

**Martial arts**  
**6<sup>th</sup> Grade Lesson Plan**

**Renshi John Garcia**

<b>Class</b>	<b>Topic</b>	<b>Japanese</b>
1. Introduction		
2. Vocabulary handout		
3. Stance structure – natural and seiza. History		Yoi and kneeling position
4. Horse Stance		Kiba dachi
5. Movement - from natural and horse stance		
6. Review		
7. Downward block, rising block		Gedan and jodan uke
8. Inside block, outside block		Chudan uke
9. Front stance and movement		Zenkutsu dachi
10. Straight punch, reverse punch		Oi and gyaku zuki
11. Review		
12. Basic movement - stance to stance		
13. Basic movement - stepping + technique		
14. Takiyoku kata Jodan and application		
15. <b>Kata review</b>		
16. Review		
17. Hour glass stance and movement		Sanchin
18. Balance. Front kick		Mae geri
19. Bag work		
20. Takiyoku kata Gedan and application		
21. Bag work		
22. Takiyoku kata Chudan and application		
23. Side kick		Yoko geri
24. Roundhouse kick		Mawashe geri
25. Review katas		
26. Cat stance. Balance		Neko ashi dachi;
27. Basic movement. Front snap kick		mae geri keage
28. Combinations		
29. Combinations		
30. Full Review		
31. Review - stances, punching, blocking		
32. Review - kicking, combinations		
33. Review - katas		
34. Review		
35. Review		
36.		
37.		
38.		
39.		
40. <b>FINAL DEMONSTRATION EXAM WEEK</b>		

*\*\*Note: This is a guideline of class work. Classes are subject to change due to school events. We will try to maintain to this schedule the best we can.*