



Online Martial Arts:

A Guide to Getting Your Black Belt from Anywhere



by InternetMartialArts.com

Why Online Martial Arts?

Online Martial Arts is great if you do not live near a dojo, or have the time to make it into one to train daily. Sometimes training at a dojo can be expensive. Online martial arts is often a cost-effective solution for those on a budget.

In this e-book we will explore some benefits to learning martial arts online and provide tips to help you get started.

Here are a few benefits for learning with martial arts online:

Save time and learn from anywhere!

Training program is accessible online from any computer, tablet, or smart phone

Save money! Learning at a dojo can cost hundreds of dollars a month. You also have to pay for uniforms, gear, testing fees, etc. InternetMartialArts.com includes everything you need to work towards your next belt.

Many programs allow you to work with an instructor for feedback and help with test preparation.

Different learning methods to accommodate a variety of learning styles. Written instructions, videos, audio, diagrams, etc.

Online Belt Testing using your webcam.

In this eBook we will explore the following topics:

- 1) Setting up your dojo experience**
- 2) Warm up ideas**
- 3) Curriculum**
- 4) Online Belt Testing**
- 5) About InternetMartialArts.com**

Setup Your Dojo

Learn what the requirements are for learning martial arts.

Here is a typical requirements list:

- ✓ Get a large mirror so you can see yourself while practicing karate at home.
- ✓ Computer, tablet or smart phone to access the training curriculum and to record yourself and correct your technique.
- ✓ Optional: A television and required adapters like an HDMI cable to connect your technology to a large TV screen.
- ✓ Karate Uniform!



Prepare your mind and body.

- Seiza - See below.
- Run in place for 3 minutes
- Jumping Jacks for 3 minutes
- 20 – 30 push ups
- 30-40 sit-ups
- Stretch!



Seiza

Sit on your knees and close your eyes in complete silence for 2 minutes.
Take deeper breaths each time you breath. Meditation meant to prepare your mind.



Curriculum

The curriculum is key to having an effective online martial arts experience. A program that focuses on detailed technique is important because an instructor is not present to correct you immediately. Our innovative online learning system allows you to interact with a Sensei and get feedback.

InternetMartialArts.com teaches a martial art that incorporates elements of Karate and Taekwondo. Fundamentals, Combos, and Katas with access to self defense videos and drills when you want to get a workout in.



Curriculum Continued....

Demonstration videos show the techniques in action and tutorial videos include slow-motion videos to help walk you through step-by-step.

We also incorporate written material to supplement your learning! The material below shows the first few steps to one of the Katas you will learn.



[Straight Punch & Tutorial](#)



[Higher Diagonal Strike & Tutorial](#)



[Knife Hand Strike & Tutorial](#)



[Knife Hand Block & Tutorial](#)



[Side Strike & Tutorial](#)



[Upper Strike & Tutorial](#)



[Inside Forearm Block & Tutorial](#)



[Dropping Block & Outside Forearm Block & Tutorial](#)



[Straight Punch \(6x\) & Tutorial](#)



[Side Kick Low & Tutorial](#)



[Side Kick High & Tutorial](#)



[Thrusting Side Kick & Tutorial](#)

Count 1	
Count 2	
Count 3	
Count 4	
Count 5	
Count 6	
Count 7	

Online Belt Testing



Look for an online martial arts program that incorporates belt testing. Using technology you should be able to use your webcam or smart phone camera. This is a nice feature if you are looking to move up in ranks as soon as possible.

Ask about what features are available to help you prepare for your belt test. No one wants to go into a test unprepared so it is important that you communicate with the Sensei to set yourself up for success.



Testimonies



“I picked internet martial arts because I was looking for an online training experience that is comprehensive, detailed and user-friendly. Because I often work long hours and also travel, I needed a program that would allow me to train whenever and wherever my schedule permitted.”
- Brian



“I am constantly on the go, but I love the fact that I can learn a quality martial art and fit it into my hectic schedule. I always wanted to learn the martial arts, now I can!”
Frank Samson – Sales Rep.



“I teach in a rural area and there isn’t much in the way of Physical Education options. I appreciate the structure and monitoring system IMA utilizes to help keep all the students on track.”
Wendy Johnson – Teacher



About the Creator

Yoshihiro Okamoto founded Okamoto's Karate, a successful chain of Alaska-based martial arts schools, in 1984, with the sole purpose of helping his students develop themselves, mentally and physically. His thirty years of teaching experience has not only helped to produce numerous national and world champions, but more importantly, it has given thousands a means by which to improve their health, confidence, discipline, and respect. Realizing that many people are unable to attend a quality martial arts school, because of a lack of access or a conflict in scheduling, IMA was born. Four years of intense development went into the creation of internetmartialarts.com (IMA). It now stands ready to deliver a quality e-learning experience to all those wishing to discover their inner potential through the study of the martial arts!



Book a Tour!

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