



**Sandan to Yandan  
Level 4**

**Theme: All previous themes**

		<p><b>White Stripe Kihon (Basics)/Drills</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Explain and Demonstrate the ability to pass down the art of Karate-Do</li> <li><input type="checkbox"/> Demonstrate Yakusoku 1-7</li> </ul>
		<p><b>Orange Stripe Kata (form)</b></p> <p>2nd half of <a href="#">Kusanku</a></p>
		<p><b>Gold Stripe Principles/ Background/Culture</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Explain Meditative Mindset &amp; read "Zen in the Martial Arts"</li> <li><input type="checkbox"/> Demonstrate Mastubayashi Principles <ul style="list-style-type: none"> <li>• relaxing</li> <li>• natural movement</li> <li>• directed strikes</li> </ul> </li> </ul>
		<p><b>Purple Stripe Conditioning/Self Defense/Pressure Points</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Demonstrate "Whatever Appears Theory" <ul style="list-style-type: none"> <li>• By applying pressure points to consecutive kata techniques.</li> </ul> </li> <li><input type="checkbox"/> Physical Fitness Req. – Can still do Shodan Requirements of: <ol style="list-style-type: none"> <li>1) 50 Push-ups</li> <li>2) 50 Sit-ups</li> <li>3) 50 Mountain Climbers</li> <li>4) 100 Jumping Jacks</li> </ol> </li> </ul>
		<p><b>Sandan to Yandan Level 4 1 year</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> All Level 4 Requirements</li> </ul>