



ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989

		Blue Belt Requirements Yonkyu (4th Level) Theme: Leadership	
		White Stripe Kihon (Basics)/ Yokusoku Kumite (Drills) 1 Month & 8 Classes	<input type="checkbox"/> 1st Half of Ippon Kumite Dai Ni (2nd one step fighting drill) Extra credit: Spinning Mikazuki (Crescent) and Kake (Hook) kicks, be able to practice proper punching, working on striking surface, targets, and elbow position
		Orange Stripe Kata (form) 1 Month & 8 Classes	<input type="checkbox"/> 1 st half of Pinan Sandan (3 rd Peace form) <input type="checkbox"/> Spirit: Be able to do kata with intensity
		Gold Stripe Life Skills/ Character Building/Cultural Aspects 1 Month & 8 Classes	<input type="checkbox"/> Started leadership in your Class (At least 1 class) <input type="checkbox"/> Lead Class in the Karate Creed and warm-ups <input type="checkbox"/> Fire Safety: Explain Stop, Drop and Roll and how to exit a fire & explain fire hazards (stove, matches, electrical, barbecue, etc.). Have an emergency plan (Handout is available) <input type="checkbox"/> Verbal Terminology (Instructor asking basic terminology) <input type="checkbox"/> Understand proper logging of leadership hours
		Purple Stripe Physical Fitness/Self Defense 1 Month & 8 Classes	<input type="checkbox"/> 30 Jumping Jacks, 30 push-ups, 30 sit-ups & 30 mountain Climbers <input type="checkbox"/> Learn and Bunkai 1 Series of moves from Fuji Kata Dai Ni <input type="checkbox"/> Flexibility: Demonstrate proper hip stretching (hip flexors, buttock stretch with ankle on opposite knee & pressing down with hand)
		Blue Belt Yonkyu (4th 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 Sandan (3 rd Peace Form) & Bunkai 1 series of moves <input type="checkbox"/> Character Development: Demonstrate leadership by showing techniques to Beginners in your own class for 8 classes and log in hall <input type="checkbox"/> Be able to explain Leadership