CENTRAL KARATE ACADEMY

CKA

Tiger Stripes Karate

Syllabus

THE ADAPTED CURRICULUM FOR SPECIAL EDUCATIONAL NEEDS

Tiger Stripes Karate

Adaption

WHAT WE DO

At Central Karate Academy, we believe everyone within the commuity should get access to martial arts. Tiger Stripes Karate was founded in April 2023, and since opening from September 2023, it has expanded massively across Warwickshire with currently 2 classes on roll.

Our Academy understands that children who attend a martial arts activity have one goal in mind, earning belts. With a traditional grading syllabus, and with varied needs of children, we know this cannot always be possible.

Our new adapted syllabus, specifically for children with Special Education Needs and Disabilities, ensure that all students can still earn a belt, but in a more achievable way.

The introduction of belt badges across our Tiger Stripes cohort will enable children to progress thorough a curriculum, without worrying about a belt which may feel 'too tight'.

Everyone deserves a chance at achieving, so why stick to traditional ways to prevent children from progressing? Tiger Stripes Karate is going to, and will, adapt the traditional pathway of karate, so more children can access a sport.

Jake Byrne

Lead Instructor of Tiger Stripes Karate

The Moves

WHAT WE LEARN

Tiger Stripes Karate is constantly adapting and changing the activities which are taught. Our lessons are specifically designed depending on the needs of the children attending the class. Some classes are made with ease, some classes are made with a touch of challenge.

This syllabus is always being changed.

The arm and hand moves:

- front punch
- bear claw
- downward block
- head block
- inside to outside block
- outside to inside block
- elbow strike
- knife hand block
- spear hand

The leg and feet moves:

- front kick
- side kick
- round kick
- back kick
- stamping kick
- crescent kick

The fitness exercises:

- push-up alternative - pad under your arm
- sit-up alternative - lifting legs over spots

White Belt

WHAT WE ASSESSED

Warm-Up:

- push-up alternative - pad under your arm
- standing on the spot movements

The arm and hand moves:

- front punch
- bear claw
- downward block

The leg and feet moves:

- front kick

Warm-Down:

- standing on the spot activities
- floor activities

Red Belt

WHAT WE ASSESSED

Warm-Up:

- **sit-up alternative - lifting legs over spots**
- **standing on the spot movements**

The arm and hand moves:

- **front punch**
- **downward block**
- **head block**
- **inside to outside block**

The leg and feet moves:

- **front kick**
- **round kick**

Warm-Down:

- **standing on the spot activities**
- **floor activities**

Yellow Belt

WHAT WE ASSESSED

Warm-Up:

- standing on the spot movements
- floor activities

The arm and hand moves:

- bear claw
- head block
- outside to inside block
- inside to outside block

The leg and feet moves:

- round kick
- side kick

Warm-Down:

- standing on the spot activities
- floor activities

Orange Belt

WHAT WE ASSESSED

Warm-Up:

- sit-up alternative - lifting legs over spots
- floor activities

The arm and hand moves:

- downward block
- elbow strike
- triple front punch
- double bear claw

The leg and feet moves:

- round kick
- side kick
- stamping kick
- front kick

Warm-Down:

- standing on the spot activities
- floor activities

Green Belt

WHAT WE ASSESSED

Warm-Up:

- **push-up alternative - pad under your arm**
- **standing on the spot activities**
- **floor activities**

The arm and hand moves:

- **back fist**
- **double downward block**
- **double inside to outside block**
- **elbow strike, front punch**

The leg and feet moves:

- **stamping kick**
- **front kick**
- **back fist**

Warm-Down:

- **floor activities**

Blue Belt

WHAT WE ASSESSED

Warm-Up:

- standing on the spot activities
- floor activities

The arm and hand moves:

- triple back fist
- triple bear claw
- front punch, bear claw, outside to inside block
- knife hand

The leg and feet moves:

- stamping kick
- double round kick
- double front kick
- back fist

Warm-Down:

- floor activities
- push-up alternative - pad under your arm

Purple Belt

WHAT WE ASSESSED

Warm-Up:

- **sit-up alternative - lifting legs over spots**
- **standing on the spot**

The arm and hand moves:

- **knife hand**
- **spear hand**
- **back fist, inside to outside block, outside to inside block**
- **headblock**

The leg and feet moves:

- **crescent kick**
- **double back kick**
- **triple front kick**

Warm-Down:

- **floor activities**

Brown Belt

WHAT WE ASSESSED

Warm-Up:

- sit-up alternative - lifting legs over spots
- floor activities

The arm and hand moves:

- knife hand
- spear hand
- back fist, inside to outside block, outside to inside block
- front punch
- bear claw

The leg and feet moves:

- crescent kick
- double back kick
- triple front kick
- side kick
- round kick

Warm-Down:

- floor activities
- push-up alternative - pad under your arm

Black Belt

WHAT WE ASSESSED

Warm-Up:

- **push-up alternative - pad under your arm**
- **standing on the spot activities**

The arm and hand moves:

- **knife hand**
- **spear hand**
- **back fist, inside to outside block, outside to inside block**
- **triple front punch**
- **quadruple bear claw**
- **elbow strike**
- **headblock**

The leg and feet moves:

- **crescent kick**
- **double back kick**
- **triple front kick**
- **side kick**
- **round kick**
- **double stamping kick**

Warm-Down:

- **floor activities**
- **sit-up alternative - lifting legs over spots**