

**Shotokan Through Yellow Belt**  
**MIT Shotokan Karate Club (<http://web.mit.edu/shotokan>)**  
**Prerequisites: None**

**Objectives:** Learn all core Shotokan techniques to basic level. Learn kata to yellow belt level. Learn basic reflex training and sparring techniques.

**Week 1:**

Day 1:

- Waza: fist, punch, down block, down block-counterpunch
- Tachi: natural, horse, front
- Kihon: stepping, down block front stance, stepping punch
- Kumite: basic reflex drill
- Kata: none

Day 2:

- Waza: punching, down block, down block and rising block counterpunch
- Tachi: horse, front
- Kihon: down block front stance, rising block front stance, turning around
- Kumite: basic reflex drill, ippon kumite
- Kata: Heian Shodan to shout

Day 3:

- Waza: down block -> counterpunch, rising block -> counterpunch, front snap kick
- Tachi: horse stance, front stance
- Kihon: down block counterpunch, rising block counterpunch, front snap kick
- Kumite: intermediate reflex drill, ippon kumite
- Kata: Heian Shodan to second shout

**Week 2:**

Day 1:

- Waza: punch, combinations, front snap kick
- Tachi: back stance
- Kihon: knife hand with movement, stepping punch, down block, rising block
- Kumite: intermediate reflex drill, ippon kumite
- Kata: Heian Shodan to end

Day 2:

- Waza: inside arm block, inside arm block -> counterpunch
- Tachi: none
- Kihon: knife hand with movement, stepping punch, down block, rising block, inside arm block
- Kumite: intermediate reflex drill, ippon kumite with inside arm block
- Kata: Heian Shodan to end

Day 3:

- Waza: combinations, front snap kick
- Tachi: none

- Kihon: movement with front snap kick, double punch, combination movement
- Kumite: ippon kumite with front snap kick
- Kata: Heian Shodan to end

### **Week 3:**

Day 1:

- Waza: combinations, front snap kick, outside arm block
- Tachi: none
- Kihon: movement with front snap kick, outside arm block, outside arm block counter punch
- Kumite: ippon kumite with outside arm block and inside arm block
- Kata: Heian Shodan, Heian Nidan, first two sets of moves (no side snap kick)

Day 2:

- Waza: combinations, side snap kick
- Tachi: none
- Kihon: movement with side snap kick (horse stance), stepping punch
- Kumite: intermediate reflex drills, ippon kumite
- Kata: Heian Shodan, Heian Nidan to first shout

Day 3:

- Waza: combinations, side snap kick, side thrust kick
- Tachi: sparring stance
- Kihon: movement with side snap and side thrust kick, combination movements.
- Kumite: ippon kumite, side stepping
- Kata: Heian Shodan, Heian Nidan

### **Week 4:**

Day 1:

- Waza: side snap kick, side thrust kick, front snap kick
- Tachi: none
- Kihon: movement with kicking, movement with combinations
- Kumite: directions one and two, ippon kumite
- Kata: Heian Shodan, Heian Nidan

Day 2:

- Waza: power generation, hip twist focus
- Tachi: front stance (hip twist focus)
- Kihon: stepping punch, counter punch (hip twist focus)
- Kumite: intermediate reflex drill, ippon kumite (hip twist focus)
- Kata: Heian Shodan, Heian Nidan (hip twist focus)

Day 3:

- Waza: power generation, hip twist
- Tachi: none
- Kihon: all combinations, all kicks, focus on power and head height
- Kumite: intermediate reflex drill, ippon kumite, power focus
- Kata: Heian Shodan, Heian Nidan (hip twist focus)