

ORANGE BELT

Name _____ Age _____ DOB ____/____/____

Telephone# _____ Last Promotion _____

Attendance (min. 30 classes)					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 Shuto Kunren-Shuto 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)</i> <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) Proper foot position</i>				
26	27	28	29	30					
31	32	33	34	35					
36	37	38	39	40	Ushiro Geri –Back Kick Keri Kunren-Kicking drill				
Dues									
					D) KATA Naihanchi Shodan				
					E) KUMITE Backfist/reverse punch Backfist/reverse punch/rear roundhouse kick Backfist/reverse punch/ashi barai Freesparring with a partner				
					F) REIGI -Demonstration of dojo etiquette and knowledge of dojo rules. Excellent attitude.				
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									