

## PRE-KARATE CLASS IDEAS

- Obstacle course with levels: crawling, ducking, jumping, and balancing. Various options. When doing a course, try to review the individual components that they will be doing in the beginning of class. (Snake crawl under chairs)(Jump over noodles or kicking bags)(Block noodles)
- Rolls – forward, backward, side “barrel” rolls.
- Crane crosses the river (on pads) – or hop on the tape to get safely across
- Guard your square (back off, grabs, punches)
- Snake vs. crane (instructor cranes)
- Dragon circle (with pads)
- “Lock in” to Front Position on command/whistle (a) While sitting down in place; (b) Switch with the person behind you; (c) Pick an animal/walk around
- Animal crawls – snake, crane, crab, duck, frog, bear, shrimp
- Punch through hoops/punch paper/punch pads – use with lines, instructors hold items
- Silent Ninja exercises & drills
- Sensei says
- Follow the leader (copying game)
- Stranger danger/topics of safety – “What do you do if..?”; Role playing
- Animal walks to cones – touch without moving them or knocking them over
- Green light, Yellow light, Red light.
- Find the target drill: Students in Front Position & helpers around the room with pads. Go thru Front Ball Kick, Front Instep Kick, Front 2 knuckle, Hammer, Thrust punch and shuto. When their name is called they Half-moon to nearest pad, do the strike and then crab walk back to their spot in Front Position. Helpers will move around every so often to a new position. Can then do it again in the dark or with eyes closed.
- Animal crawls and then “fly” over the river changing to a flying creature then back once on land.
- Teaching lines – have the higher ranks “teach” something to the lower ranks.
- Noodle “dodge” using the shields to block as well.
- Front position “distraction” game.
- Use the crawl tunnel while doing various drills and have students run to tunnel, crawl through and then back to spot when their name is called out.
- Drill: Teach a move (ie: Front Instep Kick); break it down by parts (4 parts of kick); make a circle with instructors inside with pads moving around; 2-4 lines hitting a pad; now change it to try to get as close to pad without hitting it; last do it in a Dragon Circle.
- Balance a Dixie cup on the back of their hand while in Front position; fighting stance (modify hands) and while half-mooning around.
- STATION IDEAS: Blocks with noodles or with instructor; Jump/Duck/Block; Techniques – Grabs 1,2,3: Kempo A, B; DM 6; Rear Choke); Crab fighting; Kicks & Punches on the bag; Paper Punching.
- Keep balloons off the ground using only punches and kicks. Or just kicks. Can do the same drill with bubbles.

- Remember that with kids this age: (1) They learn by DOING; (2) Don't correct minor mistakes unless it's a safety issue; (3) Get down to their eye level; (4) Give lots of positive reassurance.
- Fighting Stance turning to face the 4 Animals and do a move.
- Snake position; kicks from ground; slap out to snake position.