

## JUNIOR WHITE/BLACK STRIPE BELT

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

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

Attendance (min. 20 classes)					JUNIOR WHITE/BLACK STRIPE BELT REQUIREMENTS	
1	2	3	4	5	<p><b>A) DACHI WAZA</b></p> <p>Heisoku Dachi-Formal attention stance                      Musubi Dachi-Attention stance                      Yoi dachi-Ready stance                      Shizentai Dachi-Natural Stance                      Neko Ashi Dachi-Cat Stance</p> <p><b>B) UKE WAZA</b></p> <p>Chudan Uke-Middle block</p> <p><b>C) TE WAZA</b></p> <p>Chudan Tsuki-Middle Punch</p> <ul style="list-style-type: none"> <li>○ must demonstrate making a proper fist</li> <li>○ punches must show focus (targeting) , speed, snap and power</li> </ul> <p><b>D) KERI WAZA</b></p> <p>Standing front snap kick</p> <p style="padding-left: 20px;">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 placement of foot after kick; F) Posture(no falling forward)</p> <p><b>E) REIGI</b>-Demonstration of dojo etiquette and knowledge of dojo rules. Excellent attitude.</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>Terms you must know</b> (also terms from prior test requirements):</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>Karate</b>- Empty hand</p> <p><b>Obi</b>-Belt</p> <p><b>Rei</b>-Bow</p> <p><b>Kiotsuke</b>-Come to attention</p> <p><b>Yoi</b>-Step out to ready stance</p>   <p><b>Ichi</b>-one</p> <p><b>Ni</b>-two</p> <p><b>San</b>-three</p> <p><b>Shi</b>-four</p> <p><b>Go</b>-five</p> </td> <td style="width: 50%; vertical-align: top;"> <p><b>Shorin-Ryu</b>-our style of karate (Small Forest style)</p> <p><b>Gi</b>-Uniform</p> <p><b>Kiai</b>-Spirit Shout</p> <p><b>Yoi</b>-Step out to ready</p> <p><b>Onegaishimasu</b>-Please teach me/Please help me</p>   <p><b>Roku</b>-six</p> <p><b>Shi-chi</b>-seven</p> <p><b>Hachi</b>-eight</p> <p><b>Ku</b>-nine</p> <p><b>Ju</b>-ten</p> </td> </tr> </table>					<p><b>Karate</b>- Empty hand</p> <p><b>Obi</b>-Belt</p> <p><b>Rei</b>-Bow</p> <p><b>Kiotsuke</b>-Come to attention</p> <p><b>Yoi</b>-Step out to ready stance</p> <p><b>Ichi</b>-one</p> <p><b>Ni</b>-two</p> <p><b>San</b>-three</p> <p><b>Shi</b>-four</p> <p><b>Go</b>-five</p>	<p><b>Shorin-Ryu</b>-our style of karate (Small Forest style)</p> <p><b>Gi</b>-Uniform</p> <p><b>Kiai</b>-Spirit Shout</p> <p><b>Yoi</b>-Step out to ready</p> <p><b>Onegaishimasu</b>-Please teach me/Please help me</p> <p><b>Roku</b>-six</p> <p><b>Shi-chi</b>-seven</p> <p><b>Hachi</b>-eight</p> <p><b>Ku</b>-nine</p> <p><b>Ju</b>-ten</p>
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