

ARMY PUBLIC SCHOOL WELLINGTON

KARATE SPLIT UP SYLLABUS 2024-25

CLASSES NURSERY TO 2

MONTH	TOPIC	HOLISTIC PERSONALITY DEVELOPMENT
JUNE	<ul style="list-style-type: none"> ➤ WARM UP ➤ HAND ROTATION ➤ CHANGE OPPOSITE ➤ CHANGE CROSS 	<ul style="list-style-type: none"> ● INCREASE FLEXIBILITY ● STRENGTH ● STAMINA
JULY	<ul style="list-style-type: none"> ➤ CROSS WISE ➤ CHANGE OPPOSITE ➤ ONE BY ONE OPPOSITE ➤ HAND BEND SHOULDER LEVEL 	<ul style="list-style-type: none"> ● COURAGE ● CONFIDENCE ● DISCIPLINE
AUGUST	<ul style="list-style-type: none"> ➤ LEFT LEG PUT LONG STEPS CROSS WISE ➤ UPPER ROTATION SIDE WISE ➤ MIDDLE PUNCH ➤ UPPER PUNCH 	<ul style="list-style-type: none"> ● PHYSICAL FITNESS ● SELF DEFENCE
SEPTEMBER	<ul style="list-style-type: none"> ➤ UPPER MIDDLE PUNCH ➤ MIDDLE UPPER PUNCH ➤ LEFT SIDE LEG CATCH HEAD DOWN TOUCH 	<ul style="list-style-type: none"> ● STRENGTHEN OUR BODY AND MUSCLES ● PROTECTION ● BOLDNESS
OCTOBER	<ul style="list-style-type: none"> ➤ DOWN PUSH UPS ➤ UP LOOK BACK ➤ DOWN BLOCK 	<ul style="list-style-type: none"> ● WILL POWER ● MENTAL STRENGTH ● ACTIVE AND SMART
NOVEMBER	<ul style="list-style-type: none"> ➤ INSIDE BLOCK ➤ OUTSIDE BLOCK ➤ UPPER BLOCK ➤ ONE SIDE SIT DOWN 	<ul style="list-style-type: none"> ● STRENGTHEN OUR HANDS AND LEGS ● MENTAL ALERT
DECEMBER	<ul style="list-style-type: none"> ➤ CHANGE OPPOSITE ➤ RIGHT LEG BACK SIMUP ➤ MOVING STEPS DOWN BLOCK 	<ul style="list-style-type: none"> ● WILL POWER ● PHYSICAL FITNESS ● CONCENTRATION
JANUARY	<ul style="list-style-type: none"> ➤ MOVING STEPS INSIDE BLOCK ➤ MOVING STEPS OUTSIDE BLOCK 	<ul style="list-style-type: none"> ● ATTACK ● FEARLESS STATE
FEBRUARY	<ul style="list-style-type: none"> ➤ MOVING STEPS UPPER BLOCK ➤ KATTAS 	<ul style="list-style-type: none"> ● INCREASE ENERGY ● STAMINA
MARCH	<ul style="list-style-type: none"> ➤ THIKEKAESUDAN 	<ul style="list-style-type: none"> ● SELF DEFENCE

	<ul style="list-style-type: none"> ➤ THIKEKAE CHANDAN ➤ TOTAL STEPS : 20+20 	<ul style="list-style-type: none"> ● PROTECTION
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CLASSES 3 TO 8

MONTH	TOPIC	HOLISTIC PERSONALITY DEVELOPMENT
JUNE	<ul style="list-style-type: none"> ➤ WARM UP ➤ HAND ROTATION ➤ CHANGE OPPOSITE ➤ CHANGE CROSS 	<ul style="list-style-type: none"> ● INCREASE FLEXIBILITY ● STRENGTH ● STAMINA
JULY	<ul style="list-style-type: none"> ➤ CROSS WISE ➤ CHANGE OPPOSITE ➤ ONE BY ONE OPPOSITE ➤ HAND BEND SHOULDER LEVEL 	<ul style="list-style-type: none"> ● COURAGE ● CONFIDENCE ● DISCIPLINE
AUGUST	<ul style="list-style-type: none"> ➤ LEFT LEG PUT LONG STEPS CROSS WISE ➤ UPPER ROTATION SIDE WISE ➤ MIDDLE PUNCH ➤ UPPER PUNCH 	<ul style="list-style-type: none"> ● PHYSICAL FITNESS ● SELF DEFENCE
SEPTEMBER	<ul style="list-style-type: none"> ➤ UPPER MIDDLE PUNCH ➤ MIDDLE UPPER PUNCH ➤ LEFT SIDE LEG CATCH HEAD DOWN TOUCH 	<ul style="list-style-type: none"> ● STRENGTHEN OUR BODY AND MUSCLES ● PROTECTION ● BOLDNESS
OCTOBER	<ul style="list-style-type: none"> ➤ DOWN PUSH UPS ➤ UP LOOK BACK ➤ DOWN BLOCK 	<ul style="list-style-type: none"> ● WILL POWER ● MENTAL STRENGTH ● ACTIVE AND SMART
NOVEMBER	<ul style="list-style-type: none"> ➤ INSIDE BLOCK ➤ OUTSIDE BLOCK ➤ UPPER BLOCK ➤ ONE SIDE SIT DOWN 	<ul style="list-style-type: none"> ● STRENGTHEN OUR HANDS AND LEGS ● MENTAL ALERT
DECEMBER	<ul style="list-style-type: none"> ➤ CHANGE OPPOSITE ➤ RIGHT LEG BACK SIMUP ➤ MOVING STEPS DOWN BLOCK 	<ul style="list-style-type: none"> ● WILL POWER ● PHYSICAL FITNESS ● CONCENTRATION
JANUARY	<ul style="list-style-type: none"> ➤ MOVING STEPS INSIDE BLOCK ➤ MOVING STEPS OUTSIDE BLOCK 	<ul style="list-style-type: none"> ● ATTACK ● FEARLESS STATE
FEBRUARY	<ul style="list-style-type: none"> ➤ MOVING STEPS UPPER BLOCK ➤ KATTAS 	<ul style="list-style-type: none"> ● INCREASE ENERGY ● STAMINA
MARCH	<ul style="list-style-type: none"> ➤ THIKEKAESUDAN ➤ THIKEKAE CHANDAN ➤ TOTAL STEPS : 20+20 	<ul style="list-style-type: none"> ● SELF DEFENCE ● PROTECTION

