

Little Champions Basic Skills Events

This is knock-out style of competition. Two competitors will perform at once, 3 skills each. Each skill is worth 1 point. The competitor with the most points at the end of the 3 skills will progress to the next round.

ROUTINE 1 - <https://youtu.be/AZFQYi-06XY>

Used in elimination rounds for Beginner Divisions (White Belt – Orange Stripe Belt)

1. **Description:** Standing bow, seiza (correct sitting) & seated bow
Commands for leaders: Ki o tsuke, Rei, Seiza, Rei, Kiritsu
2. **Description:** Basic stances on the spot
Commands for leaders: Ki o tsuke, Heisoku dachi, Musubi dachi, Heiko da chi, Soto hachi dachi, Uchi hachi dachi, Shiko dachi, (& repeat in reverse order), Naore
3. **Description:** Basic punches on the spot (x10)
Commands for leaders: Ki o tsuke, Uchi hachi dachi... yoi, Chudan zuki + kiai (10 counts), Naore

ROUTINE 2 - <https://youtu.be/c1GycSnntxc>

**Used in semi-final & final rounds for Beginner Divisions (White Belt – Orange Stripe Belt), AND
Used in elimination rounds for Advanced Divisions (Green Stripe Belt – Black Stripe Belt)**

1. **Description:** 10 hand techniques on the spot (twice) – Upper block (x2), Outside block (x2), Inside block (x2), Lower block (x2), Body punch (x2)
Commands for leaders: Ki o tsuke, Uchi hachi dachi... yoi, Juu Te waza (10 counts, twice), Naore
2. **Description:** 4 kick combination on the spot (twice) – Front kick (x2), Side kick (x2)
Commands for leaders: Ki o tsuke, Uchi hachi dachi... yoi, Mae geri (2 counts, one each leg), Yoko geri (2 counts, one each leg), (& repeat both kicks again, 2 of each kick), Naore
3. **Description:** Kumite combination – Jab & reverse punch (5 counts each side)
Commands for leaders: Ki o tsuke, Kumite kamae (right leg back)... yoi, Gizami zuki gyaku zuki (combo, 2 steps forward, 2 steps back each count, 5 counts), Hantai (change legs) (5 more counts, other leg)

ROUTINE 3 - <https://youtu.be/wt2bzrjQe0s>

Used in semi-final & final rounds for Advanced Divisions (Green Stripe Belt – Black Stripe Belt)

1. **Description:** Block & punch on the spot (twice) – Upper block & punch (x2), Outside block & punch (x2), Inside block & punch (x2), Lower block & punch (x2)
Commands for leaders: Ki o tsuke, Uchi hachi dachi... yoi, Jodan uke tsuki (x2), Soto uke tsuki (x2), Uchi uke tsuki (x2), Gedan barai tsuki (x2), (& repeat all again), Naore
2. **Description:** Stepping & punching in seisan dachi (4 steps forwards, 4 steps back), Stepping & punching in shiko dachi (4 steps forwards, 4 steps back)
Commands for leaders: Ki o tsuke, Uchi hachi dachi... yoi, Chudan oi zuki + kiai (4 counts forward, 4 counts back), Shiko zuki (4 counts forward, 4 counts back) + kiai, Naore
3. **Description:** 4 kick combination, stepping forwards (x2)
Commands for leaders: Ki o tsuke, Geri kamae (right leg back)... yoi, Mae geri, Yoko geri, Mawashi geri, Ushiro geri, Mawatte (turn around), (& repeat 4 kicks to the back), Mawatte, Naore