

Junior Division Promotion Requirements

GREEN – MID (WHITE BAR)

All techniques in Japanese

Standing Basics: Naihanchi Ashi Fumi (Straddle Stance Stomp)

Moving Basics: Morote-uke Mijikai-tsuki (Front Stance Reinforced Middle Block and Snap Punch)

Keri Soto Uke to Tsuki (Front Kick; Middle Block; Reverse Punch in Natural)

Soto Uke Keri to Tsuki (Middle Block; Front Kick; Reverse Punch in Kosa Dachi)

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

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

Kumite: 1 – Step Kumite: Chudan Tsuki Attacks with Chudan Shuto Uke and Sweep Blocks

Perseverance: Jigotai Dachi Tsuki (perform as many as you can; you will do a test at each stripe)

Atemi: Overhead Shuto

Recite: Precepts for the Mastery of Karate-Do

PRECEPTS FOR THE MASTERY OF KARATE-DO

1. We are all equal in that we are responsible for our own success or failure.
2. We cannot reach our full potential unless we overcome our self-imposed limitations.
3. Some techniques may require you to practice twice as much as the next person to accomplish the same thing.
4. Do not wait or depend on others to help you improve. Respect people and be grateful for their example, but take charge of your own training.
5. Develop an open mind as well as a strong body and believe in yourself.
6. Karate-Do may be referred to as the desire to improve yourself or a life-long marathon race, which can only be won through self-discipline, diligent training, and your own creative efforts.