



BELT PROMOTION REQUIREMENTS: ADULT KARATE

Belt Test Payment (\$25.00) is due by Wednesday before Promotion

REMEMBER...YOUR MINIMUM CLASS REQUIREMENT OF 2 CLASSES PER WEEK, AS WELL AS YOUR OWN INDEPENDENT PRACTICE, IS VITAL TO YOUR SUCCESS!

<u>Belt Testing to:</u>	<u>KATA:</u>	<u>OYO BUNKAI</u>	<u>BUNKAI</u>	<u>KUMITE</u>	<u>PHYSICAL</u>
Gold	Kihon 1-5			1,2	10 Push Ups 10 Crunches
Orange	Naihanchi 1			3	10 Push ups 15 Crunches
8th Kyu Blue	Pinon 1	Naihanchi 1 Oyo		4	15 Push ups 20 Crunches
7th Kyu Blue/Green	Pinan 2-3	Pinan 1 Oyo		5,6 BEGIN SPARRING	20 Push ups 20 Crunches
6th Kyu Green	Pinon 4-5		Pinan 1 Bunkai	7,8 SPARRING	20 Push ups 25 Crunches
5th Kyu Green	Naihanchi 2		Pinan 3 Bunkai	9 SPARRING	25 Push ups 30 Crunches
4th Kyu Green/Brown	Passai Sho	Pinan 4 Oyo		10 SPARRING	30 Push ups 35 Crunches
3rd Kyu Brown	Naihanchi 3		Pinan 4 Bunkai	11,12 SPARRING	30 Push ups 40 Crunches
2nd Kyu Brown	Kusanku 1		Pinan 5 Bunkai	13,14 SPARRING	35 Push ups 50 Crunches
1st Kyu Brown/Black	Passai Dai		Passai Sho Bunkai	15,16 SPARRING	40 Push ups 80 Crunches
Candidate-for Pretest	Kusanku 2	ALL ABOVE		1-16 SPARRING	
Candidate-for Practical	Chinto	ALL ABOVE	ALL ABOVE	ALL ABOVE	Pass Physical test: 50 Pushups, 200 Crunches 3 mi run