



ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989

Junior Black Belt- Joshu-Sanban 3rd Degree- Black with Gold Stripe

			<p>White Stripe Kihon (Basics)/ Yokusoku Kumite (Drills) 1 Month & 8 Classes</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Review and be able to demonstrate Gold Belt Kihon, plus be proficient in 1 spinning kick
			<p>Orange Stripe Kata (form) 1 Month & 8 Classes</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1st Half of Saifa
			<p>Gold Stripe Life Skills/Character Building/ Cultural Aspects 1 Month & 8 Classes</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Review and be able to demonstrate Gold Belt Life Skills: <ul style="list-style-type: none"> <input type="checkbox"/> Explain what a dojo is and what behavior is expected <input type="checkbox"/> Recite Karate Creed <input type="checkbox"/> Safety info: 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"/> Briefly explain how and why to meditate <input type="checkbox"/> 4 Additional Leadership Classes
			<p>Purple Stripe Physical Fitness/Self Defense 1 Month & 8 Classes</p>	<p>50 Jumping Jacks, 50 push-ups, 50 sit-ups, 50 mtn. Climbers, plus 4 mile run with signed note from Parent attesting to that fact</p>
			<p>Green Stripe Kata (form) 1 Month & 8 Classes</p>	<p>Saifa</p>
			<p>Junior Black Belt Joshu-Sanban 3rd Degree Black with Gold Stripe 1 Month & 8 Classes</p> <p><i>You are eligible to be evaluated early for your belt after receiving your 5th stripe. When you pass, you will be awarded a 6th stripe and your promotional date will be put on your belt.</i></p>	<p><i>All of the previous requirements, plus:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Saifa & bunkai a series of moves