



Program: Karate Kidz Zone (10 to 14 yrs.)

Skill: Basics

Drill: Basics dual

Equipment needed: None

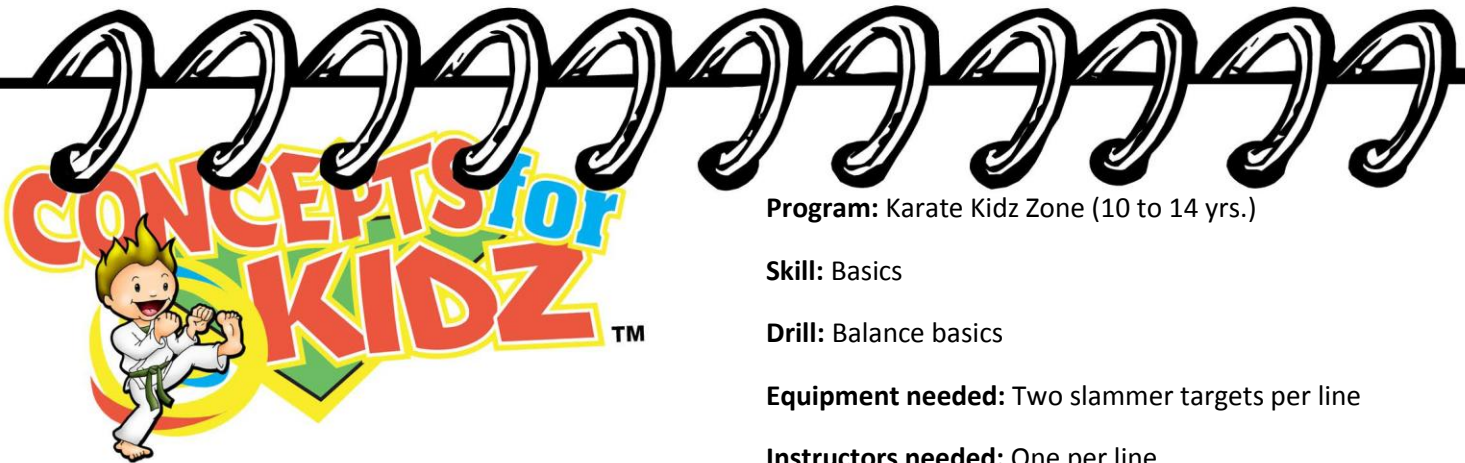
Instructors needed: Several to monitor

Description: *In this drill the students will play a game of dual with their basic techniques to see who the fastest person is.*

Steps:

1. Have each student pair up with a partner and line them up on the middle of the training deck facing each other as shown in the picture.
2. The instructor will call out a basic technique and then say "go." The student that executes the technique the slowest between each pair must do five jumping jacks.
3. If the students flinch before you say "go" then they must do five jumping jacks.
4. Continue using a variety of blocks, strikes, kicks, and stances.
5. This is a great drill that builds reaction time while at the same time helps the students practice their basics.
6. This is also a great filler drill for when you have extra time in class. This drill can be as short as 1-minute or as long as several minutes.





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Skill: Basics

Drill: Balance basics

Equipment needed: Two slammer targets per line

Instructors needed: One per line

Description: In this drill the student will test their balance and strength of their middle stances while performing their basic techniques by standing on a stack of slammer targets.

Steps:

1. Divide your students into lines with no more than six per line. For each line, stack two slammer targets on top of each other.
2. The first student in each line will stand on the slammer targets in a middle stance as shown in the picture.
3. The instructor will call out four to ten random basic hand techniques that the student must perform.
4. If the student falls off the slammer targets while they are performing their basics then they must do twenty-five jumping jacks.
5. Repeat the process until every student has a turn.
6. One the second round, call out basic kicks.





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Skill: Basics

Drill: Retraction punches

Equipment needed: One rubber tube and focus mitt per line

Instructors needed: One per line

Description: *In this drill the students will work on the power of their retraction hand by pulling a rubber tube back while they punch a focus mitt.*

Steps:

1. Divide your class into several lines with no more than six per line.
2. The instructor will hold one end of the rubber tube with their left hand and a focus mitt in their right hand as shown in the picture.
3. The student will hold the rubber tube with their right hand and pull the tube backwards as they punch the focus mitt with their left hand as shown in the picture. The student will punch the target ten times.
4. Continue until each student has a turn.
5. One the second round, have the student's switch hands.
6. This is a fun drill to help the students practice working on their retraction hand. Many students do not add power to their retraction hand, and this drill will help.

