ARMY PUBLIC SCHOOL WELLINGTON

KARATE SPLIT UP SYLLABUS 2024-25

CLASSES NURSERY TO 2

MONTH	TOPIC	HOLISTIC PERSONALITY
		DEVELOPMENT
JUNE	➤ WARM UP	 INCREASE
	HAND ROTATION	FLEXIBILITY
	CHANGE OPPOSITE	 STRENGTH
	CHANGE CROSS	 STAMINA
JULY	CROSS WISE	 COURAGE
	CHANGE OPPOSITE	 CONFIDENCE
	ONE BY ONE OPPOSITE	 DISCIPLINE
	HAND BEND SHOULDER LEVEL	
AUGUST	LEFT LEG PUT LONG STEPS	 PHYSICAL
	CROSS WISE	FITNESS
	UPPER ROTATION SIDE WISE	SELF DEFENCE
	MIDDLE PUNCH	
	> UPPER PUNCH	
SEPTEMBER	UPPER MIDDLE PUNCH	 STRENGTHEN
	MIDDLE UPPER PUNCH	OUR BODY AND
	➤ LEFT SIDE LEG CATCH HEAD	MUSCLES
	DOWN TOUCH	 PROTECTION
		BOLDNESS
OCTOBER	DOWN PUSH UPS	 WILL POWER
	▶ UP LOOK BACK	 MENTAL
	DOWN BLOCK	STRENGTH
		 ACTIVE AND
		SMART
NOVEMBER	➤ INSIDE BLOCK	 STRENGTHEN
	OUTSIDE BLOCK	OUR HANDS AND
	UPPER BLOCK	LEGS
	> ONE SIDE SIT DOWN	MENTAL ALERT
DECEMBER	CHANGE OPPOSITE	WILL POWER
	RIGHT LEG BACK SIMUP	 PHYSICAL
	MOVING STEPS DOWN BLOCK	FITNESS
		CONCENTRATION
JANUARY	MOVING STEPS INSIDE BLOCK	ATTACK
	MOV ING STEPS OUTSIDE BLOCK	 FEARLESS STATE
FEBRUARY	MOVING STEPS UPPER BLOCK	 INCREASE
	➢ KATTAS	ENERGY
		• STAMINA

THIKEKAE CHANDANTOTAL STEPS: 20+20	• PROTECTION
CLASSES 3 TO 8	

MONTH	TOPIC	HOLISTIC PERSONALITY	
JUNE	 ➤ WARM UP ➤ HAND ROTATION ➤ CHANGE OPPOSITE ➤ CHANGE CROSS 	DEVELOPMENT INCREASE FLEXIBILITY STRENGTH STAMINA	
JULY	 CROSS WISE CHANGE OPPOSITE ONE BY ONE OPPOSITE HAND BEND SHOULDER LEVEL 	COURAGECONFIDENCEDISCIPLINE	
AUGUST	 LEFT LEG PUT LONG STEPS CROSS WISE UPPER ROTATION SIDE WISE MIDDLE PUNCH UPPER PUNCH 	PHYSICAL FITNESSSELF DEFENCE	
SEPTEMBER	 UPPER MIDDLE PUNCH MIDDLE UPPER PUNCH LEFT SIDE LEG CATCH HEAD DOWN TOUCH 	 STRENGTHEN OUR BODY AND MUSCLES PROTECTION BOLDNESS 	
OCTOBER	DOWN PUSH UPSUP LOOK BACKDOWN BLOCK	 WILL POWER MENTAL STRENGTH ACTIVE AND SMART 	
NOVEMBER	 INSIDE BLOCK OUTSIDE BLOCK UPPER BLOCK ONE SIDE SIT DOWN 	 STRENGTHEN OUR HANDS AND LEGS MENTAL ALERT 	
DECEMBER	 CHANGE OPPOSITE RIGHT LEG BACK SIMUP MOVING STEPS DOWN BLOCK 	WILL POWERPHYSICAL FITNESSCONCENTRATION	
JANUARY	MOVING STEPS INSIDE BLOCKMOV ING STEPS OUTSIDE BLOCK	ATTACKFEARLESS STATE	
FEBRUARY	MOVING STEPS UPPER BLOCKKATTAS	INCREASE ENERGYSTAMINA	
MARCH	 THIKEKAESUDAN THIKEKAE CHANDAN TOTAL STEPS: 20+20 	SELF DEFENCEPROTECTION	