



# ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989

		<b>Purple Belt Requirements</b> <b>Nanakyu (7th Level)</b> <b>Theme: #3 in the Karate Creed- Be Self-Disciplined</b>	
		<b>White Stripe</b> <b>Kihon (Basics)/</b> <b>Yokusoku</b> <b>Kumite (Drills)</b> 1 Month & 8 Classes	<ul style="list-style-type: none"> <li><input type="checkbox"/> Can still do <a href="#">Fuji Kata Dai Ichi</a> &amp; <a href="#">Fuji Kata Dai Ni</a></li> <li><input type="checkbox"/> Walk down the floor in a proper Zenkutsu Dachi</li> <li><input type="checkbox"/> Hiza Geri (Knee) and Empi Uchi (Elbow strike)</li> </ul> <b>Adults Only:</b> <a href="#">Ippon Kumite Dai Ichi</a> (1st one step fighting drill) <b>Kids Only:</b> Attacking side of <a href="#">Ippon Kumite Dai Ichi</a> (1st one step fighting drill) with an Instructor
		<b>Orange Stripe</b> <b>Kata (form)</b> 1 Month & 8 Classes	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1<sup>st</sup> 9 moves of <a href="#">Pinan Nidan</a></li> </ul> <b>Note:</b> Students are expected to Bring a Friend to watch or try Karate
		<b>Gold Stripe</b> <b>Life Skills/</b> <b>Character</b> <b>Building/Cultural</b> <b>Aspects</b> 1 Month & 8 Classes	<ul style="list-style-type: none"> <li><input type="checkbox"/> Explain at least <a href="#">5 ways to handle a bully/difficult person</a>. (Hint: Friends, Humor, Trickery, Walk Away, Agree, Refuse, Stand Up, Scream, Ignore, Authority, Reason, Karate Stance. Ask for handout)</li> <li><input type="checkbox"/> Explain "Self-Discipline vs. Discipline"</li> <li><input type="checkbox"/> <b>Household Safety:</b> Explain what to do around electricity, household poisons/cleaners/prescriptions</li> </ul>
		<b>Purple Stripe</b> <b>Physical</b> <b>Fitness/Self</b> <b>Defense</b> 1 Month & 8 Classes	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>20 Jumping Jacks, 20 push-ups, 20 sit-ups &amp; 20 mountain Climbers</b></li> <li><input type="checkbox"/> <b>Self-Defense:</b> Demonstrate High Intensity doing elbows/knees on a bag</li> <li><input type="checkbox"/> <b>Jiyu Kumite</b> (Free Style Sparring) Explain the 4 levels of kumite            Level 1 - Footwork in a Kamae (Fighting Stance)            Level 2 – Techniques thrown with <b>NO</b> contact whatsoever (Shadow boxing)            Level 3 – Blocking contact <b>Only</b>            Level 4 – <b>Controlled</b> techniques back and forth, with light contact to the gi in the midsection only, no contact to the head, neck, back, legs, groin, or kidneys</li> <li><input type="checkbox"/> <b>Flexibility:</b> Demonstrate how to do a 1) side kick stretch            2) front heel to ball of back foot stretch</li> </ul>
		<b>Purple Belt</b> <b>Nanakyu (7th Level)</b> 1 Month & 8 Classes* <i>*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.</i>	<i>All of the Previous Requirements, plus:</i> <ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Pinan Nidan</a> (2<sup>nd</sup> Peace Form)</li> <li><input type="checkbox"/> Explain how you are self-disciplined at home or in work</li> <li><input type="checkbox"/> Recite the <a href="#">Karate Creed</a></li> </ul> <b>Support for your dojo:</b> Bring in one friend to watch or try Karate