

Bar Testing Requirements for
Rotation 4
Champions Quality for the Month: February **Speed**
Bar Color: **RED**

Basic Karate: Front & Side Kicks, Left & right leg forward stances, Defending front and side kicks, Step up front leg front kick reverse punch combo.

Foundation Karate: Inside & Outside crescent kicks, Kibon #4, Short cat stance.

BBA-BBE: Pinan Godan First Half , Grappling #5, Sparring #8

Advanced BBA-BBE: Pinan Yodan (Breakdown), Grappling #11, Advanced Hand Pattern, Creative Self Defense

Rotation 4
Champions Quality for the Month: March **Focus**
Bar Color: **YELLOW**

Basic Karate: Back & Round Kicks, Spinning back kicks, Defending the round kick, Forward Rolls.

Foundation Karate: Hook & Spinning Hook Kicks, Kibon #3, Middle & Long Cat stances.

BBA-BBE: Finish Pinan Godan, Grappling #6, Sparring #9

Advanced BBA-BBE: Pinan Godan, Grappling #12 & #13, Elbow/Knee Pattern

Rotation 4
Champions Quality for the Month: April **Excellence**
Bar Color: **BLUE**

Basic Karate: Basic Kicking Pattern, Spinning Back kicks, Defending front, side, & round kicks, Left & Right leg forward stances, Forward Rolls. Step up front leg front kick reverse punch combo.

Foundation Karate: Crescent Hook kick pattern, Kibons 3 & 4, All cat stances.

BBA-BBE: Pinan Godan, Grappling #5 & #6, Sparring #8 & #9

Advanced BBA-BBE: Pinan Yodan (Breakdown), Pinan Godan, Grappling #11, #12 & #13, Advanced Hand Pattern, Elbow/Knee Pattern, Creative Self Defense