



**Nidan to Sandan
Level 1
Theme: Ma-ai (Distance)**

**White Stripe
Kihon (Basics)/
Drills**

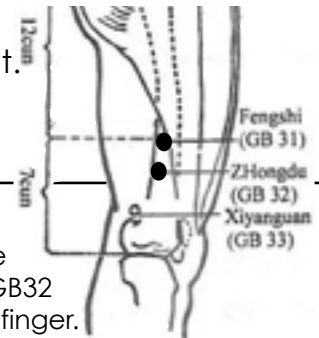
- Demonstrate the proper method for: Teisho, Shuto, Seiken, Nukite, Mae Geri, Shin Kick, Hiza, Empi, & ¾ Punch & hand and leg strike combinations
- Demonstrate block & counter drills (Attacker punches or kicks and defender quickly counters) & Yakusoku #3 from the book, "Essence of Okinawan Karate-Do"

**Orange Stripe
Kata (form)**

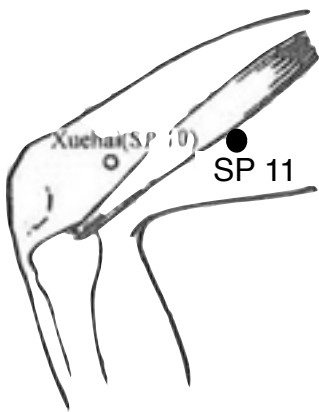
- [Passai](#)
- Bunkai a piece of [Naihanchi Shodan](#)

**Gold Stripe
Principles/
Background/
Culture**

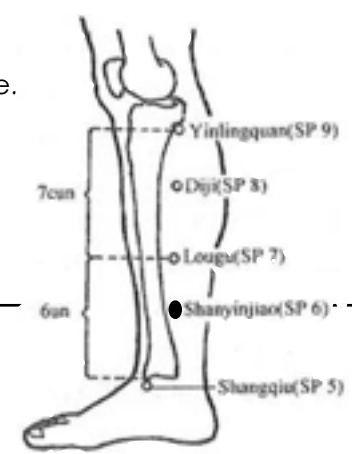
- Explain the principle of Ma-ai (Distance)
- Explain how distance changes depending on: Weapon's Foot, Hand, Elbow/Knee, Grappling
- Demonstrate focusing to the smallest point.
-i.e. focus to the center



**Purple Stripe
Conditioning/Self
Defense/Pressure
Points**



- Show location of **G31/G32**
 - **Location:** This is found by standing upright with the arms extending along the side of the leg. GB31/GB32 will be just at the middle and the tip of the middle finger.
 - **Method:** Strike with a toe-kick, knee or knuckle.
- Show location of **SP6**
 - **Location:** It is on the inside of the leg just along the rear edge of the tibia-bone, midway between the prominence of the ankle and the lower edge of the calf muscle.
 - **Method:** Kick or knuckle this point, from the inside, with a rising motion.
- Show location of **SP11**
 - **Location:** Middle of the inside thigh.
 - **Method:** Strike with a toe-kick, knee, knuckle.
- Physical Fitness Req.- Can still do Shodan
Requirements of:
 - 1) 50 Push-ups
 - 2) 50 Sit-ups
 - 3) 50 Mountain Climbers
 - 4) 100 Jumping Jacks



**Nidan to Sandan
Level 1
9 Months**

- All Level 1 Requirements