

Wado Karate Association of Canada

Youth Curriculum

Youth White Belt Curriculum (6-12 years)

Etiquette

- Full dojo etiquette, rules and traditions
- Standing bow
- Moving from Informal Stance to Meditation Stance
- Moving from Meditation Stance to Informal Stance
- Bow to front - from Meditation Stance
- Bow to each other - from Meditation Stance
- Bow between a Sen'sei and students - from Meditation Stance

Kicks

1. Front kick - from Informal Stance
2. Side kick - from Informal Stance
3. Back kick - from Informal Stance
4. White belts may be taught Flying Front kick and Flying Side kick, but these kicks are not part of their formal curriculum.

Ju-Jitsu

Although these are not part of their formal curriculum, white belts may be taught back arch, cartwheel and handstand.

Basics

1. Punch at head, chest and groin level – from Informal Stance and Horse Stance
2. Lunge punch moving forward and backward – in Half Front Stance
3. Downward sweeping block, moving forward and backward – in Half Front Stance
4. Outside forearm block, moving forward and backward – in Half Front Stance
5. Inside forearm block, moving forward and backward – in Half Front Stance
6. Upward Rising block, moving forward and backward – in Half Front Stance

Kata

- Pinan Shodan

Self Defense

- General principles of awareness and self-defense are discussed.

Requirement Time at This Rank

The amount of time a student must train before grading to yellow belt is left to their instructor's discretion consistent with the guidelines for grading as in Appendix 5



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Youth Yellow Belt Curriculum (6-12 years)

Kicks

- Pinan Nidan

Basics

- Knife Hand block moving forward, backward and turning – from Back Stance.

Kata

- Pinan Nidan

Sparring

- Youth students at this rank should learn and practice sparring style movements and distancing with absolutely no contact of any kind.

Self Defense

- Continued discussion on karate techniques for self-protection.

Requirement Time at This Rank

- Six months



Wado Karate Association of Canada

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Youth Orange Belt Curriculum (6-12 years)

Kicks

- No new techniques

Basics

- Ren zuka waza shodan

Kata

- Pinan sandan

Sparring

- No new techniques

Self Defense

- Continued application of self-defense techniques against single unarmed opponents.

Requirement Time at This Rank

- Six months



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Youth Curriculum

Youth Green Belt Curriculum (6-12 years)

Kicks

- No new techniques

Basics/ Basic Combinations/ Basic Free Combinations

- Ren zuka waza nidan

Kata

- Pinan yondan

Sparring

- No new techniques

Self Defense

- Continued application of self defense techniques against single unarmed opponents

Requirement Time at This Rank

- Six months



Wado Karate Association of Canada

Youth Curriculum

Youth Blue Belt Curriculum (6-12 years)

Kicks

- No new techniques

Basics

- Ren zuka waza sandan

Kata

- Pinan Godan

Sparring

- No new techniques

Self Defense

- Continued application of self defense techniques against single unarmed opponents

Requirement Time at This Rank

- Six months



Wado Karate Association of Canada

Youth Curriculum

Youth Brown Belt Curriculum (6-12 years)

Kicks/ Basics/ Basic Combinations/ Basic Free Combinations/ Sparring/ Self Defense

- Ren zuka waza yodan

Kata

- Naihanchi

Requirement Time at This Rank

One year



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First Degree Black Belt Curriculum (6-12 years)

Students with a designated youth program are not permitted to grade to black belt ranks.

However, instructors may recommend that a youth student be permitted to transfer to an adult program if the instructors are confident that the youth is mentally, physically and technically prepared to do so.

If youth students do transfer to an adult program, they must learn the full adult curriculum appropriate to their rank as quickly as possible, and before being graded any further in the adult ranks.

Should anyone under the age of 16 be graded above brown belt, they must wear a red belt, and are not permitted to wear a black belt.

When red belt students turn 16, they may begin wearing a black belt immediately.

Please note:

Approval for changes, amendments, or additions to this curriculum can only come from Shihan Reid.

No technique from any other style, school instructor, seminar, tournament or any other origin may be introduced into a Wado Canada school class unless it is clearly separated and clearly expanded as separate from the Wado Canada curriculum.

Technical questions should be addressed to the senior ranks within a given dojo. If questions cannot be answered within a given dojo, or if Wado Canada teachers have



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any requests regarding exceptions to the curriculum standards, they should be addressed to Shihan Reid, the Technical Director of the Wado-Kai Karate Association of Canada.

