

Junior Division Promotion Requirements

RED

(Sparring Gear is Recommended)

Standing Basics: Squat Stance Double Punching; Squat Stance Middle Block

Moving Basics: Front Snap Kick; Middle and Striking Blocks in Natural Stance and turn

Kata: Lohrding 3 <http://youtu.be/ln6FuA4EckQ>

Recite: Dojo Rules 1 - 5

DOJO RULES FOR JUNIORS

1. Only practice Karate when you are on the deck.
2. No horseplay or fooling around in the Dojo at any time.
3. Do not talk or goof off during class.
4. Raise your hand to ask a question.
5. Call the instructor by correct title.
6. Speak up and answer 'Yes Sir/Ma'am' and "No Sir/Ma'am".
7. Keep your uniform neat and clean.
8. Do not wear jewelry or chew gum in class.
9. Bow when entering and leaving the training area.
10. Stay out of fights. Do not hit or strike other children.