

Junior Division Promotion Requirements

GREEN – ADV (BLACK BAR)

All techniques in Japanese

Standing Basics: Musubi Morote Barai Uke (Open Foot Stance, Middle/ Low Block)

Moving Basics: Shizentai Nukite Tsuki (Natural Stance Spear Hand Thrust)

Naihanchi Ashi Fumi (Straddle Stance Stomp)

Jigotai Hiji Uke Uraken (Squat Stance Elbow Block and Backfist)

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

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

Naihanchi Shodan

Kumite: 1 – Step Kumite (Keri Attacks)

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

Atemi: Empi

Recite: Six Steps for Success in Karate

SIX STEPS for SUCCESS in KARATE

1. Train everyday. Your progress in Karate will depend upon your attendance as well as your daily effort to train outside of class. In fact, your daily effort to train on your own can be more productive than formal class because you can tailor the practice to suit your own needs. If coming to the Dojo is not possible, practice in your spare bedroom, garage, or back yard. Try to make working on some aspect of your training a part of your daily routine, - - like doing leg stretches while watching your favorite TV program and doing knuckle push-ups, sit-ups, and squats during the commercials. Another good idea would be to walk, jog, or run a couple of miles on the days you cannot come to the Dojo.

2. Get in Shape. Any athletic endeavor is a lot easier if your muscles are toned and your body is in good condition. No amount of slick self-defense tricks are going to help you if you are physically weak, overweight, out-of-shape, or in poor health. If you want to be

successful in your karate endeavor, - - stop smoking, eat right, and start making exercise and physical fitness your way of life.

3. Use the promotion requirements as a guideline for your training. First, ... know the requirements for your next promotion. Second, ... since the formal classes are general instruction for students on all levels, practice on your own those specific techniques that are required on your next test. Third, ... rehearse your demonstration as often as possible. Even though formal class participation is necessary, the time you spend training on your own or with a friend will be the most productive. Finally, ... ask several different senior students to check out your demonstration and offer you suggestions to improve your presentation.

4. Ask for assistance from your seniors. You cannot pay a greater compliment to a senior than to ask them to help you or show you how to do something. For the senior student this is absolutely the best kind of training because it causes them to question in their own mind that which they are teaching. It also gives them an opportunity to study the movements from a different point of view. So, - - by asking for help you are actually setting up the very best training circumstances for everyone involved and helping to create an atmosphere in the Dojo that generates productivity, courtesy, and true Martial Arts way.

5. Realize that making mistakes is inevitable. Everyone feels awkward when they are just starting out. Just like learning to roller skate or ride a bicycle, the movements are new to you and it's going to take a while until you feel comfortable with them. It is an illusion to think that your seniors and instructors do not make mistakes. Given your level of training, your mistakes are just not apparent to you now.

You learn more from your mistakes than from your successes. In fact, if you are not noticing your mistakes, you are either coasting or you are stagnating. The way to success is to become like a beginner again. Get some instruction and feedback, and set some new goals for yourself. Martial Arts are about striving for perfection. Even when you think you finally got it right, there will be room for improvement.

6. Share your experience of the training with others. Over half the members of this Dojo are here because a friend like you was thoughtful enough to introduce them. Nothing in the world is more motivating or more likely to keep you on purpose with your own training than to have a friend with whom to pursue common interests or goals.