

# READY STEADY WORCESTERSHIRE



**New activities  
for you to try this  
school holiday!**  
Remember to ask a  
responsible adult for  
permission before  
starting the activity.

## **Kata: [Redditchselfdefence.co.uk](http://Redditchselfdefence.co.uk)**

Kata is a Japanese word describing detailed patterns of movements practiced either on your own or in pairs. Karate katas are a specified series of different moves. Try learning the techniques and then put them into a sequence to make up your own Katas.

It is a good idea to warm up before starting Karate. It allows your muscles to be more flexible. Warm up for 10mins before starting. You can warm up by performing the following exercises:

- **Jogging on the spot** – try doing 3x30secs with 30secs rest between each
- **Star Jumps** – try doing 3x20 star jumps with 30secs rest between each
- **Knee raises** – try doing 3x10 knee raises on each leg with 30 secs rest between each

**Note:** Make sure you have enough space to perform the following exercises. If doing this in pairs, please make sure that you do not attempt to make contact. This is for practice purposes only.



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**Basic Punch** - Do not over extend your elbows when punching, as with all new skills start slowly

**Choku Zuki** is the Japanese word that means direct punch in karate. It is the most common form of punching because this does not need much movement of your body to generate power. It is just made to release the tension and to make a proper connection.

It involves just punching in the air slowly with both your hands. Initially keep the face of your grip facing up but as you gradually move towards punching, at the last moment turn your wrist, along with elbow, so that the face of the grip will now face downward. Repeat the same with the other hand too. **Try performing 3x20 punches, having a short rest between each set.**



**Blocking** - Blocking teaches us how to defend against a punch. From your starting stance (feet hip width apart and arms down in front of body) either step forward or step back.

(1) Both arms (with fists formed) will raise in front of your body and cross with blocking arm furthest away and knuckles facing you.

(2) Your blocking arm should raise up and forward, as if to block a punch, as seen in the diagram below, with your other arm coming back and position next to your hip,

with the underside of your hand facing upwards. Pull the arms back to position 1 and repeat the same thing again with another hand. **Try performing 3x20 blocks, having a short rest between each set.**



### **Upper Rising block (Age Uke)**

In upper rising block you have to maintain your body posture as shown in the figure below. One hand should be above your head and another just by the side of your waist. Then you have to switch your position just opposite with a lightning fast speed. The aim is to block any sudden thrust towards you from your opponent.



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**Note:** At first keep your kicks low until you become more confident.

**Front Kick (Mae Geri)** Mae Geri teaches you to attack a person with the balls of your foot. Strengths can be centralised at the balls of the foot while raising it up in the air and focused upon your target with a quick force, resulting in high impulsive strike. See the diagram below on how to perform. **Try performing 3x20 front kicks on each leg with a short rest between each set.**



**Side Kick (Yoko Geri)** Here we use the side or blade of our foot. The attack is done side on, focusing upon the lower part of your target. The wider you take back the foot in air, gathering potential energy, the stronger the force of the kick. Start by keeping the kick low and controlled. **Try performing 3x20 side kicks on each leg, with a short rest between each set**

