



ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989

		Brown Belt Requirements Nikyu (2nd Level) Theme: Nitten Shoji (Dojo Pride)	
		White Stripe Kihon (Basics)/ Yokusoku Kumite (Drills) 1 Month & 8 Classes	Yonhon Kumite Dai Ichi (1 st 4 step fighting drill)
		Orange Stripe Kata (form) 1 Month & 8 Classes	<input type="checkbox"/> 1st Half of Pinan Godan (5 th Peace Form)
		Gold Stripe Life Skills/ Character Building/Cultural Aspects 1 Month & 8 Classes	<input type="checkbox"/> Spirit: Hold Shiko Dachi for 3 minutes <input type="checkbox"/> Internet Safety: Explain the dangers of the internet <input type="checkbox"/> Don't give out your real name/address/phone number <input type="checkbox"/> Never agree to meet someone you met online <input type="checkbox"/> Be able to explain the dangers of diet pills, unhealthy dieting and energy drinks <input type="checkbox"/> Explain the dangers of texting while driving and other distractions
		Purple Stripe Physical Fitness/Self Defense 1 Month & 8 Classes	<input type="checkbox"/> 40 Jumping Jacks, 40 push-ups, 40 sit-ups & 40 mountain Climbers <input type="checkbox"/> Good Stamina: Run 2 miles (on Honor System). Youth Students need a signed note from Parent attesting to that fact <input type="checkbox"/> Learn and Bunkai 1 series of moves of Pinan Godan <input type="checkbox"/> Flexibility: Demonstrate proper spine stretch (cat/old horse) for low back and neck stretching (no full circles)
		Brown Belt Nikyu (2nd Level) 1 Month & 8 Classes <i>You are eligible to be evaluated for your next belt a month 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>	<i>All of the previous requirements, plus:</i> <input type="checkbox"/> Pinan Godan (5 th Peace Form) & Bunkai 1 series of moves <input type="checkbox"/> Refinement of all previous requirements <input type="checkbox"/> Character Development: Nitten Shoji for the month at home & dojo <input type="checkbox"/> Students need 20 leadership hours in Academy classes or in the community for Brown Belt. FYI, students need 40 of these hours for Jr. Black Belt and 75 for Adult Black Belt