

Sichi kyu Requirements- Orange Belt

Physical Fitness

10-15 push-ups

10 leg raises

20 sit-ups

40 jumping jacks

Kihon

Walking Drill #1 (kia on final technique)

Student must be proficient at performing all techniques. Student must show: power, focus, and good timing. Foot and hand technique should land at the same time.

Kata

Heian Nidan- Student must be able to perform the entire kata.

Student must show: power, focus, and good timing. Foot and hand technique should land at the same time.

Kumite Gohon

Five Step Sparring Drill #1 (jodan)

Five Step Sparring Drill #2 (chudan)

Student must perform techniques while another student is attacking with punches.

Q1: What country does karate come from?

Q2: Who is the founder of Shotokan and in what country was he born?

Student must be able to perform these techniques with NO assistance from instructor or other students in order to pass exam.