

BELT PROMOTION REQUIREMENTS: ADULT KARATE

Belt testing fee (\$25.00) is due by the Wednesday before promotion

<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 pushups 10 crunches
ORANGE	Naihanchi 1			3	10 pushups 15 crunches
8TH KYU BLUE	Pinan 1	Naihanchi 1 Oyo		4	15 pushups 20 crunches
7TH KYU BLUE/GREEN	Pinan 2,3	Pinan 1 Oyo		5,6 Begin sparring	20 pushups 20 crunches
6TH KYU GREEN	Pinan 4,5		Pinan 1 Bunkai	7,8 Sparring	20 pushups 25 crunches
5TH KYU GREEN (bar)	Naihanchi 2		Pinan 3 Bunkai	9 Sparring	25 pushups 30 crunches Start running
4TH KYU GREEN/BROWN	Passai 1	Pinan 4 Oyo		10 Sparring	30 pushups 35 crunches 1 mi run
3RD KYU BROWN	Naihanchi 3		Pinan 4 Bunkai	11,12 Sparring	30 pushups 40 crunches 1.5 mi run
2ND KYU BROWN (bar)	Kusanku 1		Pinan 5 Bunkai	13,14 Sparring	35 Pushups 40 Crunches 2 mi run
1ST KYU BROWN/BLACK	Passai Dai		Passai 1 Bunkai	15,16 Sparring	40 pushups 80 crunches 2.5 mi run
CANDIDATE-for pretest	Kusanku 2	ALL ABOVE	ALL ABOVE	ALL ABOVE	45 Pushups 100 crunches 3 mi run
CANDIDATE-for Practical	Chinto	ALL ABOVE	ALL ABOVE	ALL ABOVE	Pass Physical test: 50 pushups 200 crunches Timed 3 mi run

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