

Junior Division Promotion Requirements

BROWN – MID (WHITE BAR)

All techniques in Japanese

Standing Basics: Mae Geri; Ushiro Geri (Front Kick; Back Kick Combination)

Kata: Pinan Shodan <http://youtu.be/SQpgIDreoAA>

Naihanchi Shodan

Pinan Sandan

Pinan Yondan

Kumite: 7 Yakusoku Kumite

Perseverance: Dips on Chair (perform as many as you can; you will do a test at each stripe)

Atemi: Ushiro Geri

Recite: Essay and Maxims of the Dojo (All)

MAXIMS OF THE DOJO

COURTESY

I promise to be courteous and display humility in my interactions with others, and to conduct myself in a manner that supports the progress of everyone in class, including myself.

CLEANLINESS

I promise to keep my body and uniform neat and clean, and to clear my mind of all preoccupying thoughts, so I can concentrate on what I am practicing.

DILIGENCE

I promise to pay attention, to exert strenuous effort, to workout hard in class, and to use my free time diligently by practicing what was shown to me by my instructors and seniors.

RESPONSIBILITY

I promise to adhere to the Dojo Customs, to live by the Student Creed, to assist my classmates when given an opportunity, to attend class at least twice a week, and to keep my Sensei informed when I cannot attend.