

AKDS Youth Club Standards

(Updated: 21 May 2015)

We seek tranquility in the midst of conflict or danger and strive to control our bodies, minds and emotions to be able to avoid conflict when possible, defend ourselves when necessary and protect others when able.

PRINCIPLES

- **FUNDAMENTALS:** The AKDS Mission Statement & Motto are foundational, have students memorize and quote together at every practice.
- **SAFETY:** Safety is of the utmost importance—always stress proper warm-up, encourage relaxed focus, encourage youth to give 110% but also to be patient.
- **FOCUS:** Keep the idea of true “self-defense” always in view (do not let practice degrade into silly games or point-sparring “tag” matches).
- **LEADERSHIP:** Train club leaders—appoint students to help by serving in club leadership roles (Pres./Vice, Sec., Treasurer, Kata Leader, etc.).
- **STRUCTURE:** Be consistent and repetitive with high expectations (youth often memorize, learn, adapt and apply correction better and more quickly than adults).
- **PRACTICE:** Help students learn to line up in barrier distance & kata formation, rotate partners, take & switch initiative, warm-up, etc.

POLICIES

- **AGE:** Youth clubs are for children age 8-16 who generally practice weekly for an hour.
- **VENUE:** Practices can be held in homes, schools, churches, civic clubs, rec. centers, community rooms, libraries, etc., but AKDS does not rent practice space.
- **NUMBER:** Maximum student to instructor ratio is generally 10 to 1, with an optimum class size of around 20 youth.
- **COST:** Membership dues are generally \$10 per month, a gi at member discount price is \$20 (includes shipping), and member dues cover the cost of belt grades.
- **FEES:** Extra fees can be collected for attendance at Karate Camps, Courses, etc. to cover visiting instructor travel expenses, socials, etc.
- **ADULTS:** Parents are encouraged to watch, but are generally allowed to participate only if they join AKDS or have a child with special needs.
- **WAIVERS:** All participants (parents and youth) must complete registration and waiver forms before they or their children can participate in practice.
- **DISCIPLINE:** Practice privileges can be revoked by an instructor at any time due to misbehavior, disrespect, lack of interest, etc.
- **GRADING:** A formal belt grading can be held, but belts should at least be awarded to students once every school year, and also at mid-year if desired.
 - **OPTION 1:** award 6 kyu grades 1-2 times per year as noted above (a white stripe along the length of the belt differentiates it from adults).
 - **OPTION 2:** up to 3 blackstripes can be added per colored belt to help students mark progress between belts.
 - **NOTE:** In AKDS youth are not awarded the ranks of 1st-5th Dan Black Belt until they are able to practice with adults at an adult club level.

PRACTICE

- **DOJO RULES...**
 - Bow when entering or leaving dojo (respect)
 - Bow to partner between exercises (respect)
 - Use appropriate language (discipline, integrity, respect)
 - Ask before leaving practice (integrity, respect)
 - Control temper in & out of dojo (discipline, integrity, respect)
 - Do not speak while instructors explain (discipline, respect)
- **PRACTICE OUTLINE...**
 - seiza, mission statement, bow, jump to feet (5min)
 - warm-up and stretching (10min)
 - kata practice (15min)
 - kihon, ten-no kata, & kumite exercises (25min)
 - standing circle, motto, bow (5min)
 - times may be adapted to meet individual club needs

AKDS Youth Belt Rank Standards

Belts are awarded by instructors once youth have practiced for a time sufficient to demonstrate competency in each of seven areas:

	RED	YELLOW	ORANGE	GREEN	BLUE	BROWN
Skills	<ul style="list-style-type: none"> • Memorize Mission • Memorize Motto • Show 5 postures 	<ul style="list-style-type: none"> • Ties own belt • Jumps from seiza • knows posture names 	<ul style="list-style-type: none"> • knows levels • knows basic terms • can perform Irimi 	<ul style="list-style-type: none"> • can lead warm-ups • leads R/Y/O kata • always uses hiki-te 	<ul style="list-style-type: none"> • helps lead practice • knows most terms • competent w/sanbon 	<ul style="list-style-type: none"> • can devise exercises • knows all terms • can lead all kata
Kata	<ul style="list-style-type: none"> • Taikyoku Shodan • Taikyoku Nidan • Taikyoku Sandan 	<ul style="list-style-type: none"> • Heian Shodan • Heian Nidan • Heian Sandan 	<ul style="list-style-type: none"> • Heian Yodan • Heian Godan 	<ul style="list-style-type: none"> • Kanku Dai • Tekki Shodan 	<ul style="list-style-type: none"> • Tekki Nidan • Tekki Sandan • Bassai Dai 	<ul style="list-style-type: none"> • Meikyo • Hangetsu • Jutte
Strikes	<ul style="list-style-type: none"> • Oi-tsuki • Tetsui 	<ul style="list-style-type: none"> • Mae-te • Gyaku-tsuki 	<ul style="list-style-type: none"> • Uraken • Empi 	<ul style="list-style-type: none"> • Shuto-uki • can counter w/blcks 	<ul style="list-style-type: none"> • Shomen-uchi 	<ul style="list-style-type: none"> • sees stop-hit timing
Blocks	<ul style="list-style-type: none"> • Gedan-barai • Ude-uki 	<ul style="list-style-type: none"> • Morote-uki • Teisho-barai 	<ul style="list-style-type: none"> • Uchi-komi • Morote-uki 	<ul style="list-style-type: none"> • Gyaku-tsuki • Age-uki 	<ul style="list-style-type: none"> • is rotating trunk 	<ul style="list-style-type: none"> • adaptively counters
Kicks	<ul style="list-style-type: none"> • Mae-geri • Fumi-komi 	<ul style="list-style-type: none"> • Yoko-geri Keage • kicks front&back leg 	<ul style="list-style-type: none"> • Yoko-geri Kekomi • Aori-geri 	<ul style="list-style-type: none"> • Mawashi-geri 	<ul style="list-style-type: none"> • Nidan-geri 	<ul style="list-style-type: none"> • Mikazuki-geri
Practice	<ul style="list-style-type: none"> • about 6mo, 1x/wk 	<ul style="list-style-type: none"> • about 1yr, 1x/wk 	<ul style="list-style-type: none"> • about 1-2yrs, 1x/wk 	<ul style="list-style-type: none"> • about 2-4yrs, 1x/wk 	<ul style="list-style-type: none"> • about 4-6yrs, 1x/wk 	<ul style="list-style-type: none"> • about 6-8yrs, 1x/wk
Attitude & Ability	<ul style="list-style-type: none"> • Makes basic shapes • Follows kata well • listens attentively • is excited to learn • asks questions • is respectful 	<ul style="list-style-type: none"> • settles into posture • can lead some kata • beginning to focus • showing humility • accepts correction • working harder 	<ul style="list-style-type: none"> • moving smoother • some harmony • requests feedback • often helps others • attends faithfully • self-corrects 	<ul style="list-style-type: none"> • starts seeing timing • is self-motivated • asks for correction • lowering of posture • focuses in practice • increasing speed 	<ul style="list-style-type: none"> • harmonizes timing • ponders practice • moves fluidly • recognizes distance • power is increasing • adapts on the fly 	<ul style="list-style-type: none"> • enjoys leading • attends courses • disguises intent • is relaxed & settled • penetrating power • manages pressure