



Podar Enrichment Academy

2011 - 12

SYLLABUS OF KARATE

Lesson 01-05→ Introduction, Rules of the game, Concept of the game.

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase One round of Ground.

15 Mints→ Shadow practice

15 Mints→ Basic drills→Punches, Single, double, triple

20 Mints→ Playing Game/Cooling down

Next...

Lesson 06-10→ Specific drills→ Short Punches, Uda Zuki, Age Zuki, Mawa Zuki
Pudi Zuki

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase One round of Ground.

15 Mints→ Specific drills→ Short Punches

15 Mints→ Uda Zuki, Age Zuki, Mawa Zuki, Pudi Zuki.

20 Mints→ Playing Game/Cooling down

Next...

Lesson 11-15→ Specific Drills→ Uke (Block), Age Uke, Uchi Uke, Uke, Gedan,
Berai

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's. After Every Five Sessions increase one round of Ground

15 Mints→ Drills→ Uke(Block), Age Uke.

15 Mints→ Drills→Uchi Uke, Uke, Gedan, Berai.

20 Mints→ Playing Game/Cooling down



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Next...

Lesson 16-20 → Specific drills → Jankusudachi (Moving Punches), Single Leg Combination, Double Leg Combination

10 Mints → Running (Start with the One full Round of Ground) Warming up Exercise's After Every Five Sessions increase One round of Ground.

15 Mints → Drills → Jankusudachi (Moving Punches)

15 Mints → Single Leg and Double Leg Combination

20 Mints → Playing Game/Cooling down

Next...

Lesson 21-25 → Specific Drills → Keybadachi, Gedangiri, Mayegiri, Ekogiri, and Mawasgiri.

10 Mints → Running (Start with the One full Round of Ground) Warming up Exercise's After Every Five Sessions increase one round of Ground.

15 Mints → Keybadachi (4 Count balancing Kick)

15 Mints → Gedangiri, Mayegiri, Ekogiri, Mawasgiri.

20 Mints → Playing Game/Cooling down

Next...

Lesson 26-30

Specific Drills → Haikobadachi, Keybadachi, Jankusudachi, Tejidachi (Stanzas)

10 Mints → Running (Start with the One full Round of Ground) Warming up Exercise's. After Every Five Sessions increase one round of Ground

15 Mints → Specific Drills → Haikobadachi, Keybadachi

15 Mints → Jankusudachi, Tejidachi (Stanzas)

20 Mints → Playing Game/Cooling down
