# Promotion Requirements

**Spring 2013**

<table>
<thead>
<tr>
<th></th>
<th>White Belt</th>
<th>Green Belt</th>
<th>Purple Belt</th>
<th>Brown Belt</th>
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</thead>
</table>
| **Kata** | *One Stripe*  
Taikyoku Jodan  
Taikyoku Chudan  
Taikyoku Gedan  
Enpi  
Enpi Ha  
*Two Stripes*  
Empi Go  
Mawashi Uke | Gekisai  
Sanchin | Gesaku Sho  
| Saifa  
Tensho | |
| **Self-Defense** | 3 basic techniques  
| 2 throws  
| 1 sweep | 3 adv techniques  
| 3 throws  
| 3 sweeps | 5 adv techniques  
| 3 throws  
| 5 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 | 8-point  
10-point  
5-point | 8-point  
10-point  
5-point | 8-point  
10-point  
5-point | |
| **Blocking Systems** | 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 |  |  |  |