



ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989

			Brown Belt Requirements Ikkyu (1st Level) Theme: Preparation
			<p>White Stripe Kihon (Basics)/Yokusoku Kumite (Drills) 1 Month & 8 Classes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Elbow and Knee combinations on a Bag <input type="checkbox"/> Sanchin Breathing, while walking down the floor in Sanchin Dachi, holding a double chest block; may add punch and chest block <p>Adults Only: Pinan Shodan Imote (1st Peace form 2 man drill)</p>
			<p>Orange Stripe Kata (form) 1 Month & 8 Classes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review of Previous 7 Kata (Fuji Kata Dai Ichi and Ni, Pinan Nidan, Pinan Shodan, Naihanchi Shodan, Pinan Sandan, Pinan Godan) <p>Extra Credit: Demonstrate kata(s) for the class</p>
			<p>Gold Stripe Life Skills/Character Building/Cultural Aspects 1 Month & 8 Classes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Warm up the class <input type="checkbox"/> <u>Think, train, and carry yourself like a Black Belt based on:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Attendance <input type="checkbox"/> Leadership <input type="checkbox"/> Black Belt behavior outside of dojo <input type="checkbox"/> Black Belt behavior inside the dojo <input type="checkbox"/> Write your Black Belt Paper – 1 to 2 typed pages on any subject related to Karate that also tells us a little bit about yourself and how you've evolved in training in Karate, and your plans in the future. Note: this is due by Ikkyu promotion. <input type="checkbox"/> Drug Safety: Explain the dangers to doing the following: Smoking, Alcohol, Drugs (Pot, Heroin, PCP, Ecstasy, Crack, Cocaine, Meth, sniffing chemicals, etc), Food as a Drug etc.
			<p>Purple Stripe Physical Fitness/Self Defense 1 Month & 8 Classes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Self-Defense: Knife, Club and Gun Defenses <input type="checkbox"/> Flexibility: Demonstrate proper spine stretch (cat/camel) for low back and neck stretching (no full circles) <input type="checkbox"/> 50 Jumping Jacks, 50 push-ups, 50 sit-ups & 50 mountain Climbers <input type="checkbox"/> Good Stamina: Run 3 miles (on Honor System). Youth Students need a signed note from Parent attesting to that fact
			<p>Brown Belt Ikkyu (1st 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></p> <p><i>Refinement of all of the previous requirements, plus:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Character Development: Nitten Shoji for the month at home & dojo <input type="checkbox"/> Be able to perform all kata and drills <input type="checkbox"/> Black Belt Paper Due <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