



**IKONS TRAINING  
PROGRAMME  
DURING COVID-19  
LOCKDOWN IN 2020**

Inclusive Karate: a new perspective to decrease  
sedentary lifestyle and increase self-confidence  
in Down Syndrome



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## THESE OUTPUTS HAVE BEEN REALISED WITH THE CONTRIBUTION OF ALL THE PROJECT PARTNERS

Edited by:



Partners involved:



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# ONLINE TRAINING SESSIONS

During 2020 COVID19 pandemic and consequent global lockdown, the training with DS people had to stop at some point in the 40 weeks of lessons.

However, IKONS partners, guided by IKFI, decided not to stop with the training and organized online classes for DS people who wanted and could continue the training on line.

Below, a list of exercises (also demonstrated in the linked videos) to help project's karate coaches in keeping up with the training programme even online (from Week 19 of the general programme).

## Video 1 Working with the CP (colour picture) mats

Watch the video <https://youtu.be/mrlnUj0E0T0>

### Warm-up with the mat

- Going over the basic key-points.
- Performing the tasks with the use of key-points.
- Adding claps and "HET".

General exercises progressing on the mat.

The trainer shows the positional cards and gives tasks e.g.:

- First clap before moving.
- First touch both knees with the hands before moving.
- First cross the hands on the shoulders before moving.

### Kihon with the mat

- The trainer uses the softball and starts from the position on the red and orange foot.
- The trainer puts the red arm up with the ball in "age uke" position. Then, he/she switches the ball and steps to the white foot and "tsuki jodan".

*Do not forget each time to squeeze the ball and add the word "HET".*

*Make use of our methodology, not like in traditional karate i.e. the hand on the hip is open, only the hand with the technique is closed.*

- The trainer, then, starts with the red arm in "gedan barai" position.
- Then, he/she switches the ball and steps to the white foot and "tsuki chudan".

- The student has firstly to cross the ball on the shoulder. This crossing has to be clearly showed by the trainer!
- The trainer, then, can combine both exercises and switch to blue and yellow feet.

Memory training by performing an intermediate task each time before doing the actual exercise: for example, tapping the key-points on the knee and the shoulder.

Then, it is possible to give additional tasks as throwing the ball up with two hands.

### Kumite with the CP mat

Students have to work in pair.

- Both students start on the mat opposite each other, holding both the softballs on the blue side against each other. Then, one student starts on the yellow foot and behind the mat, the other starts on the blue and green foot.
- The student behind the mat then steps to the blue, the other student then steps behind the mat. Both students touch with the ball each other. Then they step back to the starting position and switch the ball to the other hand and step to the front with the other leg.

Then, it is possible to give additional tasks as throwing the ball up with two hands.

### Kata with the CP mat

- The trainer can add “gedan barai” in all directions using the softball and perform 6 directions without the “shuto’s”.
- Starting position on the turtle. The trainer steps with 2 feet on the coloured foot according to the directional map.
- From there, stepping off the mat and continue.
- Starting position in each direction with the softball crossed on the shoulder before stepping.
- End back on the turtle.

## Video 2 Working with the CP mats.

Watch the video <https://youtu.be/fH9XA8q9yHs>

### Warm-up with the mat

- The trainer starts with a red and a blue ball.
- Tasks on the spot, key-points combined with arm movements and tapping the balls against each other.

General exercises progressing on the mat (see 4.2 warm-up in the general manual).

- The trainer shows the positional cards and gives commands with the balls.
- The trainer gives tasks with the balls without the positional cards.

### Kihon with the mat

- The trainer uses the red and blue balls and starts from the position on the yellow foot and the other foot behind the mat.
- The arm with the red bean bag stretches forward “tsuki jodan”; the hand with the blue ball opened on the hip. Then, the trainer steps to the blue foot and extends the blue arm and steps further to the green foot and stretches out red again.
- The trainer, then, steps back to the yellow foot and performs “age uke” with blue and then, steps back behind the mat with red “age uke”.
- The trainer, then, steps forward with “tsuki chudan” and steps backward with “gedan barai”.

The trainer can now add the key-points and then taps the bags against each other.

### Kumite with the mat

*How to teach to both students when they start on the mat opposite each other, holding the red balls together?*

One student starts on the yellow foot and behind the mat, the other student starts on the blue and green foot.

The student behind the mat steps forwards to blue, the other student steps backwards behind the mat and then, tap with the blue balls.

It can be possible to add a second step and tap again with the red ball.

Then, the student steps back to the starting position and changes the coloured balls each time.

Then, it is possible to give additional tasks before tapping: free choice of double key-points, tapping the bags together, etc.

### Kata with the mat

The same exercise as in week 19-20 (see the general manual), but now the trainer has to add the corresponding key-points of the techniques with the red and the blue bean bags before performing the movement.

## Video 3 Working with the CP mats

Watch the video <https://youtu.be/IPsR7HDLsfA>

### Warm-up with the mat

- The trainer starts with a red and a blue circle in hand and on the mat.

Tasks with the positional cards.

- Placing the right foot through the circle of the shown position card.
- Then, 2 feet through the circle and standing on the corresponding position card.
- Then, the trainer shows 2 positional cards and places both feet through the circle on the right foot.
- The student copies the trainer with the circles in hand.

*By using materials, the trainer triggers the student more quickly to perform an exercise.*

Exercises with one circle.

### Kihon with the mat

- The trainer performs three steps forward and backward.
- Starting with the red foot on yellow and the blue foot behind the mat, the trainer extends the red arm and steps forward for 3 steps with “tsuki jodan” until he/she has placed one foot across the mat and says “kiaï” the third time.
- Then, the trainer steps backward with “age uke” and after the third step, finishing as in the starting position.
- Starting with the red foot on the line and the blue foot behind the line, the trainer extends the red arm and steps forward for 3 steps with “tsuki chudan” and says “kiaï” the third time.
- Then, the trainer steps backward with “gedan barai” and after the 3rd step, finishing as in the starting position.

It is possible to add the clapping and / or the key-points.

### Kumite with the mat

- Both students start on the mat opposite each other, with the red hand in “high five” position against each other.
- One student starts on the yellow and behind the mat, the other student starts on the blue and green foot. They do 3 steps.
- The student behind the mat steps to the blue, the other student steps behind the mat and they perform “high five” with blue.
- Then, they add a 2nd and 3rd step and switch hands each time.
- Then, they take three steps back to the starting position and switch hands over and over again.

Then, it is possible to give additional tasks as clapping before executing the “high five”.

## Kata with the mat

Exercises 7 and 8: performing the open hand techniques.

Starting on the blue foot in the direction of the blue directional card.

- The trainer goes backside of the hands together, blue above and turns both hands 180 °.
- Then, the trainer does the same on the red side.
- Alternately on the blue side, the trainer first performs the exercise with the blue hand on top and then the red hand on top of the blue side. On the red side, the trainer starts with red above, then blue above.
- Then, the trainer places one foot off the mat and back with each technique.
- After the first step, the trainer stops and adds the second step to both the blue and the red side.
- Now the upper hand goes straight to the key-point: crossed at the ear.

## Video 4 Working with the CP mats

Watch the video <https://youtu.be/Ee4B6p8VjyQ>

### Warm-up with the mat

- Tasks while jumping forward on the CP mat.
- Tasks with tapping of the hand on the feet of the CP mat.

### Kihon with the mat

- The trainer performs “tsuki”, “age uke” and “gedan barai” on the spot; first double and then, single and then, with the key-points.
- The trainer performs double techniques while jumping and then, adds the double key-points. Then, the trainer does a step starting with the red foot on yellow and the blue foot behind the mat: step forward with “tsuki”, step forward with “age uke”, step forward with “gedan barai”.

The trainer can now add the key-points

- The trainer steps backwards, first with “tsuki”, then “age uke” and finally with “gedan barai”. This can also be performed starting with the blue foot on orange and the red foot behind the mat.

The trainer can now add the clapping and / or the key-points.

### Kumite with the mat

- Both students start on the mat opposite each other, with the red hand in “high five” position against each other. One student starts on the red and orange, the other student starts on the blue and green foot. Standing.
- The students clap, then, tap the same knee and perform a “high five”. Then, they clap again and perform a curved “high five” like “age uke”.
- Then, they clap crossing the hand on the shoulder again and perform a low “high five” such as “gedan barai”.

Then, they do the same exercise on the other side.

Three exercises with steps.

- Both students start on the mat opposite each other, with both hands on their hips. One student starts on the yellow and behind the mat, the other student starts on the blue and green foot. They do 2 steps.
- The student behind the mat steps to the blue and punches “tsuki jodan”, the other student steps behind the mat and performs “age uke” with blue. They add a 2nd step “tsuki chudan”; the student who is still stepping backwards now performs “gedan barai”. Then, turn the tables and step back.

The trainer can now add the clapping and / or the key-points.



### Kata with the mat

- Starting position on the red and blue feet, 6 directions and return to this starting position after each direction.
- First towards blue directional card, then towards red and then towards white to keep returning to the red and blue foot.
- Then, the trainer turns around on the red and the blue base with the view to the yellow card and then, turns to the directional red card, then blue and finally to the yellow to keep returning to the red and blue foot.
- Then, the trainer turn back to the white.
- Starting again from the position red and blue foot. The trainer steps from the blue directly to red and so directly to the white.
- Then, he/she turns around to the yellow card and also connects the 3 directions together. From red directly to blue and so to the yellow.
- Turning to the front to finish the exercise.

## Video 5 Working with the CP mats

Watch the video <https://youtu.be/CfQ5GsjpITl>

### Warm-up with the mat

- Tasks to run left or right around the mat.
- Tapping the position card that as shown with the ball and run back.
- Choosing the right side with the ball and tapping all feet with the right foot and hand.

### Kihon with the mat

- Counterattack with the ball without stepping after “age uke” and after “gedan barai”.
- Starting position on the yellow foot and behind the mat, attack 3 times “tsuki jodan”, step backwards 3 times “age uke”, after the 3rd defense change the ball on the spot and counter attack with “tsuki”.

This sequence can also be performed 3 times forward with “tsuki chudan”, step backwards 3 times with “gedan barai”, after this 3rd defense on the spot, change the ball and counter-attack “tsuki”.

Then, it is possible to add several tasks with the ball before moving.

### Kumite with the mat

- Both students start on the mat opposite each other. One student starts on orange and behind the mat and with the blue hand in “tsuki jodan” position, the other student starts on the red and white foot in “age uke” position. Always change the ball and step forward and back 3 times. After the 3rd defence, the student who steps backwards places a counter-attack “tsuki” and thus, changes the ball of hands, switches again and returns to the “age uke” position.
- Also performing everything with 3 times "tsuki chudan" and 3 times defense "gedan barai". The student who steps backwards, after the 3rd defense, makes a counter-attack “tsuki” and thus changes the ball of hands, switches again and returns to the “gedan barai” position.

Then, the trainer can add tasks and key-points.

*With this the trainer(s) is constantly going to present new challenges to the student.*

### Kata with the mat

- Performing the entire kata and adding exercises 7 and 8 from week 22-23 (of the general programme) with the open hand techniques.
- After the position of red “tsuki” at the 2nd “kiai” and turn with “shuto” blue to the blue direction map and then continue with “shuto” red between the white and the blue directional card. Then, step to the yellow card again with “shuto” red in the direction of the red directional card and then, continue with “shuto” blue between the white and red directional card.

*It is important to coordinate the rotation of both hands together.*

## Video 6 Working with the CP mats

Watch the video <https://youtu.be/M5rmhbR3l2k>

### Warm-up with the mat

- Tasks to raise the knee, clap and tap: front, back, inside front and combined.
- Closing the hands at the last moment, on the spot double techniques: tsuki, enpi and Uraken in preparation for training.

### Kihon with the mat

Using the positional cards:

- When showing the front cards: first step, then perform “tsuki” and then, combine with key-point and / or clapping.
- When showing the middle cards: first steps next to the mat, then, perform “enpi” and then, combine with key-point (hip crossed) and / or clapping.
- When showing the back cards: first step, turn your back and place the foot next to the mat, then, perform “uraken” and then, combine with key-point (shoulder crossed) and / or clapping.

Then, the trainer can combine the 3 exercises.

### Kumite with the mat

- The trainer now stands in front of the student and shows the red and blue pads and shows in the front “tsuki” to be performed by the student.
- Showing sideways at shoulder height can be performed “enpi” by the student.
- The trainer then stands behind the student and shows the red and blue pads and shows high and in an angle means performing “uraken” by the student.
- The trainer then stands in front of the student and shows the red and blue pads. The student will respond correctly with “tsuki” or “enpi” or “uraken”.

This can be done on site and then combined with the key-points and clapping.

### Kata with the mat

The same like week 24 of the general programme.

## No use of CP mats, working with lines

Watch the video <https://youtu.be/mBWCkHnUgWA>

### Warm-up

General warm-up:

- Jumping behind and over the line.
- Jumping combined with the key-points.
- Step forward on the line with the key-points.

### Kihon without the mat

- Starting on the line, all basic exercises without displacement. Open hands on the hips and then, tapping the key-points with open hands before performing the technique, using the breathing “HET”.
- All basic exercises starting behind the line and stepping forward on the line. Then, the trainer can add claps and key-points. *Students should not count while performing the exercises but they have to listen to the trainer indications.*
- All basic exercises starting in front of the line and stepping backwards on the line. Then, the trainer can add claps and key-points.

### Kumite without the mat

- Both students start on the line opposite each other, all basic exercises without moving. One student attacks, the other student defends and the same colour wristband touch each other.  
Open hands on the hips and then tapping the key-points with open hands before performing the punch or defence using the breathing “HET”.

### Kata without the mat

- Hitting the pad on the floor. The pad is always on the front when turning in the four imposed directions with the hands open on the hips.
- Then, stepping over the pad with each technique and then, stepping back to the starting position behind the pad.

## No use of CP mats, working with lines

Watch the video <https://youtu.be/RYV7o6rYYKs>

### Warm-up

General warm-up:

- Starting on the line and cross over the correct colour foot.
- Jumping and clapping and at the same time, switching both feet one in front and one behind the line.
- Tapping on the knee while placing the foot on the line.

### Kihon without the mat

- Starting with the red foot on the line and the blue foot behind the line, stepping over the line and back.
- Then, performing all basic exercises with this displacement. One hand each time open on the hip.
- Using a green softball or a green bean bag and changing the bean bag or soft ball each time and place it in the hand with which the exercise is performed.
- The trainer can add extra movements with a bean bag or ball before stepping and performing the defence or attack.
- Starting with the blue foot on the line and the red foot behind the line.

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### Kumite without the mat

- Both students start with the red foot on the line facing each other and are ready in position “age uke” and “tsuki” both with the red wristbands on top of each other. One student steps forward, the other student steps backward, change hands and perform an attack or defence and vice versa. Stepping forward with punching, stepping backward with defending.
- Then, the same with “gedan barai” and “tsuki”.
- Defence and counterstrike with the red foot on the line without moving, the trainer uses both red and blue pads. “Age uke” “tsuki” and “gedan barai” “tsuki”

### Kata without the mat

- The trainer takes a rope or a belt and hangs it around the hips of the student.
- The trainer moves and steps with the rope/belt to the correct side and guides the student by slightly pulling the rope/belt during the movement.

## No use of CP mats, working with lines

Watch the video <https://youtu.be/yi2fIAkdPNc>

### Warm-up

General warm-up:

- Jumping to the 4 sides.
- Adding claps.
- Adding the key-points.
- Jumping combined with the key-points.
- Both feet on the line and each time the knee of blue or red on the line, adding tasks.

### Kihon without the mat

Perform 3 steps forward and backward.

- Starting with the red foot on the line and the blue foot behind the line, extending the red arm and step forward 3 steps with “tsuki jodan” 3rd time “kiai”.
- Standing still and then, stepping backward with “age uke” and after the 3rd step finishing as in the starting position. On the spot counter striking with blue “tsuki” with “kiai” and taking the position “age uke” again. Always in the defence position again after the punch, this makes easier for the student to start again.
- The trainer can also show the pads with the correct colour and with the correct technique in mirror image.
- Starting with the red foot on the line and the blue foot behind the line, extending the red arm and stepping forward 3 steps with “tsuki chudan” 3rd time “kiai”.
- Standing still and then, stepping backward with “gedan barai” and after the 3rd step finishing as in the starting position. On the spot counter-attack with blue “tsuki” with “kiai” and take the position “gedan barai” again.
- The trainer can also show the pads with the correct colour and with the correct technique in mirror image.

Then, the trainer can add the clapping and the key-points.

Tools: softball red and blue.

Perform everything on the other side.

### Kumite without the mat

- Both students start with the blue foot on the line opposite each other and are ready in position “age uke” and “tsuki”, both with the red wristbands on top of each other and the red and blue bean bags in hand. One student steps forward, the other student steps backward, change hands and perform an attack or defence and vice versa. Stepping forward with striking, stepping backward with defendin.
- Then, the same with “gedan barai” and “tsuki”.
- Combination of both exercises with a series with “age uke” and a series with “gedan barai” after the 3rd defense counter-attack “tsuki”.

### Kata without the mat

- The trainer takes a rope or a belt and hangs it around the hips of the student as in the previous lesson. The student holds a blue and a red bean bag.
- The student always throws up the bean bag with the correct colour in accordance with the technique to be performed.