



ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989

		Green Belt with White Stripe Requirements Rokyu (6th Level) Theme: #4 of the Karate Creed- Respect	
		White Stripe Kihon (Basics)/Yokusoku Kumite (Drills) 1 Month & 8 Classes	<input type="checkbox"/> Inside and Outside Mikazuki Geri (Crescent Kicks) <input type="checkbox"/> Naihanchi Stepping down the floor Extra Credit: <i>Spinning Ushiro Geri (Back Kick)</i>
		Orange Stripe Kata (form) 1 Month & 8 Classes	1 st half of Pinan Shodan (1 st Peace Form), up to the kiai
		Gold Stripe Life Skills/Character Building/Cultural Aspects 1 Month & 8 Classes	<input type="checkbox"/> Tradition: Know that Karate originated from <i>Okinawa Japan</i> , and our style (Shorin-ryu/Matsubayashi-Ryu) was founded by <i>Shoshin Nagamine</i> <input type="checkbox"/> Leadership: Can lead the class in warm-ups w/ enthusiasm <input type="checkbox"/> Car Safety: Explain importance of buckling up (It's the LAW) and driving responsibly
		Purple Stripe Physical Fitness/Self Defense 1 Month & 8 Classes	<input type="checkbox"/> 20 Jumping Jacks, 20 push-ups, 20 sit-ups & 20 mountain Climbers <input type="checkbox"/> Self-Defense: Self Defense from a Headlock (strike to groin/stomp on foot/pinch/takedown) <input type="checkbox"/> Flexibility: Demonstrate how to do a butterfly groin stretch Extra Credit: <i>Yoko Tobi Geri (Flying Side Kick)</i>
		Green Belt with White Stripe Rokyu (6th 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>	<i>All of the previous requirements, plus:</i> <input type="checkbox"/> Pinan Shodan (1 st Peace Form) <input type="checkbox"/> Character Development: Explain #4 (Respect) of Karate Creed