



ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989

Junior Black Belt- Joshu-Goban 5th Degree- Black with Green Stripe

			<p>White Stripe Kihon (Basics)/ Yokusoku Kumite (Drills) 1 Month & 8 Classes</p>	Review and be able to demonstrate Rokyū and Green Belt Kihon
			<p>Orange Stripe Kata (form) 1 Month & 8 Classes</p>	1st half of Shobayashi Ananku
			<p>Gold Stripe Life Skills/Character Building/ Cultural Aspects 1 Month & 8 Classes</p>	<input type="checkbox"/> Review and be able to demonstrate Rokyū and Green Belt Life Skills : <ul style="list-style-type: none"> <input type="checkbox"/> Tradition: Know that Karate originated from <i>Okinawa Japan</i>, and our style was founded by <i>Shoshin Nagamine</i> <input type="checkbox"/> Leadership: Can lead the class in warm-ups w/ enthusiasm <input type="checkbox"/> Car Safety: Explain importance of buckling up (It's the LAW) and driving responsibly <input type="checkbox"/> Weapons Safety: Explain what to do if you see a gun or other dangerous weapon (Stop, Don't touch, Leave the area, Tell an adult) <input type="checkbox"/> Water Safety: Explain when you use a life jacket (boat), when you would not go in the water (deep water, while alone, riptides-red flags, no lifeguard), and why not to dive in unknown water depths (risk of paralysis or death) <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 can go 10 minutes on a bag without stopping
			<p>Green Stripe Kata (form) 1 Month & 8 Classes</p>	Shobayashi Ananku
			<p>Junior Black Belt Joshu-Goban 5th Degree Black with Green Stripe 1 Month & 8 Classes</p> <p><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"/> Shobayashi Ananku & bunkai a series of moves