



# ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989

## Junior Black Belt- Joshu-Niban 2nd Degree- Black with Orange Stripe

		<p><b>White Stripe</b> Kihon (Basics)/ Yokusoku Kumite (Drills) 1 Month &amp; 8 Classes</p>	<input type="checkbox"/> Review and be able to demonstrate White and Orange Belt Kihon
		<p><b>Orange Stripe</b> Kata (form) 1 Month &amp; 8 Classes</p>	1st Half of <a href="#">Rohai</a>
		<p><b>Gold Stripe</b> Life Skills/Character Building/ Cultural Aspects 1 Month &amp; 8 Classes</p>	<input type="checkbox"/> Review and be able to demonstrate White and Orange Belt <b>Life Skills:</b> <input type="checkbox"/> <b>Nutrition:</b> Explain good eating habits (A Balanced Diet with lots of fruits and vegetables and not a lot of fast food and junk food) <input type="checkbox"/> <b>Self-Control:</b> Stand in Yoi (attention) for 2 minutes <input type="checkbox"/> <b>Nitten Shoji:</b> Show pride in your dojo by cleaning <input type="checkbox"/> <b>Organization:</b> Put shoes/jacket away neatly in dojo and at home <input type="checkbox"/> <b>Proper Etiquette:</b> Explain how to ask a question in Japanese using "Oneigai Shimasu" (please teach me) and how to use "Osu" (absolutely, positively, without a doubt!) <input type="checkbox"/> <b>Anger management:</b> 10 Deep Breaths & Cool Down <input type="checkbox"/> <b>4 Additional Leadership Classes</b>
		<p><b>Purple Stripe</b> Physical Fitness/Self Defense 1 Month &amp; 8 Classes</p>	<b>50</b> Jumping Jacks, <b>50</b> push-ups, <b>50</b> sit-ups, <b>50</b> mtn. Climbers,
		<p><b>Green Stripe</b> Kata (form) 1 Month &amp; 8 Classes</p>	<a href="#">Rohai</a>
		<p><b>Junior Black Belt</b> <b>Joshu-Niban</b> <b>2nd Degree</b> <b>Black with Orange Stripe</b> 1 Month &amp; 8 Classes <i>You are eligible to be evaluated early for your belt after receiving your 5th stripe. When you pass, you will be awarded a 6th stripe and your promotional date will be put on your belt.</i></p>	<p><i>All of the previous requirements, plus:</i></p> <input type="checkbox"/> <a href="#">Rohai</a> & bunkai a series of moves