted to the Chief Referee and the Referee Committee Chairperson.**





# Competition Karate Charting

Module 2.1

# Presentation Roadmap

- What is a Bye?
- Determining # of Byes
- 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 Byes

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



13 Players

Next Power of 2

Byes Needed

$$16 - 13 = 3$$


# What types of charting do we use in karate?

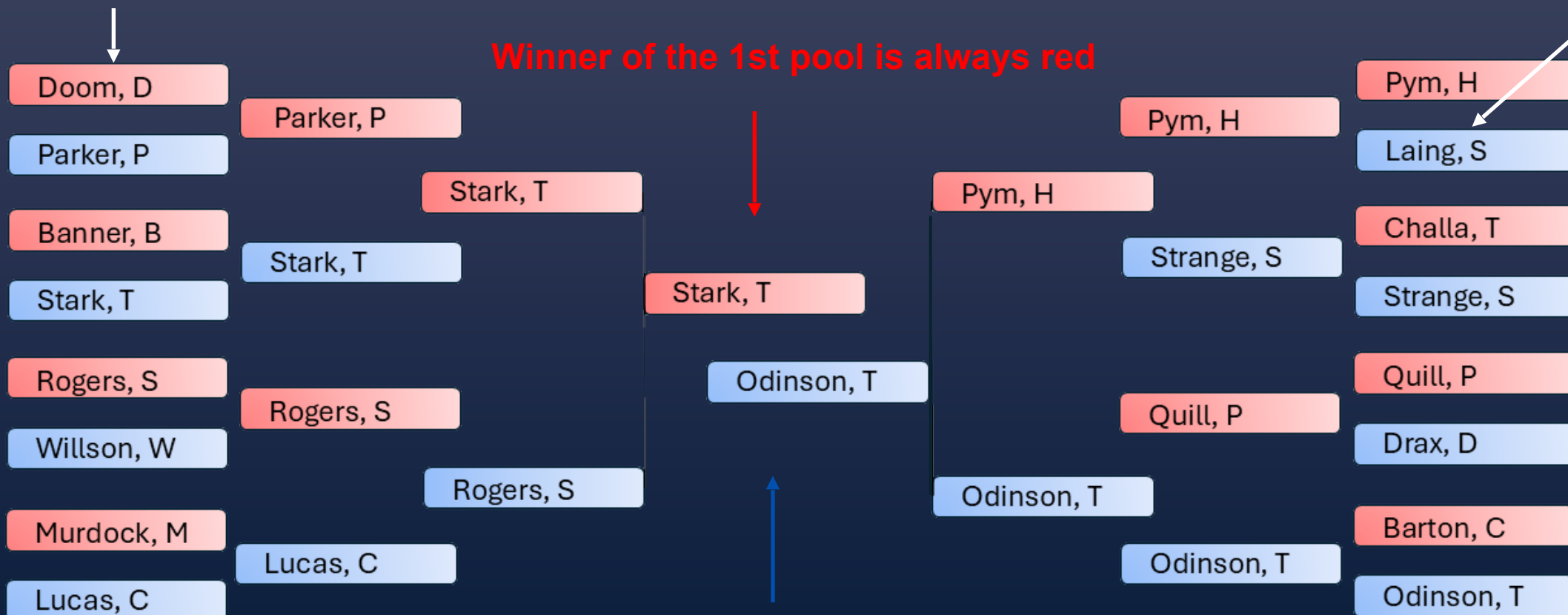
1. Single Elimination
2. Single Elimination with **Repechage**
3. Double Elimination
4. Round Robin or Pool Play



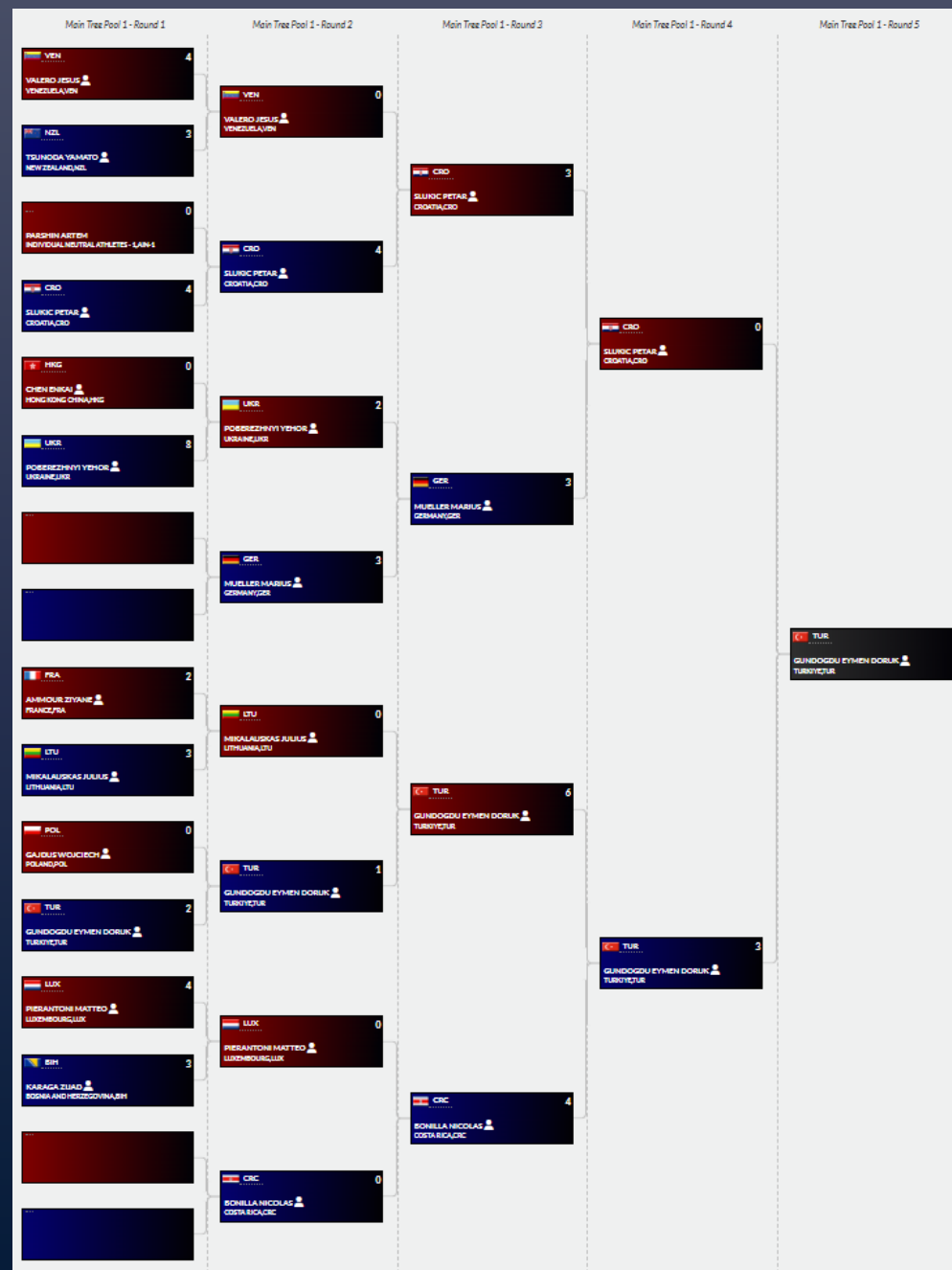
# Color Designation

Top is always Red

Bottom always Blue

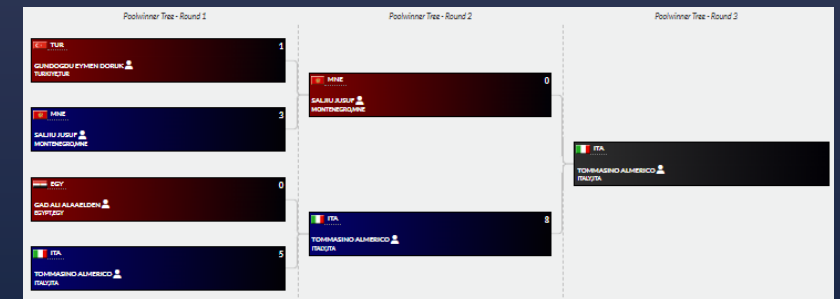


# Sport Data Chart



Pool 1

Pool Winners

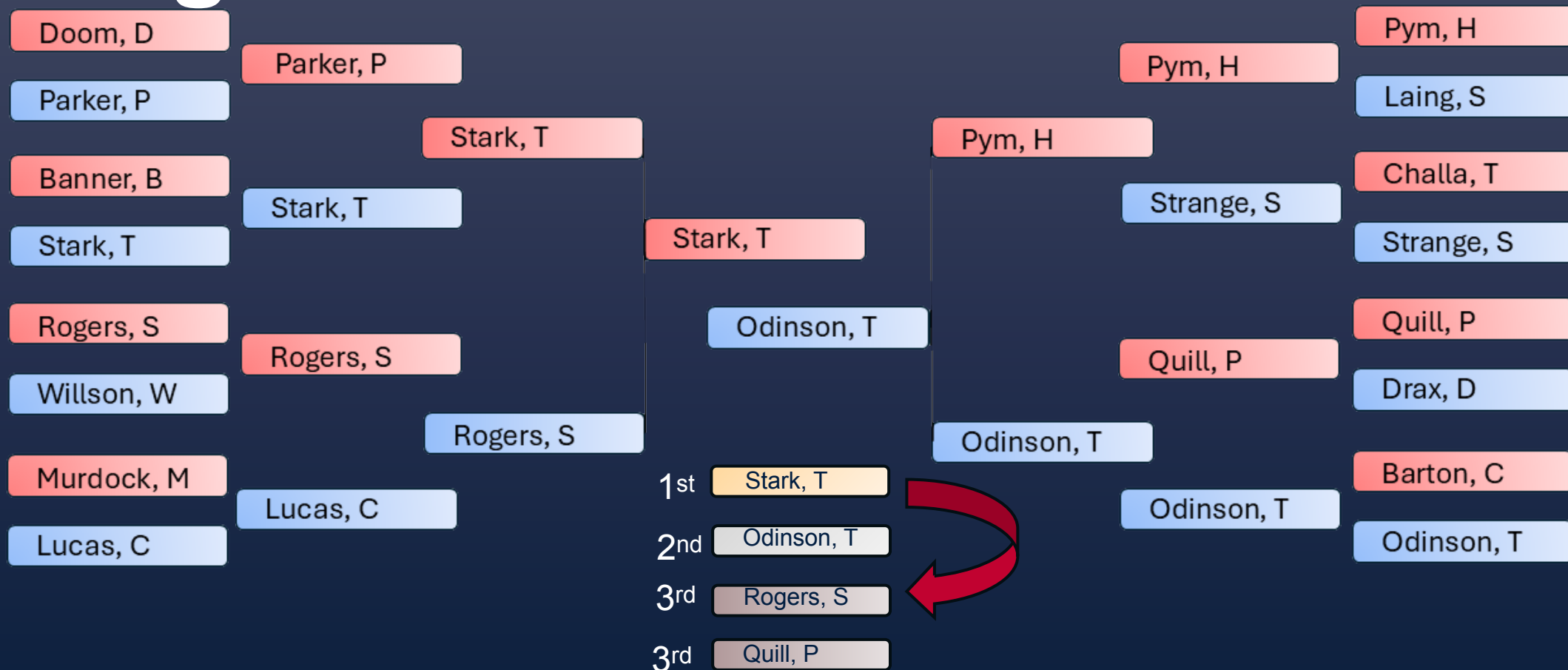


# Single Elimination

*Key features of a single-elimination bracket:*

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

# Single Elimination Chart




Awards are Gold, Silver and 2 Bronze. Or Gold, Silver, and Bronze going to the Semi Final loser of the champion.

# Repechage

## Dictionary Repechage

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

 **re·pê·chage**  
/ˌrepəˈSHäZH/

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

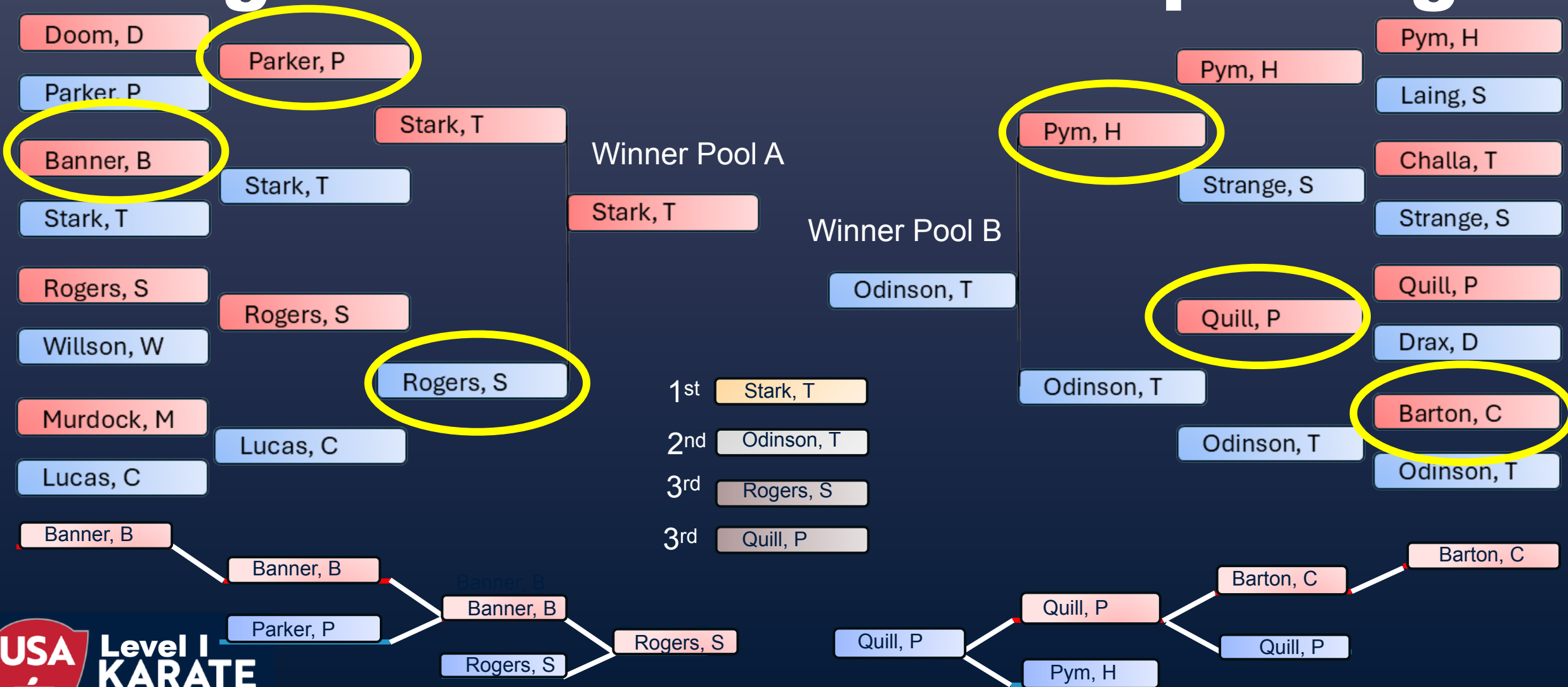




# Single Elimination with Repechage

- 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



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# 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.

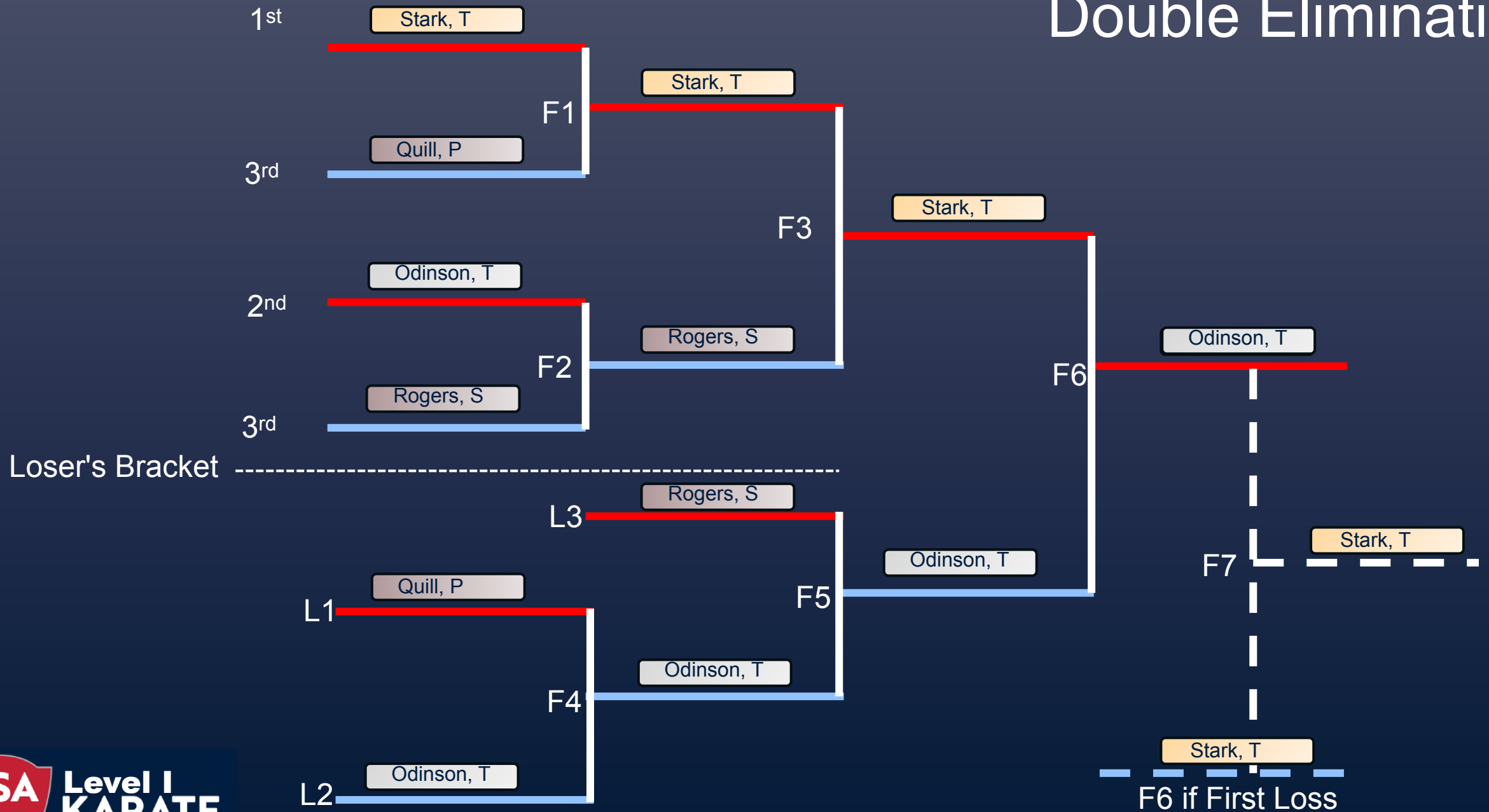
- **[Losers Bracket:](#)**

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 grand 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.

# Double Elimination



# 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 Elim 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.





# Rules & Regulations

Module 3

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
<b>Child(ren): Male/Female</b>	<b>11 years &amp; younger</b>	<b>1:30</b>
<b>Junior Cadet: Male/Female</b>	<b>12-13 years old</b>	<b>1:30</b>
<b>Cadet: Male/Female</b>	<b>14-15 years old</b>	<b>1:30</b>
<b>Junior: Male/Female</b>	<b>16-17 years old</b>	<b>1:30</b>
<b>Senior: Male/Female</b>	<b>18 years and older</b>	<b>1:30</b>
<b>Masters: Male/Female</b>	<b>35 years and older</b>	<b>1:30</b>

# Expectations



# COACH BEHAVIOR

# 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!**



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# COACH ATTIRE

# **COACH**

**Must wear a tracksuit (eliminations)**

**Display official identification**

**Must sit in the box provided**



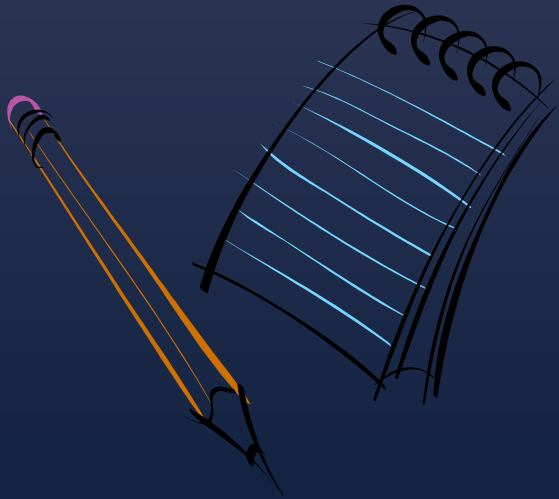
# Be Prepared!

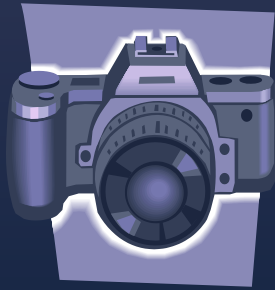
Pencil/Pen Notebook and Copy of Current Rules (On Phone/Tablet)

## YES!

**Note pad / draw**

**Pencil**





**NO!**

**Hat or Cap  
Sunglasses**

**Film / Photo camara**

**Tablets / Phones**

**Headsets /**

**Bluetooth**

**COMMUNICATION**

**DEVICES**



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# ATHLETE ATTIRE

# 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**



# KARATE-GI

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



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# OFFICIAL DRESS



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





## Jacket ties must be tied



YES



NO

**Jackets without ties may not be used**

# METALLIC TEETH BRACES

Approved by the referee  
& the doctor



# USA Karate

## Mandatory Approved Protective Equipment



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



# USA Karate Approved Gloves

## Equipment **MUST FIT** properly



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**YES!**



**NO!**

# THE SAFETY OF THE COMPETITORS IS OUR RESPONSIBILITY



**YES!**



**NO!**



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## 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



# KUMITE CHILDREN U-14

## Approved External Body Protector

External Chest/Body Protector  
- WKF Not Mandatory (But Recommended)



## USA Karate Approved Helmet

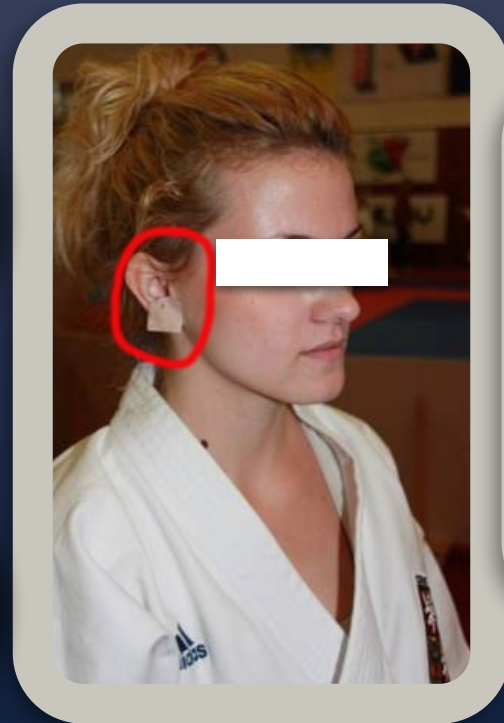
Mandatory in U14 categories



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# DECORATIONS ARE PROHIBITED

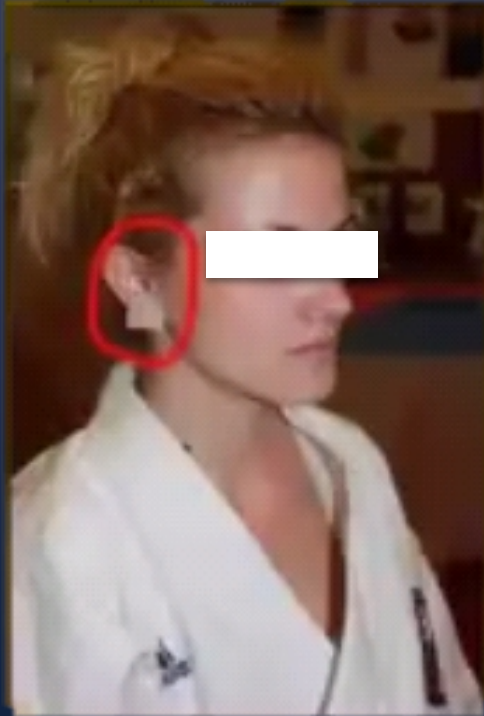


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# DECORATIONS ARE PROHIBITED



TAPE IS  
DECORATION



# PROHIBITED

Hair decorations

Metal hair clips

Ribbons

Beads

Piercing

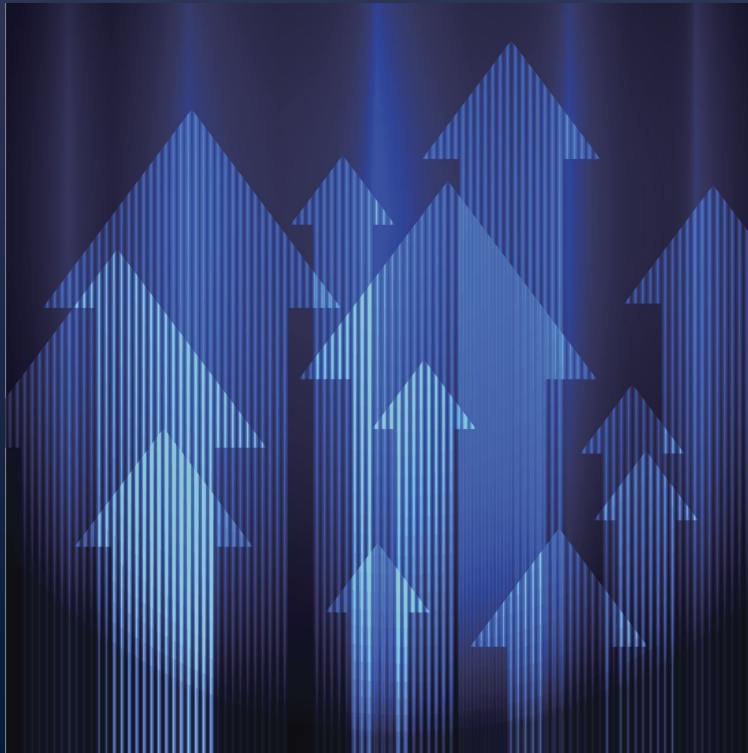


# PERMITTED

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 MAKE YOUR  
COMPETITORS  
LOSE THEIR MENTAL TRAINING  
AND CONCENTRATION...



## WHY IS THAT?

# 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!**

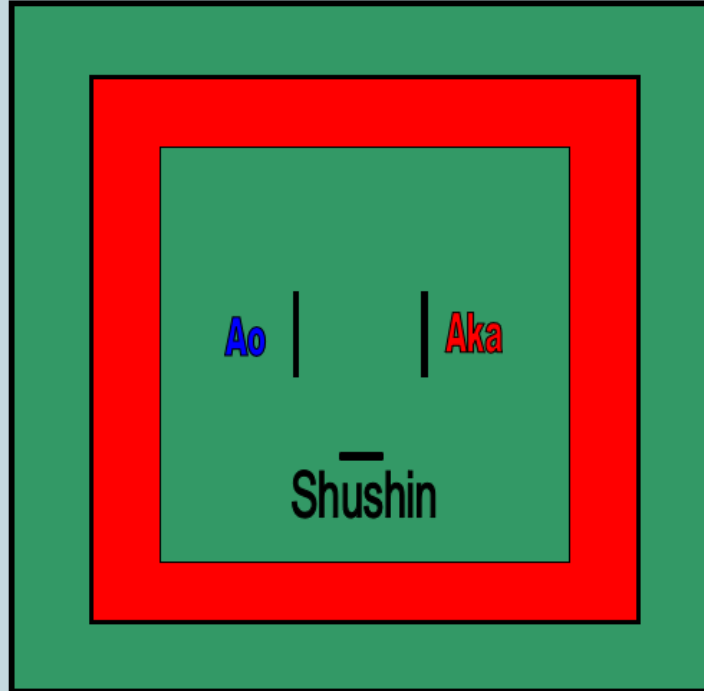


**In Team Matches  
the competitors  
must sit down  
and wait for the  
next bout**



# Team

First match 1  
2  
3  
4  
Last match 5



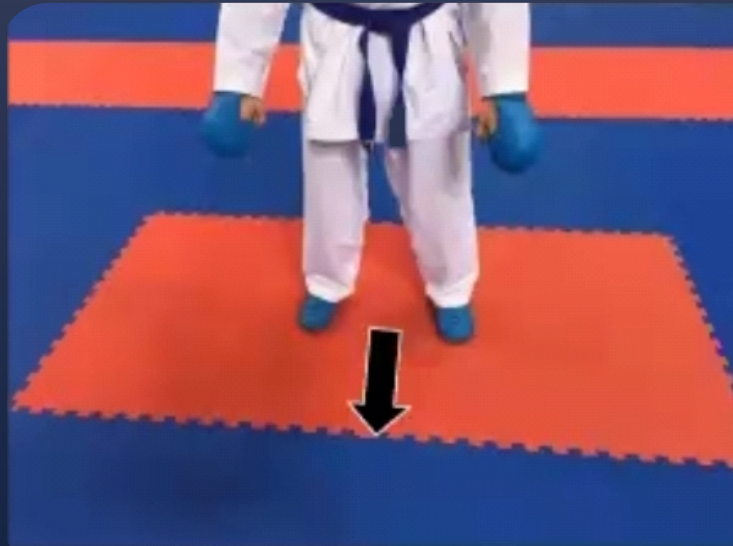
Match order

# Kumite

1 First match  
2  
3  
4  
5 Last match



# KUMITE Start line





# USA KARATE DYNAMIC WARMUP

Module 4

# 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**

# 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**



# 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
<b>1</b>	Cat/Cow	6/side
<b>2</b>	Fire Hydrant	6/side
<b>3</b>	Hip Circles	6/side
<b>4</b>	Heel/Scorpion Kick	6/side
<b>5</b>	Straight Leg Lateral Reach	6/side
<b>6</b>	Straight Leg Hip Rockers	6/side
<b>7</b>	3-Way Hip Glide	6/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
<b>1</b>	Hugs	20m
<b>2</b>	Walking Scoop & Reach	20m
<b>3</b>	Atlas Lunge	20m
<b>4</b>	Inch Worm Cat/Cow	20m
<b>5</b>	A Skip	20m
<b>6</b>	Sideways A Skip	20m
<b>7</b>	B Skip	20m
<b>8</b>	C Skip	20m
<b>9</b>	Fast Feet	20m
<b>10</b>	Long Pulls	20m
<b>11</b>	High Swings	20m
<b>12</b>	Arm Swings	10/direction

# USA KARATE DYNAMIC WARMUP

**Video Demonstrations Of Each Module Are Also Available Here:**

- **Quadruped / Hip Module Video Demonstrations:**

<https://youtu.be/J3ISgxxhPWul>

- **Dynamic Module Video Demonstrations**

<https://youtu.be/HQtnIzK7420>

# Recap

- **We hope you now have a better understanding of**
  - Module 1: Regional Kata Program
  - Module 2: Regional Kumite Program
  - Module 3: USA Karate Rules and Regulations
  - Module 4: Team USA Warmup



**Congratulations  
&**

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

Please visit [WWW.USANKF.ORG](http://WWW.USANKF.ORG) for USA National Coach Contacts AND Current Rules!

# USA Karate Warmup Slides Detail

# 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**
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# QUADRUPED/HIP MODULE

	Movement	Reps/Distance
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<b>6</b>	Straight Leg Hip Rockers	6/side
<b>7</b>	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**



# 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**





# 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



it

# 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**



# QUADRUPED/HIP MODULE

## Straight Leg Lateral Reach

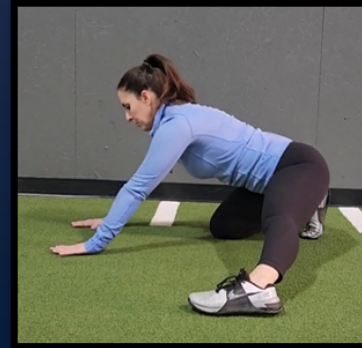
- **Positioning:**
  - Hands beneath shoulders
  - Spine flat, Braced core
  - Elbows straight
  - Extend 1 leg straight back
- **Execution:**
  - Squeeze the quad and reach back with the heel
  - Rotate toes out to the side, then swing leg out to the side. Go



# 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**



de



# 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
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<b>9</b>	Fast Feet	20m
<b>10</b>	Long Pulls	20m
<b>11</b>	High Swings	20m
<b>12</b>	Arm Swings	10/direction

# 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

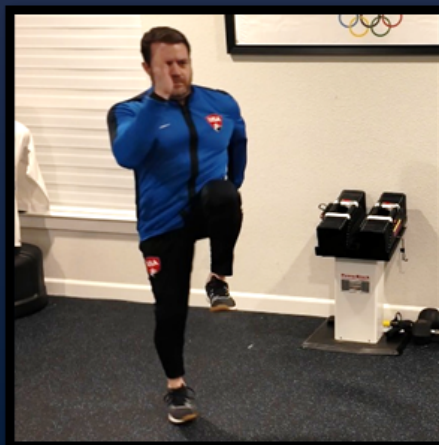
- **Execution:**
  - **Walk hands out until you are in a plank**
  - **Drop your hips to the ground and look up**
  - **Raise your hips to the sky and press heels into the ground**
  - **Walk your feet up to your hands, then repeat**



# 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 this sequence, raising the knee out to the side, then hop forward with both feet**



# 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 ground. Do not 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**

