



Kempo Karate Canada



Dear Parents!

I am honored to have the opportunity to assist in your Champions' development in our one of a kind "**Kempo Karate Canada**" personal growth & **Leadership Development** workshop program. Our goal is to **Build the Champion within Children.**

I formally ran my own **Kempo Karate** Fusion Martial Arts school in Toronto, Canada.

Kempo Karate is a "Canadian unique" art founded by the CKKA (Canadian Karate Kung Fu Association) in the late 50's. The student is trained in the hard form "Japanese" style "Shotokan Karate" and then later transitions into the softer "Chinese" Shaolin Kung Fu (5 Animal.) The student thus earns a black belt in both "karate" and "kung fu". The syllabus also includes North American / Muay Tai Kick Boxing, and Jujitsu to develop a well rounded student

Kempo Karate thus follows well established training standards, developed by myself and working with one of Nigerian's top children Martial Art instructors (from our summer camp program).

Students will also have the option to perform in some upcoming Martial Art Tournaments with other Martial Art Clubs.

Students will be learning:

- Bully Proofing
- Street Smarts & self defence
- Canadian "katas" (patterns) (Never been performed in Africa)
- Kumite (light point/non-contact sparring)
- Musical Katas (Never performed in Africa)
- Jujitsu self defense, break falls and shoulder rolls
- Chinese Animal (Tiger, Crane, Leopard, Snake, Dragon)
- Thai and North American style kickboxing
- Jedi / Samurai sword training
- Leadership Skills

We are committed to all of our Champions' growth and development and will always support them in any way we can. We tell every student they are a true Champion, and that all they have to deserve this is to do their best. We place a strong emphasis on youth physical and physiological development, and believe the development of the "individual" is the number one priority.

The students must earn their **Blue Stripe of Respect** from their parent(s) before being graded for another belt. Once Yellow belt is achieved, Champions become S.W.A.T. Members (Special Winning Attitude Team) which focus on advanced training, communication, presentation & teaching skills.

Sensei Martin H. Doherty

Certified Black Belt Instructor, Sports Ontario

Sadan 3rd degree in Karate, 2nd degree in Shaolin 5 Animal Kung Fu



CBA Code of Conduct



“Black Belt Principles of Life”

Honesty

- *Telling the truth (to yourself and others)*

Curiosity

- *being polite (ex: saying “Thank you and No thank you”)*

Self-Discipline

- *Doing the things you have to do (ex: homework, house chores, cleaning your room, brushing your teeth)*

Positive Attitude

- *Look on the bright side of life (take a frown and turn it upside down)*

Perseverance

- *Never giving up (there are no other options in life)*

These are proven and timeless principles that will help one to lead a life of excellence.

The first objective of Samurai education was to build up Character - the “essence” of who a person was. The qualities of wisdom, intelligence, and discussion were important but less important than having good Character.



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“Kempo Karate” Belt System

Kempo Karate is a Canadian unique art founded by the CKKA (Canadian Karate Kung Fu Association) in the late 50's. The student is trained in the hard form “Japanese” style “Shotokan Karate” and then later transitions into the softer “Chinese” Shaolin Kung Fu (5 Animal.) The student thus earns a black belt in both “karate” and “kung fu”. We also include Muay Tai & North American Kick Boxing, Jujitsu & other martial arts training to develop a well rounded student.

- **Black Stripe** is given by Sensei when student has learned ½ of a Kata, and required Basics for that stripe. (Basics = Stances, Punches & Strikes, Combinations, Self Defenses, Leadership Development.)
- **Blue Stripe (of respect)** is given by parent / guardian prior to belt grading for student showing appropriate Respect
- **Leadership Stripe (optional)** after white belt; for students who show a desire to assist other students in class.

GOAL	Current Belt / Stripe	Required Basics & previous Katas, plus:
YELLOW	WHITE	
	1 st black stripe	1 st ½ of 27 Movements kata
	2 ⁿ black stripe	entire 27 Movements kata
	3 rd black stripe	1 st ½ of Takiyoko Shodan kata
	4 th black stripe	entire Takiyoko Shodan kata
	Blue Stripe	showing respect for family & school
ORANGE	YELLOW	
	1 st black stripe	1 st ½ of Shi Ho Hi kata
	2 ⁿ black stripe	entire Shi Ho Hi kata
	3 rd black stripe	1 st ½ of Heian Nidan kata
	4 th black stripe	entire Heian Nidan kata
	Blue Stripe	showing respect for family & school
	Leadership Stripe (optional)	assisting others in class
GREEN	ORANGE	
	1 st black stripe	1st half Heian Sandan kata
	2 ⁿ black stripe	entire Heian Sandan kata
	3 rd black stripe	1st half Breathing kata
	4 th black stripe	entire Breathing kata
	Blue Stripe	showing respect for family & school
	Leadership Stripe (optional)	assisting others in class
BLUE	GREEN	
	1 st & 2 nd black stripe	1 st half of Leopard kata
	3 rd & 4 th stripe	entire Leopard kata
	Blue Stripe	showing respect for family & school
	Leadership Stripe (optional)	assisting others in class
PURPLE	BLUE	
	1 st black stripe	1 st half of Dragon kata
	2 ⁿ black stripe	entire Dragon kata
	Blue Stripe	showing respect for family & school
	Leadership Stripe (optional)	assisting others in class
BROWN	PURPLE	
	1 st & 2 nd black stripe	Chinto kata
	3 rd & 4 th stripe	Seisan (oldest Okinawan kata)
	Blue Stripe	showing respect for family & school
	Leadership Stripe (optional)	assisting others in class
SHODAN	BROWN	
	1 st & 2 nd black stripe	1 st half of Tiger kata
	3 rd & 4 th black stripe	entire Tiger kata
	5 th & 6 th black stripe	1 st half of Crane kata
	7 th & 8 th black stripe	entire Crane kata
	Blue Stripe	showing respect for family & school
	Leadership Stripe (optional)	assisting others in class
	Shodan	Black Belt Certificate in Shotokan Karate
	Shodan	Black Belt Certificate in 5 Animal Kung Fu



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Yellow Belt Requirements

Martial Art Style Legend	
Karate - Shotokan	
Kick Boxing	
Kung Fu - Shaolin Hung Gar - 5 Animal	
Japanese Jujutsu	
Kata / Forms	
• <i>Niju Hichi Wasa (27 Movements) (2 stripes)</i>	
• <i>Taikyoku Shodan (First Course) (4 stripes)</i>	
Stances	
• <i>Horse Stance / Basic Stance (Kiba Dachi)</i>	
• <i>Forward Stance (Zenkutsu Dachi)</i>	
Punches	
• <i>Straight (Corkscrew)</i>	
• <i>Lunge (Oi Zuki)</i>	
Strikes	
• <i>Back Fist (Reken)</i>	
• <i>Spear Hand (Nukite-- (new-key-tay))</i>	
Blocks	
• <i>High Block (Jodan Uki)</i>	
• <i>Inside Middle Block (Uchi Uke)</i>	
• <i>Low Block (Gedan Uke)</i>	
Kicks	
• <i>Knee Kick off the back leg (Hiza Geri)</i>	
• <i>Front kick off of back leg (Mae Geri)</i>	
• <i>Side Snap Kick (Yoko Geri) - from cat stance</i>	
• <i>Side Thrust Kick (start from front stance)</i>	
• <i>Back Kick (Ushiro Geri)</i>	
• <i>Round House Kick (Mawashi Geri):</i>	
• <i>Round House (off back leg to mid section)</i>	



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Combinations:	
<ul style="list-style-type: none"> • Punches / Strikes • Kicks • Blocks 	
1.) forward walking front stance with below techniques	
2.) backward walking front stance with below techniques	
Techniques:	
• high block	
• outside block	
• inside block	
• low block	
• lunge punch	
• reverse punch	
• shuto	
Self-defenses	
Demonstrate defenses against any one of these attacks	
• Single wrist grab release	
• Double wrist grab release	
• Lapel grab release	
Break Falls & Rolls	
• Break Falls - forward (from knees)	
• Rolls - forward shoulder roll	



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Background:

I apply a theory in teaching kata for children based very much on the concept of the book *The Learning Revolution* that is co-authored by Dr. Jeanette Vos. (I've met her and was involved in one of her events here in Toronto and in Dallas, TX in the mid 90s.) Dr. Jeanette Vos has dramatically changed the way how European and American schools now modal their teaching.

Here is an example for learning to count in Japanese:

How to count in Japanese The Learning Revolution way			
English	Japanese	Sound	Action
one	ichi	Itchy	Scratch your knee.
two	ni	knee.	Point to sky.
three	san	Sun,	Point to female.
four	shi	she	Walk.
five	go	go	Rock 'n' roll.
six	rocko	rocko.	Double sneeze.
seven	shishi	Chi-chi.	Put on hat.
eight	hachi	Hat-chi.	Coo like dove.
nine	kyu	Coo	Jewish hat.
ten	ju	Jew	

UNIVERSALLY FOR ALL KATA & FOR WALKING COMBINTATIONS – I use the following saying with the children to remind them about looking in the direction of the next move first, then shifting and moving their feet and ensuring their feet are well planted – and THEN throw the punch or block: - this is especially so with Takiyoko Shodan (Forst Course / Kata #2).

1. **Look before you leap**
2. **Feet first**
3. **Fists follow**



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The “Story” for Niju Hichi Wasa (27 Movements)

This is the story and saying I use with the children to teach them 27 movements. This story also incorporates **Bunkai** – or the purpose behind the movement. (I also have a story for Takiyoko Shodan, and also for some parts of Shi Ho Hi.) We have had great results teaching 27 movements to even 4 and 5 year olds using this method. Of course, many 4 and 5 year olds are still developing their coordination, and fine and gross motor skills, so I do not expect them to be that precise with the movements.

I tell the children this story is based on the characters (people) and sayings in Austin Powers. Some of the sayings I am sure you have heard before – but I put a real twist on the Austin Powers angle.

There are the characters:

Austin Powers (he is one cool dude)





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Dr. Evil

(this guy is sneaky and always tries to attack you from behind)



Dr Evil's Cat

(he is a crazy cat and attacks by flying at you)





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2 X Mini-Me's

(they always work as a team – with one attacking first, and then the other coming and attacking from the opposite direction.)

Mini-Me #1



Mini-Me #2



Indianan Jones

(he is just too cool NOT to have in the story)





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I have them repeat this saying, and will often say it with them as we do a kata.

The Story I say and have the kids say along:

1	"1!"
2	"2!"
3	"Here's the phone!" (passing it to Austin Powers)
4	"Here's the phone!" (passing it to Austin Powers)
5	"Pull the sword!" (just like Indianan Jones)
6	"Pull the sword!" (just like Indianan Jones)
7	"Protect your privates!" (someone is trying to kick you there!)
8	"Protect your privates!" (someone is trying to kick you there!)
9	"Get away!" or "punch!" – latter change to kai!
10	"Get away!" or "punch!" – latter change to kai!
11	"Coming to the right of me! It's Mini-Me #1!"
12	"Coming to the left of me! It's Mini-Me #2!"
13	"Dr Evil is behind me!"
14	"Dr Evil is behind me!"
15	"Dr Evil is STIILL behind me!"
16	"Dr Evil is STIILL behind me!"
17	"with a British accent .. we're Austin Powers .. "shuto, baby!"
18	(with a British accent) "shuto, baby!"
19	"grab that kick and push, huhhhh!" (breathing out)
20	"grab that kick and push, huhhhh!" (breathing out)
	"Now, there are two Mini-Mes with big shaggy wigs on – one is to the left of me – the other to the right"
21	"Here comes Mini-Me #1! Grab him by the wig ..."
22	"And strike his head with the back of your elbow!"
23	"Here comes Mini-Me #2! Grab him by the wig ..."
24	"And strike his head with the back of your elbow!"
25	"Dr Evil is behind me!" (looking back 1st)
26	"Dr Evil is behind me!" (looking back 1st)
27	"protect yourself from his FLYING CAT!!" ("he is coming right at you in the air.")

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nine	kyu	Jew	Jewish hat.
ten	ju		

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