



Junior Black Belt- Joshu-Schichiban 7th Degree- Black with 1 Brown Stripe

			<p>White Stripe Kihon (Basics)/ Yokusoku Kumite (Drills) 1 Month & 8 Classes</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Review and be able to demonstrate Brown Belt Kihon <input type="checkbox"/> Demonstrate and be able to teach 4 advanced grappling techniques, <ol style="list-style-type: none"> 1. Figure 4 arm lock (using legs and hips as leverage) 2. Be able to use weight and leverage to hold a mount 3. Hadaka Jime (Choke from behind using the thumb) 4. Juji-Jime (Cross handed choke from the front using the gi)
			<p>Orange Stripe Kata (form) 1 Month & 8 Classes</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1st Half of Sanchin
			<p>Gold Stripe Life Skills/Character Building/Cultural Aspects 1 Month & 8 Classes</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Review and teach Brown Belt Life Skills: <ul style="list-style-type: none"> <input type="checkbox"/> Internet Safety: Explain the dangers of the internet <ul style="list-style-type: none"> <input type="checkbox"/> Don't give out your real name/address/phone number <input type="checkbox"/> Never agree to meet someone you met online <input type="checkbox"/> Be able to explain the dangers of diet pills/unhealthy dieting and the use of energy drinks <input type="checkbox"/> Explain the dangers of texting while driving and other distractions <input type="checkbox"/> Drug Safety: Explain the dangers to doing the following: Smoking, Alcohol, Drugs (Pot, Heroine, PCP, Ecstasy, Crack, Cocaine, Meth, sniffing chemicals, etc), Food as a Drug etc. <ul style="list-style-type: none"> <input type="checkbox"/> 4 Additional Leadership Classes
			<p>Purple Stripe Physical Fitness/Self Defense 1 Month & 8 Classes</p>	<p>50 Jumping Jacks, 50 push-ups, 50 sit-ups, 50 mtn. Climbers, plus set a goal for how many sit-ups you can do</p>
			<p>Green Stripe Kata (form)/ Drills 1 Month & 8 Classes</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Sanchin
			<p>Junior Black Belt Joshu-Schichiban 7th Degree Black with 1 Brown 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 your promotional date will be put on your belt.</i></p>	<p><i>All of the previous requirements, plus:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Sanchin & bunkai a series of moves

Junior Black Belt- Joshu-Hachiban 8th Degree- Black with 2 Brown Stripes

				<p>Junior Black Belt Joshu-Hachiban 8th Degree Black with 2 Brown Stripes 6 Months</p>	<ul style="list-style-type: none"> <input type="checkbox"/> See instructor for material and assignments.
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