

Junior Division Promotion Requirements

BLUE

(Purchase *"The Essence of Okinawan Karate-Do"* by Shoshin Nagamine)

Standing Basics: Squat Stance Spear Hand Thrust; Neutral Stance Side Kick

Moving Basics: Front Stance Reinforced Middle Block; Natural Stance Roundhouse Kick; Natural Stance Front Side Kick

Kata: Fukyugata I <http://youtu.be/cuD-M2Sg6DA>

Fukyugata II http://youtu.be/6nq_5vQGicQ

Kumite: Basic Inside Cross-Deck Blocking w/ counter at the end (High; Middle; Striking; & Low Block)

Perseverance: Push-ups (perform as many as you can; you will do a test at each stripe)

Recite: Dojo Rules 1 - 10

DOJO RULES FOR JUNIORS

1. Only practice Karate when you are on the deck.
2. No horseplay or fooling around in the Dojo at any time.
3. Do not talk or goof off during class.
4. Raise your hand to ask a question.
5. Call the instructor by correct title.
6. Speak up and answer 'Yes Sir/Ma'am' and 'No Sir/Ma'am'.
7. Keep your uniform neat and clean.
8. Do not wear jewelry or chew gum in class.
9. Bow when entering and leaving the training area.
10. Stay out of fights. Do not hit or strike other children.