



# ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989

## Junior Black Belt- Joshu-Rokuban 6th Degree- Black with Blue Stripe

			<p><b>White Stripe</b> Kihon (Basics)/ <b>Yokusoku Kumite</b> (Drills) 1 Month &amp; 8 Classes</p>	Review and be able to demonstrate Blue Belt Kihon
			<p><b>Orange Stripe</b> <b>Kata</b> (form)/Drill 1 Month &amp; 8 Classes</p>	<b>1st Half of Yonhon Kumite Dai Ni</b> (2nd 4 step fighting drill)
			<p><b>Gold Stripe</b> <b>Life Skills/Character Building/ Cultural Aspects</b> 1 Month &amp; 8 Classes</p>	<input type="checkbox"/> Review and be able to demonstrate Blue Belt <b>Life Skills:</b> <input type="checkbox"/> <b>Fire Safety:</b> Explain Stop, Drop and Roll and how to exit a fire & explain fire hazards (stove, matches, electrical, barbecue, etc.). Have an emergency plan (Handout is available) <input type="checkbox"/> Verbal Terminology (Instructor asking basic terminology) <input type="checkbox"/> <b>4</b> Additional Leadership Classes
			<p><b>Purple Stripe</b> <b>Physical Fitness/Self Defense</b> 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, plus learn how to use a speed bag
			<p><b>Green Stripe</b> <b>Kata</b> (form)/Drill 1 Month &amp; 8 Classes</p>	<input type="checkbox"/> Learn the following pressure points: ST5 (on the jaw), TW17(behind the ear), SP6(inside of the shin) <input type="checkbox"/> Learn 2 advanced grappling techniques, 1. Figure 4 arm lock (using legs and hips as leverage) 2. Be able to use weight and leverage to hold a mount
			<p><b>Junior Black Belt Joshu-Rokuban 6th Degree Black with Blue 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 your promotional date will be put on your belt.</i></p>	<p><i>All of the previous requirements, plus:</i></p> <input type="checkbox"/> <b>Yonhon Kumite Dai Ni</b> (2nd 4 step fighting drill)