



# Horizon champions club (R)

**Detailed week-by-week breakdown** of the **24-month Shito-Ryu Karate syllabus** for 2-year-olds, incorporating fun activities and concepts for each week. The program spans 96 weeks (24 months) and gradually introduces the basics of Shito-Ryu Karate through imaginative play and interactive exercises.

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## Year 1: Foundations in Karate for Toddlers (Weeks 1-48)

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### Month 1-3 (Weeks 1-12): Introduction to Karate (Stances, Punches & Fun)

**Theme:** "Karate Superheroes"

#### Weeks 1-4: Basic Stances and Superhero Punches

- **Stances:** Shiko Dachi (Horse Stance), Hachiji Dachi (Ready Stance)
- **Punch:** Seiken Zuki (Straight Punch)
- **Fun Activity:**
  - **Power Punch Practice:** Kids pretend to be superheroes punching soft targets (balloons or pads).
  - **Karate Freeze:** Freeze in superhero poses after punching.

#### Weeks 5-8: Introducing Front Kicks

- **Kick:** Mae Geri (Front Kick)
- **Stances:** Review Shiko Dachi and Hachiji Dachi
- **Fun Activity:**
  - **Kick the Target:** Kids kick foam pads pretending to knock over villains.
  - **Karate Animal Walks:** They move in karate stances while mimicking animal movements (frog jumps, bear crawls).

#### Weeks 9-12: Combining Punches and Kicks

- **Skills:** Combine Seiken Zuki (Straight Punch) with Mae Geri (Front Kick)
  - **Fun Activity:**
    - **Superhero Combos:** Kids perform punch-kick combos to defeat imaginary enemies.
    - **Karate Relay Race:** A fun race where they run and perform punch-kick combos at different stations.
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## Month 4-6 (Weeks 13-24): Coordination & Balance

Theme: "Ninja Balance"

### Weeks 13-16: Silent Ninja Walks & Front Kicks

- **Kick:** Mae Geri (Front Kick)
- **Stances:** Zenkutsu Dachi (Front Stance)
- **Fun Activity:**
  - **Ninja Walks:** Kids practice balancing on a line while imagining they are silent ninjas sneaking past enemies.
  - **Kick the Balloon:** Kids kick hanging balloons, pretending they are kicking clouds.

### Weeks 17-20: Kicking Practice and Balance Stances

- **Skills:** Practice Mae Geri (Front Kick) while balancing in Zenkutsu Dachi.
- **Fun Activity:**
  - **Ninja Kick Targets:** Kids kick soft cones or pads.
  - **Karate Balance Freeze:** Hold their stance and freeze like ninjas.

### Weeks 21-24: Ninja Dodging and Blocking

- **Block:** Gedan Barai (Downward Block)
  - **Fun Activity:**
    - **Dodge the Dragon:** Kids dodge a swinging pool noodle, pretending it's a dragon's tail.
    - **Block the Ball:** Use downward blocks to stop soft foam balls, pretending they're deflecting attacks.
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## Month 7-9 (Weeks 25-36): Basic Blocks & Dodging

Theme: "Karate Defenders"

### Weeks 25-28: High Block and Dodging Practice

- **Block:** Jodan Uke (High Block)
- **Fun Activity:**
  - **Dragon Dodging Game:** Continue dodging with pool noodles while introducing high blocks.
  - **Block the Attack:** Use high blocks to protect against soft incoming balls or pads.

### Weeks 29-32: Combining Punches and Blocks

- **Skills:** Combine Seiken Zuki (Straight Punch) with Jodan Uke (High Block)
- **Fun Activity:**
  - **Karate Defenders:** Kids practice punch-block combos, pretending they're defending a castle.
  - **Block the Falling Objects:** Use high blocks to stop soft foam balls.

### **Weeks 33-36: Mini Obstacle Course and Block Practice**

- **Skills:** Use Jodan Uke and Gedan Barai in combination with punches and kicks.
- **Fun Activity:**
  - **Karate Obstacle Course:** Kids navigate a simple course, using blocks and kicks to clear the way.
  - **Partner Block Practice:** One child punches while the other blocks.

## **Month 10-12 (Weeks 37-48): Combining Basic Movements into Mini-Kata**

**Theme:** "Karate Adventures"

### **Weeks 37-40: Adventure Combos (Punches and Kicks)**

- **Skills:** Combine Seiken Zuki and Mae Geri in a simple kata (sequence).
- **Fun Activity:**
  - **Adventure Kata:** Kids go on an imaginary quest where each move is part of their mission to save a village.
  - **Karate Relay:** They perform combinations at different stations during a relay race.

### **Weeks 41-44: Incorporating Blocks into Mini-Kata**

- **Skills:** Combine Jodan Uke and Gedan Barai with punches and kicks in mini-kata.
- **Fun Activity:**
  - **Kata Story Time:** Kids follow along with a story as they perform their kata.
  - **Karate Partner Practice:** Kids practice their kata in pairs, one attacks while the other defends.

### **Weeks 45-48: Full Mini-Kata Practice**

- **Skills:** Practice the full sequence of punches, kicks, and blocks in a short kata.
- **Fun Activity:**
  - **Kata Adventure Game:** Each move in the kata is tied to an exciting adventure story.
  - **Obstacle Course Review:** Include moves from their kata in a mini-obstacle course.

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## Year 2: Progressive Karate Training (Weeks 49-96)

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### Month 13-15 (Weeks 49-60): Advanced Kicks & Stances

Theme: "Kick the Clouds"

#### Weeks 49-52: Roundhouse Kick (Mawashi Geri) Introduction

- **Kick:** Mawashi Geri (Roundhouse Kick)
- **Stance:** Kokutsu Dachi (Back Stance)
- **Fun Activity:**
  - **Kick the Stars:** Kids practice high kicks, pretending they're kicking stars in the sky.
  - **Balloon Kicks:** Kick balloons hanging at different heights.

#### Weeks 53-56: Roundhouse Kick & Front Kick Combinations

- **Skills:** Combine Mawashi Geri and Mae Geri.
- **Fun Activity:**
  - **Kick the Cones:** Knock over foam cones using roundhouse kicks.
  - **Karate Obstacle Course:** Incorporate kicks and stances into the obstacle course.

#### Weeks 57-60: Stance Practice and Strength Building

- **Stance:** Kokutsu Dachi (Back Stance), Zenkutsu Dachi (Front Stance)
- **Fun Activity:**
  - **Strong as a Mountain Challenge:** Hold strong stances while imagining they are mountains.
  - **Balance Stance Game:** See who can hold their stance the longest.

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### Month 16-18 (Weeks 61-72): Focus on Stances & Strength

Theme: "Strong as a Mountain"

#### Weeks 61-64: Stance Review & Strengthening

- **Stance:** Shiko Dachi (Horse Stance)
- **Fun Activity:**

- **Stance Freeze Game:** Kids freeze in a strong stance, pretending they are unmovable mountains.
- **Karate Animal Jumps:** Strengthen legs through animal-inspired jumps (frog jumps, kangaroo hops).

### **Weeks 65-68: Combining Stances with Kicks & Punches**

- **Skills:** Combine kicks and punches with strong stances (Shiko Dachi and Kokutsu Dachi).
- **Fun Activity:**
  - **Karate Pose Relay:** Perform combinations while running a relay.
  - **Kick and Hold:** Kids kick, then hold their stance, pretending they're protecting their dojo.

### **Weeks 69-72: Karate Freeze and Stance Competitions**

- **Fun Activity:**
  - **Strong Stance Competitions:** See who can hold their stance the longest, imagining they're trees or mountains.
  - **Kick and Freeze:** Freeze mid-kick, pretending to be frozen karate champions.

## **Month 19-21 (Weeks 73-84): Mini-Kata Practice & Review**

**Theme:** "Little Dragons' Kata"

### **Weeks 73-76: Basic Mini-Kata Practice**

- **Skills:** Practice a simple kata that includes punches, kicks, and blocks.
- **Fun Activity:**
  - **Little Dragons' Kata:** Kids perform their kata, imagining they are young dragons mastering their skills.
  - **Kata Relay:** Each child performs a section of the kata in a relay race.

### **Weeks 77-80: Advanced Kata Practice**

- **Skills:** Continue improving kata with stronger movements.
- **Fun Activity:**
  - **Story Kata:** The instructor tells a story while kids follow along with the kata.
  - **Partner Kata Practice:** Perform kata moves with a partner.

### **Weeks 81-84: Pad Kata Practice**

- **Skills:** Perform kata moves on foam pads for precision.
- **Fun Activity:**

- **Pad Kata:** Kids perform their kata against foam pads, pretending they are in a friendly tournament.
- **Karate Obstacle Review:** Incorporate kata

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