



SHOTOKON KARATE @ FOCUS MARTIAL ARTS

Shotokan Karate is one of the major sub-styles of Karate. It is one of the most popular martial arts styles taught around the world. Shotokan is mainly a striking art that also includes elements of throws/takedowns that have been added from Judo.

At Focus, our Karate students learn & practice things like:

KIHON/Basics (fundamentals like punches, kicks, blocks, stances).

KATA/Forms (sequence of movements that include elements of direction, technique, speed, power & rhythm).

KUMITE/Sparring (sparring drills and free sparring with single or multiple partners where students have the chance to apply their offensive and defensive techniques and strategies in a safe manner).

BUNKAI/Self-Defense (practical application of the Kata techniques, where students get to break down the Kata into self-defense scenarios).

CONDITIONING (students work on their strength, power, speed and agility doing age-appropriate body weight exercises and drills).

FOCUS KARATE RANKS/BELTS

8 Years & Older	7 Years & Younger
<ul style="list-style-type: none">• WHITE• ORANGE• YELLOW• BLUE• GREEN• LOW PURPLE• HIGH PURPLE• BROWN 3 / SAN-KYUU• BROWN 2 / NI-KYUU• BROWN 1 / IKKYUU• 1st BLACK BELT / SHODAN and more ...	<ul style="list-style-type: none">• WHITE• White with Orange Stripe (4 & 5 yrs old)<ul style="list-style-type: none">• Orange with White Stripe<ul style="list-style-type: none">• ORANGE• Yellow with White Stripe<ul style="list-style-type: none">• YELLOW• Blue with White Stripe<ul style="list-style-type: none">• BLUE• Green with White Stripe<ul style="list-style-type: none">• GREEN



FOCUS RANK PROMOTION

1. STRIPE TESTING

Stripe Testing is done every 3 months in all of our classes over a one-week period. During Stripe Testing week the students' proficiency is being evaluated to see if they are ready to move on to the next rank. This step will also keep our students motivated and moving forward with regular feedback from our instructors.

During Stripe Testing week, students may stripe test only once in any appropriate age and rank Karate class. If students attend classes more than one time a week, they may use the other classes as a practice for Stripe Testing. Students should let their instructor know of their intentions at the beginning of their class.

Each Stripe Test will result in the students receiving either one **Black Stripe**, which means they still need to improve towards their next rank, or a **Red Stripe**, which means the students are ready to be tested for their next rank. Each rank is different and the higher your rank, the greater the expectations in achieving that rank. When the students receive their Red Stripe, they will also receive an invitation for the upcoming Special Training & Belt Test.

2. SPECIAL TRAINING

After each Stripe Test and before each Belt Test, we offer a review class available to all students eligible to attend the Belt Test. This Special Training is a good opportunity for our students to work on those techniques that need a little more attention and ask last minute clarifications from our instructors. This training is typically scheduled for the Saturday afternoon one week before the Belt Test.

3. BELT TEST

Finally, the big day has come and all eligible students are able to come and demonstrate their awesomeness in front of our testing panel of Karate Instructors. The Belt Test is scheduled a week after the Special Training and depending on the level of students, the testing can last between 15 and 30 minutes at the Beginner/Intermediate levels and a lot longer for our Brown & Black Belts.

Students are tested on their Kihon/Basics, Kata/Forms, Kumite/Sparring & more. At the end of the Belt Test the students will be rewarded with their new belt, and for Brown & Black Belts they will also receive an awesome Focus Martial Arts Rank Certificate.

Many students and their parents approach exams and tests with relative apprehension. This is where a positive attitude can really prove beneficial. If a Black Belt is what you really want, then you must prepare for your exams to the best of your ability. Study and practice until you know your stuff! You'll have the confidence to tackle exams head on, and before you know it, you'll earn the right to wear the Focus Martial Arts Black Belt!



KUMITE EQUIPMENT REQUIREMENTS

Kumite/Sparring is a very important part of the martial arts experience. We believe that in order to truly understand peace, you must be confident in your ability to fight to defend yourself. Those children and adults who have the highest confidence levels are not only more likely to be leaders, they are also less likely to use aggressive behaviors to lead. The key to everything we do at Focus is to build confidence because we know that confidence is the foundation to success in life.

Just as a white belt is not expected to know much about what is required of them when they begin their Karate training, so is the martial artist who starts learning to spar. Focus students learn to spar through a variety of pad work drills, partner drills, and sparring rounds with our instructors.

Eventually, as they get more comfortable, students get to do free sparring rounds with other students, practicing their Karate techniques in a fun, creative, and safe manner. In order to have safe sparring sessions, all Focus students are required to have the proper sparring gear available for all of our Karate classes. Just as in any other sport, proper equipment is critical to success and safety.

Below you can see the minimum required Kumite equipment for each rank.

Focus Martial Arts is an AAU Karate Club, and we will not allow the use of sparring equipment that is not approved by the AAU Karate. We do have all the required equipment in stock, so please see your Karate instructor for sizing!

CURRENT RANK	REQUIRED KUMITE EQUIPMENT
White – Low Purple Belts	White Karate Uniform & Fist Guards
High Purple – Black Belts	Helmet with Face Shield, Mouth Guard, Chest Protector, Groin Cup (male), Shin/Foot Guards

Please note that students of lower ranks can purchase complete sparring gear at any time in order to be able to participate in the free sparring sessions with other students.