

JUNIOR ORANGE BELT

Name _____ Age _____ DOB ____/____/____

Telephone# _____ Last Promotion _____

Attendance (min. 30 classes)					JUNIOR ORANGE BELT REQUIREMENTS
1	2	3	4	5	A) UKE WAZA Uke kunren-blocking drill -against a partner
6	7	8	9	10	
11	12	13	14	15	B) TE WAZA Empi Kunren-Elbow Drill
16	17	18	19	20	
21	22	23	24	25	C) KERI WAZA Yoko Geri-Side kick <i>Must demonstrate Kekomi (thrusting hip action) must show: A) proper knee position; B) Correct striking surface on the foot; C) Four steps (up, out, back, down); D) Speed, snap, balance, flexibility E) Proper foot position</i>
26	27	28	29	30	
31	32	33	34	35	C) KATA Kihon Yondan Kihon Godan
36	37	38	39	40	
Dues					D) KUMITE Backfist/reverse punch Backfist/reverse punch/rear roundhouse kick Backfist/reverse punch/ashi barai Freesparring with a partner
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Bowing Ceremony(say it with spirit!) 1)Kiotsuke 2)seiza 3) mokso,(wait 30 seconds) 4)mokso yamae, 5)Shomen ni, rei 6)Sensei, Sensei ni, rei					