

Junior Division Promotion Requirements

GREEN

All techniques in Japanese

Standing Basics: Zenkutsu Mae Geri (Front Stance Front Snap Kick)

Moving Basics: Nekoashi Mae Geri (Cat Stance Front Snap Kick)

Nekoashi Gedan Shuto Uke (Cat Stance Low Knife-Hand Block)

Nekoashi Chudan Shuto Uke (Cat Stance Middle Knife-Hand Block)

Kata: Ananku <http://youtu.be/I-j3M6yqiWw>

Pinan Nidan <http://youtu.be/VR6rEHHZ88I>

Kumite: 1 – Step Kumite: Jodan Tsuki with Jodan Uke (Inside/Outside), Tsuki Uke (Inside)

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

Atemi: Mae Geri

Recite: Dojo customs and Etiquette (All)

DOJO CUSTOMS and ETIQUETTE

1. The Dojo is traditionally known as a school where students are instructed in the art of Karate
2. The Dojo is treated with respect by all Karate students.
3. Students remove their shoes prior to practicing on the mats
4. Students bow when entering or leaving the training area.
5. Students bow before and after practicing with each other.
6. If a student is late they wait to be recognized by the instructor before joining the class.
7. If a student needs to leave class early, they speak to the instructor before class begins.
8. Say goodbye to your instructors and classmates before leaving the Dojo.
9. Refer to the Dojo owner or head instructor as “Sensei”, call assistants by Sempai or Mr/Ms_____.

10. We speak up appropriately and use manners when spoken to. This is a sign of courtesy and respect, and facilitates communication among ourselves.
11. The Dojo is to be cleaned and kept clean by every student who uses it.
12. Bring all equipment to every class.
13. We do not leave personal belongings in the Dojo overnight.
14. Do not smoke or practice under the influence of alcohol or drugs.
15. We do not eat, chew gum or candy on the mats.
16. Fingernails and toenails are kept short for safety's sake.
17. Students should learn new kata only when approved by Sensei.
18. Do not teach or show karate techniques to non-members.
19. We stay out of fights and do not provoke or threaten others.
20. Communicate responsibly, or muster up the courage to leave the situation
21. Students practice good grooming and posture.
22. Keep uniforms neat and clean.
23. We maintain an appearance and presentation that supports our purpose.
24. We are respectful and courteous to others.
25. We avoid gossip and do not speak ill of others.
26. We strive to show initiative and to be a good example.
27. Know your requirements before testing.
28. We cultivate a positive mental attitude and develop ourselves to become physically strong.
29. These customs are the "ways of being" that can only be explained by the devotion which the teacher and serious students share towards Karate training.
30. The Dojo is the place where the student strives to arrive at the high point of readiness and willingness to submit his body and mind to the learning of the ancient discipline of Karate.