



Ekreeti

Creatives

KARATE & TAEKWONDO PROGRAM

Respect,
Discipline,
Strength!



ABOUT THE COURSE

A step-by-step martial arts program designed to build strength, discipline, confidence and focus. Learn, train and grow with Ekreeti Creatives!
Karate. Discipline in every move. Strength for life.

Train Hard!

WHAT YOU WILL LEARN

- Learn Karate & Taekwondo techniques step-by-step
- Improve strength, flexibility, speed & coordination
- Build focus, self-discipline & confidence
- Develop self-defense skills for real-life situations
- Prepare for belt gradings & competitions



BENEFITS



Improves
Physical Fitness



Builds
Discipline & Focus



Enhances
Confidence



Develops
Self-Defense Skills



Improves
Flexibility &
Coordination

COURSE LEVELS (6 LEVELS)

LEVEL

1



WHITE BELT

MARTIAL ARTS FOUNDATIONS

- Dojo etiquette & discipline
- Basic stances & movements
- Basic punches, blocks & kicks
- Balance & coordination
- Fitness & warm-up drills

OUTCOME

- Understand martial arts basics
- Learn proper techniques
- Improve body control
- Build focus & discipline

PRACTICE / PROJECT

- Stance & movement practice
- Punch & block combinations
- Basic kick drills

LEVEL

2



YELLOW /
ORANGE BELT

BASIC TECHNIQUES & SELF-DEFENSE

- Front kick, round kick & side kick
- Hand strikes & blocks
- Footwork & movement drills
- Basic self-defense techniques
- Reaction & agility training

OUTCOME

- Perform basic techniques with control
- Improve coordination
- Learn self-defense basics
- Build speed & balance

PRACTICE / PROJECT

- Partner drills
- Self-defense practice
- Kick & punch combinations

LEVEL

3



GREEN BELT

INTERMEDIATE SKILLS

- Combination punches & kicks
- Forms (Kata / Poomsae) basics
- Sparring basics & rules
- Strength & flexibility training
- Endurance building

OUTCOME

- Perform combinations confidently
- Understand forms
- Improve stamina
- Follow sparring rules

PRACTICE / PROJECT

- Kata / Poomsae practice
- Controlled sparring
- Combination drills

LEVEL

4



BLUE BELT

ADVANCED TECHNIQUES

- Advanced kicks & spinning kicks
- Advanced blocks & counters
- Multiple attack combinations
- Advanced sparring techniques
- Mental focus & strategy

OUTCOME

- Develop power & precision
- Improve combat awareness
- Execute advanced techniques
- Build mental strength

PRACTICE / PROJECT

- Advanced drills
- Sparring with strategy
- Technique assessment

LEVEL

5



RED BELT

COMPETITION & SELF-DEFENSE MASTERY

- Tournament rules & scoring
- Tactical sparring
- Advanced self-defense scenarios
- Leadership & teamwork
- Fitness & strength conditioning

OUTCOME

- Be competition ready
- Handle real-life situations
- Lead with confidence
- Improve physical strength

PRACTICE / PROJECT

- Mock tournament
- Self-defense demonstration
- Team drills & challenges

LEVEL

6



BLACK BELT
PREPARATION

MASTERY & LEADERSHIP

- Advanced forms (Kata / Poomsae)
- Advanced sparring & application
- Teaching fundamentals
- Leadership & mentoring skills
- Black belt grading preparation

OUTCOME

- Demonstrate mastery
- Teach & guide others
- Lead with respect
- Achieve black belt level

PRACTICE / PROJECT

- Black belt assessment
- Teach a junior group
- Final performance showcase



Discipline &
Respect



Focus &
Concentration



Strength &
Endurance



Self-Defense
Awareness



Confidence
& Courage

♡ Train today, be stronger tomorrow! ♡

