

Testing Requirements for

Rotation 5

Champions Quality for the Month: May **Speed**

Bar Color: **RED**

Basic Karate Upper, Outside and Inside Blocks, Traditional Punch to the Nose/Solar Plexus/Groin, Jab Punch, Application of the upper block and the outside block w/ counter punch

Foundation Karate: 1st two sequences of Kihon Kata, Grappling Drill 1, Sparring #3 attack.

BBA-BBE: Review Basic Hand pattern, Kihon Kata and Rolls, Teach Sparring #10, Self Defense #6

Advanced BBA-BBE: Review Basic Hand pattern, Kihon Kata and Rolls, Teach Pinan Godan (Breakdown), Kibbon #5, Multiple Sparring

Rotation 5

Champions Quality for the Month: June **Focus**

Bar Color: **YELLOW**

Basic Karate: Down, Chop and Cross blocks, Sparring #1 & 2 attacks, Cross punch, Application of Inside Block and Down Block w/ counter punch, and Falls

Foundation Karate: Finish Kihon Kata, Grappling Drill #2, Sparring # 3 Defense

BBA-BBE Review Basic Kicking Pattern, Crescent Kicking Pattern, and Falling Pattern., Teach Kibon #5, Sparring #11, Self Defense #7

Advanced BBA-BBE: Review Basic Kicking Pattern, Crescent Kicking Pattern, and Falling Pattern. Teach Knife #5, Club #3, Creative Self Defense

Rotation 5

Champions Quality for the Month: July **Excellence**

Bar Color: **BLUE**

Basic Karate The Whole Basic Hand Pattern, Application of Upper/Outside/Inside/Down Blocks, Traditional Punch, Jabs/Crosses and Jab/Cross Combo, Sparring Drills #1 & 2, and Basic Falls

Foundation Karate: The Whole Kihon Kata, Grappling Drills #1 & 2, Bridging Drill and Hips out Drill(shrimp drill), Sparring #3 attack and defense

BBA-BBE: All the basics listed above. Sparring #10 & #11, Self Defense #6 & #7

Advanced BBA-BBE: All the basics listed above. Pinan Godan (Breakdown), Kibbon #5, Knife #5, Club #3, Multiple Sparring, Creative Self Defense