

ORANGE	ORANGE/BLACK	GREEN
8th Kyu	7th Kyu	6th Kyu
BASICS	BASICS	BASICS
Stance: Back Stance		Stance: Freestyle Stance Kicks: Round Kicks
Punches/Strikes: Downward Hammerfist	Punches/Strikes: Backfist	Combos (Front Stance): - 3 punches - Backfist, Rev. Punch, Low Block - Upper Block, Rev. Punch, Low Block - Outside Block, Rev. Punch, Low Block
Blocks: Knifehand Block	Blocks: Augmented Two Hand Block	Techniques (Horse Stance): - Downward hammerfist - Side Snap Kick - Side Thrust Kick
Kicks: Side Thrust Kicks	Kicks: Front Thrust Kick	Techniques (Back Stance): - Knife Hand Block
All Previous Basics		Techniques (Freestyle Stance): Jab, Reverse Punch
SPARRING & SD	SPARRING & SD	SPARRING & SD
sparring: using strategies - using your abilities to spar better	sparring: switch angles of attack; change tactics; study opponent	sparring: dominant front hand, vertical punching, parry, use of multiple techniques
Go Han Kumite, 'Gedan' - 5 Step mid-section defense (low block, add reverse punch on last step)	Kihon Ippon Kumite #1 - Jodan High punch attack: Step back, front stance, upper block, reverse punch	Kihon Ippon Kumite #2 - Jodan High punch attack: Step back, front stance, upper knife hand block, knife hand strike to neck
Tai Sabaki (whole body movement) Movements 5-8 Evade, Lead, Retreat	Kihon Ippon Kumite #1 - Chudan Mid Section punch attack: Step Back, front stance outside block, reverse punch	Kihon Ippon Kumite #2 - Chudan Mid-section punch attack: Step Back, front stance Right Outside Block, trap, move to horse stance, Elbow Strike
	Kihon Ippon Kumite #1 - Gedan Front Snap kick attack Step Back, front stance low block, reverse punch	Kihon Ippon Kumite #2 - Gedan Front Thrust Kick attack: Step Back, low block Front hand high punch, reverse punch
Choke Release: - #3 Trap, Raise arm over, move in, elbow strike	Hair Grabs: Front and Rear Kaiten (Rolls): Forward Rolls	Front Bear Hug: (Arms Free, Arms Locked) Kaiten (Rolls): Rolling Backwards
- #4 double knife hand block, grab back of neck, 2 finger choke with other hand; control to ground	Ukemi (Falls): Rear Break Fall	Ukemi (Falls) - Side Break Fall - Front Break Fall
	Kansetsu-waza (Joint Locks): Pronating wrist lock (pinky leads rotation) Adductive wrist lock (toward the body)	Kansetsu-waza (Joint Locks): Supinating wrist lock (palm up, thumb leads rotation) Throws: Large Outer Reap
		Application #1: (Defense from High Punch); high side block, reverse punch, outer reap, control
FORM	FORM	FORM
Heian Shodan	Heian Nidan	Heian Sandan
FITNESS	FITNESS	FITNESS
1/2 mile, 15SU, 6PU, 30JJ	3/4 mile, 20 SU, 12PU, 40JJ	1 mile, 25SU, 20PU, 50JJ
MENTAL	MENTAL	MENTAL
Japanese Terms: Yoko, Shuto, Keagi, Kekomi, Uchi	Japanese Terms: Moroto, Hidari, Migi	Japanese Terms: Jiyu, Kizami, Waza
Definition of Heian (peaceful mind)		Process of Self Defense: Perception, Evaluation, Reaction
Yasatsune Itosu taught the Heian katas to Funakoshi	Sokon "Bushii" Matsumura created Heian Nidan	Embusen - the outline of the kata
Wude Virtue:	Wude Virtue:	Wude Virtue:
Respect others	Righteousness - doing what is right despite the difficulty	Trust builds strong relationships and is key to earning respect
CHR #5 & #6	CHR #7 & #8	CHR #9 & #10
Essay:		
Why are Humility and Respect important in martial arts		
	7. I will not interrupt adult conversations. 8. I will clean my hair, body and teeth daily. 9. I will be kind to my brothers and sisters. 10. I will review, study, and finish my homework on time.	
Morality of Mind - mental strength and inner spirit Will, Endurance, Perseverance, Patience, Courage		