

Promotion Requirements

Spring 2013

	White Belt	Green Belt	Purple Belt	Brown Belt
Kata	<i>One Stripe</i> Taikyoku Jodan Taikyoku Chudan Taikyoku Gedan Enpi Enpi Ha <i>Two Stripes</i> Empi Go Mawashi Uke	Gekisai Sanchin	Gesaku Sho	Saifa Tensho
Self-Defense	3 basic techniques	3 adv techniques 2 throws 1 sweep	5 adv techniques 3 throws 3 sweeps	8 adv techniques 5 throws 5 sweeps
Kihon (Basics)	Punches: jodan/chudan/gedan straight punch, jab, cross, hook, uppercut Kicks: front kick (mae geri), roundhouse kick (mawashi geri), side kick (yoko geri), back kick (ushiro geri); crescent kick and hook (Green Belts and up) Blocks: upper block, inside middle block, lower block, outside middle block Stances: front stance (zenkutsu dachi), horse stance (kiba dachi), hourglass stance (sanchin dachi), cat stance (neko ashi dachi) Two-Man Drills: straight punch, hook, downward strike, elbow strike, uppercut			
Blocking Systems	8-point 10-point	8-point 10-point 5-point	8-point 10-point 5-point	8-point 10-point 5-point
Physical Training	3 rounds of intense workout drills			
Sparring	Sparring			