



ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989

		Brown Belt Requirements Sankyu (3rd Level) Theme: Dedication	
		<p style="text-align: center;">White Stripe Kihon (Basics)/ Yokusoku Kumite (Drills) 1 Month & 8 Classes</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 2nd Half of Ippon Kumite Dai Ni (2nd one step fighting drill) <input type="checkbox"/> Break a Board (use rebreakable board)
		<p style="text-align: center;">Orange Stripe Kata (form) 1 Month & 8 Classes</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Review form of basics (technically sound, e.g: proper crossing of blocks, knee bent in zenkutsu dachi, striking with knuckles and hand chamber position) <input type="checkbox"/> Proper stepping down the floor in Zenkutsu Dachi (front leaning stance) and Neko Ashi Dachi (cat stance)
		<p style="text-align: center;">Gold Stripe Life Skills/ Character Building/Cultural Aspects 1 Month & 8 Classes</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Recite the Karate Creed <input type="checkbox"/> Leadership: Can hold a target for classmate <input type="checkbox"/> Dog Safety: Explain what to do around an aggressive dog <ul style="list-style-type: none"> <input type="checkbox"/> Don't try to pet a dog that is sleeping, eating, or taking care of her puppies <input type="checkbox"/> Don't look an aggressive dog in the eye, it might see this as a threat <input type="checkbox"/> Don't run if a dog barks at you, but rather keep on walking calmly
		<p style="text-align: center;">Purple Stripe Physical Fitness/Self Defense 1 Month & 8 Classes</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 35 Jumping Jacks, 35 push-ups, 35 sit-ups & 35 mountain Climbers <input type="checkbox"/> Good Stamina: Run 1 mile (on Honor System). Youth Students need a signed note from Parent attesting to that fact <input type="checkbox"/> Self-Defense: Wrist and Elbow locks <input type="checkbox"/> Flexibility: Demonstrate proper hamstring (standing toe touch, w/ arched back) and calf stretch (front stretch with back foot straight, heel down)
		<p style="text-align: center;">Brown Belt Sankyu (3rd 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></p>	<p style="text-align: center;"><i>All of the previous requirements, plus:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Ippon Kumite Dai Ni (2nd one step fighting drill) <input type="checkbox"/> Refinement of all previous requirements (Note, your instructor will look at all your katas/kihon etc. with a more critical eye.) <input type="checkbox"/> Character Development: Students need 20 leadership hours in Academy classes or in the community for Brown Belt. FYI, students need 40 of these hours for Jr. Black Belt and 75 for Adult Black Belt <input type="checkbox"/> Minimum age requirement- 10 years old