



BRISTOL

SCHOOL OF

KARATE

LITTLE DRAGONS (4 - 7 YEARS)

SYLLABUS

2026 EDITION



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BRISTOL
SCHOOL OF
KARATE

WHITE



KICK

Front Kick

STANCES

Dragon Stance

COMBO

Jab

Cross

Duck



BRISTOL
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KARATE



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BRISTOL
— SCHOOL OF —
KARATE

YELLOW



KICK

Kick Round

STANCES

Sumo Stance

COMBO

Jab

Cross

Front Kick



BRISTOL
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BRISTOL
— SCHOOL OF —
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ORANGE



KICK

Side

STANCES

Relaxed

COMBO

Head Block

Cross

Round Kick



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BRISTOL
— SCHOOL OF —
KARATE

GREEN



KICK

Axe

STANCES

Bear

COMBO

Left Front Kick

Jab

Cross

Right Round Kick



BRISTOL
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BRISTOL
— SCHOOL OF —
KARATE

BLUE



KICK

Step Round Kick

STANCES

Ninja

COMBO

Side Kick

Back Fist

Kneel Down Punch



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BRISTOL
— SCHOOL OF —
KARATE

PURPLE



KICK

Hook Kick

STANCES

Crane

COMBO

Jab

Cross

Left Hook

Right Uppercut



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BRISTOL
— SCHOOL OF —
KARATE

RED



KICK

Skip Side Kick

STANCES

Snake

COMBO

Back Fist

Kneel Down Punch

Ridge hand

Hook Kick



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BRISTOL
— SCHOOL OF —
KARATE

BROWN

/

BLACK



KICK

Crane Kick

STANCES

Horse / Super Ninja

COMBO

Jab

Cross

Duck

Left Hook

Cross

Round Kick

Spin Hook Kick



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