



ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989

		Orange Belt Requirements Kukyu (9th Level) Theme: #1 of the Karate Creed- How to train and keep a positive attitude	
		White Stripe Kihon (Basics)/ Yakusoku Kumite (Drills) 1 Month & 8 Classes	<ul style="list-style-type: none"> <input type="checkbox"/> Uraken (Backfist) & Kizami Zuki (Jab with 2 front knuckles) followed by a Punch <input type="checkbox"/> Jodan Uke (High Block), Chudan Uke (Middle Block), <input type="checkbox"/> Gedan Barai (Low Block) <p>Extra credit: Yoko Geri (Side kick), Ushiro Geri (Back kick), Teisho (Palm Heel), Tettsui (Hammerfist, literally "iron hammer"), Kick and Punch combinations</p>
		Orange Stripe Kata (form) 1 Month & 8 Classes	<ul style="list-style-type: none"> <input type="checkbox"/> 1st 8 moves of Fuji Kata Dai Ichi (1st Basic Form) <p>Note: Students are expected to support their dojo and bring at least one friend in to watch or try Karate by Orange Belt</p>
		Gold Stripe Life Skills/ Character Building/Cultural Aspects 1 Month & 8 Classes	<ul style="list-style-type: none"> <input type="checkbox"/> Spirit: Loud Kiai (Spirit yell) <input type="checkbox"/> Nutrition: Explain good eating habits (A Balanced Diet with lots of fruits and vegetables and not a lot of fast food and junk food) <input type="checkbox"/> Self-Control: Stand in Yoi (attention) for 2 minutes <input type="checkbox"/> Nitten Shoji: Show pride in your dojo by cleaning <input type="checkbox"/> Organization: Put shoes/jacket away neatly in dojo and at home <input type="checkbox"/> Proper Etiquette: Explain how to ask a question in Japanese using "Oneigai Shimasu" (please teach me) and how to use "Osu" (absolutely, positively, without a doubt!) <input type="checkbox"/> Anger management: 10 Deep Breaths & Cool Down
		Purple Stripe Physical Fitness/Self Defense 1 Month & 8 Classes	<ul style="list-style-type: none"> <input type="checkbox"/> 10 Jumping Jacks, 10 push-ups, 10 sit-ups & 10 mountain Climbers <input type="checkbox"/> Self defense: Traditional Ippon Kumite (One step/Punch/ Block/ Counter) <input type="checkbox"/> Flexibility: Demonstrate how to increase standing toe touch hamstring stretch. Try to keep back straight. <p>Extra credit: Mae Tobi Geri (Flying Front Kick) with Bonsai Run</p>
		Orange Belt Kukyu (9th Level) 1 Month & 8 Classes* <small>*You are eligible to be evaluated early for your belt 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.</small>	<p>All of the previous requirements, plus:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Support your dojo: Bring in one friend to watch or try Karate <input type="checkbox"/> Fuji kata Dai Ichi (First Basic Form) <input type="checkbox"/> Note to Instructors: Focus on How, What, and Why of practice <p>Materials needed for Orange Belt: Safety Gear (purchase in Pro Shop)</p>