



# ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989

		<b>Gold Belt Requirements</b> <b>Hachikyu (8th Level)</b> <b>Theme: Introduction to Self Defense</b>	
		<b>White Stripe</b> <b>Kihon (Basics)/</b> <b>Yokusoku</b> <b>Kumite (Drills)</b> 1 Month & 8 Classes	<input type="checkbox"/> <b>Grappling Techniques:</b> Turtle, Sprawl, Mount, Guard, Forward & Backward rolls, Log Roll, Bridge & Turn <b>Extra credit with equipment:</b> Combo #1 (Left, Right, Hook, Hook Bob & Weave, 2 Blocks w/ Elbows, 2 Body Shots) and be able to do a Soto Chudan Uke (Outside Chest Block), Heisoku (II) Dachi, Musubi (V) Dachi, Heiko (I I) Dachi, and Shizentai (Natural Walking) Dachi
		<b>Orange Stripe</b> <b>Kata (form)</b> 1 Month & 8 Classes	<input type="checkbox"/> 1 <sup>st</sup> half of <a href="#">Fuji Kata Dai Ni</a> (Second Basic Form)
		<b>Gold Stripe</b> <b>Life Skills/</b> <b>Character</b> <b>Building/Cultural</b> <b>Aspects</b> 1 Month & 8 Classes	<input type="checkbox"/> Explain what a dojo is and what behavior is expected <input type="checkbox"/> Recite <a href="#">Karate Creed</a> <input type="checkbox"/> <b>Safety info:</b> Explain your safety info (Name, Address, Phone #, Strangers ID), how to call 911, and describe dangerous areas to avoid or be more aware of <input type="checkbox"/> Rate your effort on a scale of 1 to 10 <input type="checkbox"/> Briefly explain how and why to meditate <input type="checkbox"/> <b>Leadership/friendship:</b> Hold target for a classmate <input type="checkbox"/> <a href="#">Be able to tie your belt</a>
		<b>Purple Stripe</b> <b>Physical</b> <b>Fitness/Self</b> <b>Defense</b> 1 Month & 8 Classes	<input type="checkbox"/> <b>15 <a href="#">Jumping Jacks</a>, 15 <a href="#">push-ups</a>, 15 <a href="#">sit-ups</a> &amp; 15 <a href="#">mountain Climbers</a></b> <input type="checkbox"/> <b>Personal Safety:</b> Demonstrate Verbal ( <b>NO!!</b> ) and Physical Boundaries ( <b>hands up in self defense stance</b> ) <input type="checkbox"/> <b>Self-defense:</b> (Don't forget to Yell, Loosen them up, and Break away) - <a href="#">being grabbed by the hand(s)</a> - Hint: clasp hands/pull - <a href="#">being grabbed (Bear-Hugged)</a> from behind-Hint: Drop stomp, elbow, turn & push - <a href="#">being grabbed around the throat</a> - Hint: "Snake" <input type="checkbox"/> <b>Flexibility:</b> Demonstrate how to do <b>1)</b> standing straddle groin stretch, and <b>2)</b> seated straddle groin/hamstring stretch (Legs in "V" in front of you, and keeping back flat)
		<b>Gold Belt</b> <b>Hachikyu (8th Level)</b> 1 Month & 8 Classes* <i>*You are eligible to be evaluated early for your belt after receiving your 4th stripe. When you pass, you will be awarded a 5th stripe and your promotional date will be put on your belt.</i>	All of the previous requirements, plus: <input type="checkbox"/> <a href="#">Fuji Kata Dai Ni</a> <input type="checkbox"/> <b>Support for your dojo:</b> Bring in one friend to watch or try Karate <b>Materials needed for Gold Belt:</b> Essence of Okinawan Karate–Do Book <b>Welcome to Doshi Kai</b>