

## Striped Belt Requirements

### *Physical Fitness*

5-10 push-ups

10 sit-ups

30 jumping jacks

### *Kihon*

Walking Drill #1 (kia on final technique)

5 forward punches (aim at solar plexus)

5 reverse punches (aim at solar plexus)

5 rising blocks

5 front-snap kicks (rear foot must remain flat)

### *Kata*

Takyuku Shodan- Student must be able to perform kata, up to the first "kia".

### *Kumite Gohon*

Five Step Sparring Drill #1 (rising block)

### *Questions*

Q1: What does the word "karate" mean?

Q2: What style of karate do we train here?

Q3: What are the mats called in Japanese?

**Student must be able to perform these techniques with little to no assistance.**