



# WHITE BELT

Getting Stronger, Safer & Smarter Everyday.

## Kids STRIPES: Moving Up

- Great Effort in Class
- 7-Day Challenge
- First 8-Steps of Pinan Shodan
- All of Pinan Shodan
- Eagle 50
- Horse Stance

## ETIQUETTE: Bowing (Rei)

- Door: When you Arrive
- Formal Kneeling Bow
  - Start and End Class
- Partner Work: Before and After
- Kata: Begin and End
- Door: When you Leave

## BKD RESOURCES

- Binder, Journal, Websites, Groups, Book, Classes

## TECHNIQUES: 5 - 5 - 5 - 5

- Five Blocks
- Five Stances
- Five Strikes
- Five Kicks

## PHILOSOPHY / HISTORY

- Bushido Karate Dojo
- Karate Origins
- Begin your ONE THING Journal
- Vocabulary

## STRIPE CHALLENGE: FOOD

- 7-Days No Sugar / No Junk

## ATTENDANCE

- Minimum of 24 Classes prior to Yellow Belt Test

## SPARRING

- Mosquito Drill
- Block and Counter
- Driving with Partner

## EVENTS

- FREE Tournaments
- Karate Camp: June
- Dojo Parties

## KATAS

- Pinan Shodan
- Seisan (Adults)
- Eagle 50

## WHITE BELT GOAL

- YELLOW BELT



# White Belt Resources

---

---

## 3-Ring, One Inch, “View” Binder

- Bring to Sensei to receive Cover
- This journal will be a priceless record of your successes.

## “My One Thing” Journal

- Lined paper in your binder, or a journal to use after every practice.
- After every class get in the habit of writing quickly in your journal.
- What is ONE THING that you: learned, thought about, were told to do, or told not to do? Did you learn a new MOVE? A new KATA?
- Little kids are welcome to have their Mom's and Dad's help record words, or you could even draw a picture!

## Beginner Kids Karate Classes at BKD

- Tuesdays and Thursdays 5-5:45 pm
- Saturdays 9:15-10 am

## Beginner Teen and Adult Classes at BKD

- Mondays and Wednesdays 6-7 pm

## Intermediate Kids Classes at BKD (Yellow Belt and Above)

- Mondays and Wednesdays 5-5:50 pm

## Advanced Kids, Teens and Adults at BKD (Blue Belt and Above)

- Tuesdays and Thursdays 6-7 pm
- Saturdays 8-9 am

## ZOOM Streaming Class LINK: Updated link in FB group

- Wednesdays/Fridays 8:30-9:15 am (Recorded)
- Saturdays 7-7:45 am (Recorded)
- Evening Class: Coming Soon!



# Kids: White Belt Stripes – Moving Up

## TAG SIDE of Your Belt (Kids)

- **Great Effort or Compassion in Class**
- **7-Day “Sugar Free” Challenge**
  - This is truly a Junk Food Free challenge.
  - 7-days, IN A ROW, of no: Candy, Cake, Pop-tarts, Sugary Cereal, Cookies, Soda...NO JUNK.
  - Dates: \_\_\_\_\_ Student Signature: \_\_\_\_\_
- **30 Minute Horse Stance**
  - When you are almost ready to test for your Yellow Belt, Sensei will ask you to do your Horse Stance in Class. Don't practice this at home. It is a “Mind over Matter” Exercise.

## NON-TAG SIDE of Your Belt

- **Pinan Shodan Kata (Memorized Form)**
  - Learn and DO the first 8-steps of Pinan Shodan Kata
  - Use the Renshi Lisa YouTube Channel for help.
- **Pinan Shodan Kata**
  - Learn and do all of Pinan Shodan
- **Complete your EAGLE 50**
  - Every belt rank requires that you record the practice ALL of your katas: 50 times.
  - Eagle 50 Sheets can be found in Facebook Group and in BBA.StrongerSaferSmarter.me



# White Belt Etiquette - Rei

---

---

## Etiquette is a Fancy Word for GOOD MANNERS

- **REI means BOW** (When you bend at the waist)
  - We do it a lot in Karate so let's talk about why.
  - It's not about worship, it's about showing RESPECT for each other.
- **Bow at the door – Set Your Mind**
  - Before entering the dojo; show respect for yourself by leaving the rest of your day, at the door.
  - Be ready for a great class!
  - When you leave the dojo for the day, bow to show respect for the good work that you have done; making yourself stronger, safer and smarter.
- **Formal Kneeling Bow – Be Thankful**
  - We begin and end most classes with a traditional (old) style of bowing.
  - When the whole class bows to the front of the room, we are all saying “Thank you,” to the Instructors and martial artists who have come before us and shared their knowledge.
  - When the teachers bow to the students, they are saying “Thank you for learning from me today.”
  - When the students bow to the teachers, they are saying “Thank you for teaching me today.”
- **Working with a Partner – Mutual Respect**
  - Bow to begin and end training together.
  - Respect each other and make each other better in karate.
- **KATA – Get Focused**
  - Every kata begins and ends with a bow.
  - I will do my best. I am doing my best. I did my best.



# Five, Five, Five, Five – The Basics

---

---

## ● Five Stances

- Fudo Dachī – Attention Stance
- Kiba Dachī – Horse Stance
- Neko Ashi Dachī – Cat Stance
- Mae Dachī – Front Stance
- Kokutsu Dachī – Back Stance



Word Search  
For KIDS

## ● Five Blocks

- Age Uke – Rising Block
- Gedan Barai – Downward Block (Parry)
- Soto Ude Uke – Outside Forearm Block
- Omote Ude Uke – Inside Forearm Block (Scoop)
- “Turtle Head Block”, also “Don't Be there Block” (Renshi's favorite)

## ● Five Strikes

- Choku Zuki – Straight Punch
- Gyaku Zuki – Reverse Punch
- Raken Uchi – Back-fist Strike
- Tetsui Uchi – Hammer Fist Strike
- Shuto Uchi – Knife Hand Strike

## ● Five Kicks

- Mae Geri – Front Kick
- Ushiro Geri – Back Kick
- Mawashi Geri – Roundhouse Kick
- Yoko Geri – Side Kick
- Mae Tobi Geri – Flying Front Jump Kick (Skip Kick)



# White Belt History

---

---

## Bushido Karate Dojo

- Translation: Where the empty handed warriors train.
- Founded in Maine in 1980 by Beth and John Bielat.
- Shihan Beth Bielat began studying **Kyokushin** Karate at the age of 8, in New Jersey with Sensei Martin Katz.
- Shihan John Bielat studied **Isshinryu** Karate in New Jersey with Sensei Don Vitale.
- When Beth and John were married they combined the styles.
- BKD continues to evolve today, curated by **Renshi Lisa Magiera** and **Sensei Eric Magiera**.

## Karate Origins

- Legend has it that the **Tibetan** Monk, **Bodhidharma** traveled over the Himalayan mountains to begin a monastery in **China**.
- During his journey he observed the power and mysteries of nature.
- When he began the **Shaolin** monastery he realized that the monks were not physically fit enough to endure the challenges of deep meditation.
- He began a course of physical training based on his observations to assist them in their spiritual journeys.
- Methods of empty-hand (Kara-te) techniques spread around the world.
- Karate is the evolution embraced by styles in Japan.
- **Kyokushin** and **Isshinryu** are both from **Okinawa**, a small Japanese island.

## - QUIZ -

- What are the names of the two karate styles studied at BKD?  
1. \_\_\_\_\_ 2. \_\_\_\_\_
- What are the names of BKD's current head instructors?  
1. Renshi \_\_\_\_\_ 2. Sensei \_\_\_\_\_
- The \_\_\_\_\_ Monk, \_\_\_\_\_ traveled over the Himalayan mountains to become the founder of the \_\_\_\_\_ monastery in \_\_\_\_\_.
- The small Japanese island of, \_\_\_\_\_, is known as the "Birthplace of Karate".



# White Belt - Vocabulary List

Sensei will say the Japanese word. You will say the English word.

Japanese Word	English Word	How to say it.
Sensei	Teacher	sen-say
Senpai	Senior Student	sem-pie
Dojo	Training Hall	doe-joe
Obi	Belt	o-bee
Gi	Uniform	g-ee
Rei	Bow	ray
Kipsu	Line Up	kip-sue
Kiai	Short Yell	key-eye
Seiza	Kneel Down	say-zuh
Mokso	Close your eyes and meditate	moke-so
Agaru	Stand Up	a-gay-ru
Hagime	Go	ha-ja-may
Yamae	Stop	yah-may
Dachi	Stance	dah-she
Karate	Empty Hand	ka-ra-tay
Kata	Pre-arranged dance like form	kah-tah
Kumite	Sparring	koo-ma-tay
Zuki	Punch	zoo-key
Uche	Strike	ooh-chee
Uke	Block	ooh-kay
Geri	Kick	gear-ree

Students must also know:

- The name of your Karate school: **Bushido Karate Dojo**
- The name of your first kata: **Pinan Shodan**

You will find two videos to assist you with the Vocabulary List on the Renshi Lisa YouTube channel.



# White Belt Checklist

---

- 3-Ring “View” Binder - Bring to Sensei to receive Cover
- “My One Thing” Journal – Lined paper in your binder, or a journal to use after every practice. Adults are welcome to help.
- 7-Day “Sugar Free” Challenge
  - Dates: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_
- History Lessons: BKD and Karate Origins
  - Show Sensei your completed quiz. Date \_\_\_\_\_
- 5 \_\_\_\_\_ 5 \_\_\_\_\_ 5 \_\_\_\_\_ 5 \_\_\_\_\_
- Kata: Visit Renshi Lisa YouTube Channel for reference.
  - Pinan Shodan (Kids) & Seisan (Adults)
  - Eagle 50 – Documented practice of Kata.
- Vocabulary Words
 

Use Renshi Lisa YouTube Channel as resource.

Date you tested your knowledge of the words with Sensei: \_\_\_\_\_
- 30-Minute Horse Stance - **NOT a practice at home activity.**  
It will be performed during Class at the request of Sensei.
- Attend at least ONE Class or Event at BKD Casco
 

Date: \_\_\_\_\_ Circle One: **Class**   **Zoom**   **Tournament**   **Karate Camp**
- Attend Minimum of 24 Classes: 1-2 classes per week.
 

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

