

## JUNIOR ORANGE WITH WHITE BELT

Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Telephone# \_\_\_\_\_ Last Promotion \_\_\_\_\_

Attendance (min. 20 classes)					JUNIOR ORANGE/WHITE STRIPE REQUIREMENTS
1	2	3	4	5	<p><b>A) UKE WAZA</b> Sagurite Uke-Searching hand block (against hook and straight punches)</p> <p><b>B) TE WAZA</b> Shoto Uchi-Knifehand strike Uraken Uchi-Backfist strike Otoshi Empi-Dropping elbow strike Yoko Empi-Rear Elbow strike Age Empi-Rising Elbow strike</p> <p><b>C) KERI WAZA</b> Tsuru ashi Mae Geri-Slide up front kick <i>Mawashi geri-Roundhouse kick</i> 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) correct hip/shoulder alignment</p> <p><b>D) KATA</b> Kihon Nidan Kihon Sandan</p> <p><b>E) REIGI</b>-Demonstration of dojo etiquette and knowledge of dojo rules. Excellent attitude.</p> <p><b>F)</b> Student has Butokukan patch and USA Hombu patch on uniform</p>
6	7	8	9	10	
11	12	13	14	15	
16	17	18	19	20	
21	22	23	24	25	
26	27	28	29	30	
31	32	33	34	35	
36	37	38	39	40	
Dues					
<p><b>Reikishi to Kotoba(History and terminology)</b> Explain the meaning of the Butokukan patch</p>					

