



PODAR ENRICHMENT ACADEMY

Learning for Life

└ **Karate :-**

- Body exercise.
- Running.
- Push – ups.
- Stomach.
- Stretching.
- Kicks.
- Punches.
- First Kata.
- Blocks.
- Kata: Pre-arranged form of attack & defence.
- Kumite : Practical applications of Karate Techniques (Traditional 12 different types of kumite)

└ **Techniques**

- Yoi (Ready)
- Fighting Stance
- Turn Kiai
- Snap punch (front arm), Reverse punch (back arm)
- Front kick (front leg)

└ **Kicks**

- Side kick (back leg coming forward)
- Roundhouse kick (back leg coming forward)
- Hook kick (back leg coming forward)

└ **Focus Mitts**

- Back fist & Hook punch

└ **Self Defence**

- Movement and blocking

└ **Combinations**

- Front kick, roundhouse kicks
- (Both off same back leg coming forwards)
- Back Fist, reverse punch.
- **Bag work** 1x1 Minute round

