

Junior Division Promotion Requirements

ORANGE

Standing Basics: Single Punching; Striking Block in Squat Stance

Moving Basics: Squat Stance Chasing Punch; Front Stance Low Block; Front Stance Reverse Punch; Natural Stance Kick & Punch

Kata: Lohrding 2 <https://youtu.be/vAS7xAxhHfQ>

Recite: Student Creed 1 - 6

STUDENT CREED

1. I will avoid all things which are not good for me
2. I will make myself strong and confident, and never use Karate in an offensive manner.
3. I will speak respectfully to my parents and teachers and be courteous to everyone.
4. I will strive to bring out the best in myself and in others.
5. I will always try hard, never give up, and finish what I start.
6. Whenever I give my word, I promise to keep it.