



ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989

			Green Belt Requirements Gokyu (5th Level) Theme: Self Defense
			<p>White Stripe Kihon (Basics)/Yokusoku Kumite (Drills)</p> <p>1 Month & 8 Classes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ukemi (Break-falls, from a throw, along with rolls, and front and back-falls) <input type="checkbox"/> Ippon Kumite Dai Ichi (1st one step fighting drill) <p>Instructor note: Explain how a student should “tap out” and the proper amount of safe force to use in class while training</p>
			<p>Orange Stripe Kata (form)</p> <p>1 Month & 8 Classes</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1st half of Naihanchi Shodan (1st Inner Stepping Form)
			<p>Gold Stripe Life Skills/Character Building/Cultural Aspects</p> <p>1 Month & 8 Classes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Character Development: Complete Take Home History Quiz <input type="checkbox"/> Leadership: Be able to properly demonstrate and show techniques to someone else in a class <input type="checkbox"/> Weapons Safety: Explain what to do if you see a gun or other dangerous weapon (Stop, Don't touch, Leave the area, Tell an adult or the authorities) <input type="checkbox"/> Water Safety: Explain when you use a life jacket (boat), when you would not go in the water (deep water, while alone, riptides-red flags, no lifeguard), and why not to dive in unknown water depths (risk of paralysis or death)
			<p>Purple Stripe Physical Fitness/Self Defense</p> <p>1 Month & 8 Classes</p> <ul style="list-style-type: none"> <input type="checkbox"/> 25 Jumping Jacks, 25 push-ups, 25 sit-ups & 25 mountain Climbers <input type="checkbox"/> Bunkai (Apply and Explain) a piece of Fuji Kata Dai Ichi <input type="checkbox"/> Flexibility: Demonstrate proper upper body stretches for biceps (palm down, reach back), triceps (arm across body w/ elbow bent), chest (palms up, straight elbow, stretch back)
			<p>Green Belt Gokyu (5th Level)</p> <p>1 Month & 8 Classes</p> <p><i>Note: at Green Belt, all students should begin to log their leadership classes. Under Brown belt Leadership hours are done in your own class, above Brown belt they are done in another class. 8 hours are required for Blue, 20 for Brown, 40 for Junior Black. Hours can be done in Karate or in the community.</i></p> <p><i>All of the previous requirements, plus:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Naihanchi Shodan (1st Inner Stepping Form) <input type="checkbox"/> Character Development: Be able to explain Leadership <input type="checkbox"/> Minimum age Requirement- 9 Years old