



Empower Martial Arts
 205 Beaver Street
 Yorkville, IL 60560
 630-882-8583
 www.empower-usa.com



Discipline
 Respect for Others
 Courage
 Self Confidence
 Concentration
 Focus
 Emotional Control
 Manners
 Better Study Habits
 Improved Grades
 Physical Fitness
 Good Health

Dyno-Mite Karate Program Curriculum

The goals and objectives of the Dynamite Karate program are to prepare the students, ages 4 to 6 years old, for the Samurai Warrior Karate program. This could be considered “pre-karate” in that the children learn single, basic techniques and simple movement patterns that are utilized in the succeeding karate program they participate in. The children are introduced to the structure used, along with the respect and discipline required in our regular martial arts programs. We understand that this young age needs to have fun, too. So, many of the skills and knowledge are taught and learned through various “karate” games. Every activity we use in a class has a purpose – so if you are not sure what we are doing or why we are doing it, I urge you to ask!!! It is very important for parents to know that their children are gaining important life skills while participating in a fun and healthy activity that will benefit them the rest of their lives!

- Dynamites are “tested” for stripes that are be added to their white belts.
- A student can earn the Orange through Purple Stripes in any order.
- A student must have all the Stripes (Orange through Purple) before “testing for the Brown Stripe.
- Once the student attains a Brown Stripe, he or she is promoted into the Samurai Warrior Karate program.

The following requirements are necessary for each specific Stripe color.

Stripe Color	Requirements
Orange	<ul style="list-style-type: none"> • Know Right & Left • Know style of karate – Kajukenbo • Perform Back Fist and know the Japanese name (Reiken)
Yellow	<ul style="list-style-type: none"> • Perform Reverse Punch (Gyaku Tsuki) • Perform Back Fist / Reverse Punch Combination • Perform Kata Preparation & Know the meaning
Green	<ul style="list-style-type: none"> • Perform Knee Strike (Hittsui) • Perform Front Kick (Mae Geri) • Perform first 4 moves of Taihokyu (1st Kata)
Blue	<ul style="list-style-type: none"> • Perform Step Side Kick (Yoko Tobi Geri) • Perform Side Kick (Yoko Geri) • Perform first 8 moves of Taihokyu (1st Kata)
Purple	<ul style="list-style-type: none"> • Perform Corkscrew Punch • Perform first 12 moves of Taihokyu (1st Kata)
Brown	<ul style="list-style-type: none"> • Perform the beginning of the Kicking Series (Front Kick, Side Kick and Roundhosue Kick while stepping forward) • Perform Back Kick