



## Rank Requirements

### Notes

The materials listed for each rank are the new materials being studied by the student that are needed to pass to the next rank. It is assumed that they already know the materials listed for all prior ranks to their current level. However, the student may also be tested at any time on these materials. It is expected that the student will continue to practice and improve on all material.

### Advanced Orange To Yellow

- A. Dojo Kun (Student Creeds): Give explanations of Creeds 1, 2 & 3
- B. Physical Fitness
  - 1. Crunches and Push-ups
    - a) Under 16 years of age - 15 in less than 60 seconds
    - b) 16 years of age and above - 20 In less than 60 seconds
- C. Front Leg Kicks
  - 1. Mae (Front)
  - 2. Yoko (Side)
- D. Stance Changes
  - 1. Step Punch - Forward
  - 2. Step Punch - Backward
- E. Kata
  - 1. Heian Shodan (moves 10-13)
  - 2. Bunkai Jutsu for Heian Shodan (moves 1-5)
  - 3. Wrist Grab Kata Two
- F. Self Defense
  - 1. One Hand Shove
  - 2. Two Hand Shove

### Yellow To Advanced Yellow

- A. Dojo Kun (Student Creeds): Give explanations of Creeds 4, 5 & 6
- B. Physical Fitness - same requirements
- C. Front Leg Kicks
  - 1. Mawashi (Roundhouse)
  - 2. Kagi (Hook)
- D. Stance Changes
  - 1. Step Reverse Punch - Forward
  - 2. Step Reverse Punch - Backward
- E. Kata
  - 1. Heian Shodan (moves 14-17)
  - 2. Bunkai Jutsu for Heian Shodan (moves 6-9)
- F. Self Defense
  - 1. Double Lapel Grab
  - 2. Hammer Lock

### Advanced Yellow To Blue

- A. Dojo Kun (Student Creeds): Give practical applications for each Creed in daily life
- B. Physical Fitness
  - 1. Crunches and Push-ups
    - a) Under 16 years of age - 20 in less than 60 seconds
    - b) 16 years of age and above - 25 In less than 60 seconds

- C. Dachi (Stances)
  - 1. Kokutsu (Back)
- D. Blocks
  - 1. Shuto (Knife hand)
- E. Front Leg Kicks
  - 1. Ushiro (Back)
- F. Stance Changes
  - 1. Kiba Dachi - Forward
  - 2. Kiba Dachi - Backward
- G. Kata
  - 1. Heian Shodan (familiarity)
  - 2. Bunkai Jutsu for Heian Shodan (moves 10-14)
  - 3. Wrist Grab Kata Three
- H. Self Defense
  - 1. Hair Pull
  - 2. Head Punch
  - 3. Center Punch

### **Blue To Advanced Blue**

- A. Physical Fitness
  - 1. Crunches and Push-ups and Push-ups - same requirements
  - 2. 6" Leg Raises - 3 sets of 10 seconds
- B. Kicks
  - 1. Shuffling Front
  - 2. Shuffling Side
  - 3. Shuffling Ax
- C. Kata
  - 1. Heian Shodan
  - 2. Bunkai Jutsu for Heian Shodan (moves 14-17)
- D. Self Defense
  - 1. Elbow Strikes

### **Advanced Blue To Senior Blue**

- A. Physical Fitness - same requirements
- B. Kicks
  - 1. Shuffling Roundhouse
  - 2. Shuffling Hook
  - 3. Shuffling Back
- C. Kata
  - 1. Heian Nidan (moves 1-8)
  - 2. Bunkai for Heian Shodan
- D. Self Defense
  - 1. Shoulder Grab
  - 2. Full Nelson

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