

## WHITE/BLACK STRIPE BELT

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

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

<b>Attendance</b> (min. 20 classes)					<b>WHITE/BLACK STRIPE BELT REQUIREMENTS</b>
1	2	3	4	5	<p><b>A) DACHI WAZA</b>                      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>                      Gedan Barai-Low Block, Chudan Uke-Middle block                      Jodan Uke-High Block</p> <p><b>C) TE WAZA</b>                      Chudan Tsuki-Middle Punch, Jodan Tsuki-High Punch                      Gedan Tsuki-Low Punch</p> <p><b>D) KERI WAZA</b>                      Standing front snap 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) Proper placement of foot after kick</i></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					

<b>Terms you must know</b> (also terms from prior test requirements):	
<b>Karate</b> - Empty hand	<b>Shorin-Ryu</b> -our style of karate (Small Forest style)
<b>Obi</b> -Belt	<b>Gi</b> -Uniform
<b>Rei</b> -Bow	<b>Kiai</b> -Spirit Shout
<b>Kiotsuke</b> -Come to attention	<b>Yoi</b> -Step out to ready
<b>Yoi</b> -Step out to ready stance	<b>Onegaishimasu</b> -Please teach me/Please help me
<b>Ichi</b> -one	<b>Roku</b> -six
<b>Ni</b> -two	<b>Shi-chi</b> -seven
<b>San</b> -three	<b>Hachi</b> -eight
<b>Shi</b> -four	<b>Ku</b> -nine
<b>Go</b> -five	<b>Ju</b> -ten