



**BOYS & GIRLS CLUBS**  
OF ST. CHARLES COUNTY

<b>FOR OFFICE USE ONLY</b>	
Date Membership Paid:	_____
Amount Paid:	_____ C CK MO
Membership Exp. Date:	_____
Date:	_____ Staff: _____

## Karate Registration Form

Member's Name: \_\_\_\_\_

Circle One:

Male

Female

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ Zip \_\_\_\_\_

Street

State

E-mail Address: \_\_\_\_\_

Years of Experience: \_\_\_\_\_

Does your child have any medical conditions his/her Sensei should know about? YES / NO

If yes, please explain: (Asthma, ADHD, etc.)

\_\_\_\_\_  
\_\_\_\_\_

\*Classes will be cancelled due to inclement weather if the Fort Zumwalt or Wentzville School Districts are closed.

\*Classes are \$7.00.

\*Members must have an active membership to participate.

Parent Name (PRINT): \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# **White/Yellow Belt Curriculum**

## **Instructor Harlen Kirk II**

### **BLOCKS**

1. Outside Block
2. Inside Block
3. Rising Block
4. Dropping Block

### **KICKS**

1. Knee Kick
2. Front Snap Kick
3. Thrust Kick
4. Roundhouse-Knee

### **STRIKES**

1. High, Middle, Low Punch
2. Jab
3. Reverse Punch
4. Front/Back Elbow

### **STANCES**

1. Attention Stance
2. Riding Horse Stance
3. Fighting Stance

### **SELF-DEFENSE TECHNIQUES**

1. **Single-hand grab same side** - Start the lawn mower – grab fist, step back, pull
2. **Double-hand grab** - Lift hands up, circle hands – push strangers hands down, step back
3. **Front Choke** - Step back, raise arms, hit opponent's arms with forearms
4. **Cross-hand grab** - Open hand, circle hand, wave goodbye
5. **Two-hand grab** - Reach between opponent's arms, grab fist, pull upward
6. **Bear-Hug Over Arms** – Drop into Riding Stance, Elbow, Duck and turn.

### **CLASS OATH:**

I will respect my parents and teachers. I will never misuse my Martial Arts. I will always stay safe.

# Purple/Orange Curriculum

Sensei Harlen Kirk II

## BLOCKS

- 1 Hip Kick
- 2 Muay Thai Knee
- 3 Slipping

## STRIKES

- 1 Snake Fist, High/Low
- 2 Leopard Fist
- 3 Down/Side/Overhead Elbow
- 4 Double-Palm Strike

## KICKS

- 1 Jump Front (straight/fake/step)
- 2 Jump Round (straight/fake/step)
- 3 Jump Spin Back
- 4 Flying Side Kick
- 5 Spinning Crescent Kick

## FORM

Dragon Snake

## FALLS

Hip Throws Sweeps

## SELF-DEFENSE TECHNIQUES

### Grappling Techniques

- 1. Guard Armbar
- 2. Triangle Choke

### Standing Techniques

- 1. Ki-Lock
- 2. Basic Wrist Lock
- 3. Standing Shoulder lock
- 4. Downward Elbow Wrist Lock