



Sandan to Yandan

Level 3

Theme: **Kiai (Energy)**

		<p>White Stripe Kihon (Basics)/ Drills</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate feeling another person's energy <input type="checkbox"/> Demonstrate all drills <p>Extra Credit</p> <ul style="list-style-type: none"> • Ippon #4
		<p>Orange Stripe Kata (form)</p>	<p>1st Half of Kusanku</p>
		<p>Gold Stripe Principles/ Background/ Culture</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Explain Karate as a way of life and re-read "Essence of Okinawan Karate-Do" <input type="checkbox"/> Explain Compassion- Look at the softer side of Karate
		<p>Purple Stripe Conditioning/Self Defense/Pressure Points</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Research Two Pressure Points and explain their hurting and healing applications. <input type="checkbox"/> Physical Fitness Req. – Can still do Shodan Requirements of: <ol style="list-style-type: none"> 1) 50 Push-ups 2) 50 Sit-ups 3) 50 Mountain Climbers 4) 100 Jumping Jacks
		<p>Sandan to Yandan Level 3 1 year</p>	<ul style="list-style-type: none"> <input type="checkbox"/> All Level 3 Requirements