



ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989

Junior Black Belt- Joshu-Yonban 4th Degree- Black with Purple Stripe

			<p>White Stripe Kihon (Basics)/ Yokusoku Kumite (Drills) 1 Month & 8 Classes</p>	<input type="checkbox"/> Review and be able to demonstrate Purple Belt Kihon, plus be proficient in wrist locks with takedown and control of opponent
			<p>Orange Stripe Kata (form)/Drill 1 Month & 8 Classes</p>	Pinan Shodan Imote (defending side or attacking side)
			<p>Gold Stripe Life Skills/Character Building/ Cultural Aspects 1 Month & 8 Classes</p>	<input type="checkbox"/> Review and be able to demonstrate Purple Belt Life Skills: <ul style="list-style-type: none"> <input type="checkbox"/> Explain at least 5 ways to handle a bully/difficult person. (Hint: Friends, Humor, Trickery, Walk Away, Agree, Refuse, Stand Up, Scream, Ignore, Authority, Reason, Karate Stance. Ask for handout) <input type="checkbox"/> Explain "Self-Discipline vs. Discipline" <input type="checkbox"/> Household Safety: Explain what to do around electricity, household poisons/cleaners/prescriptions <input type="checkbox"/> 4 Additional Leadership Classes
			<p>Purple Stripe Physical Fitness/Self Defense 1 Month & 8 Classes</p>	50 Jumping Jacks, 50 push-ups, 50 sit-ups, 50 mtn. Climbers, plus 5 mile run with signed note from Parent attesting to that fact
			<p>Green Stripe Kata (form) 1 Month & 8 Classes</p>	Pinan Shodan Imote (defending side or attacking side)
			<p>Junior Black Belt Joshu-Yonban 4th Degree Black with Purple Stripe 1 Month & 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"/> Pinan Shodan Imote