



Purple Stripe

Dachi: (Stance)	Uke: (Block)	Tsuki: (Punch)	Uchi: (Strike)	Geri: (Kick)
Haisuko Dachi	Jodan Uke	Seiken Tsuki	Shuto Uchi	Mae Geri
Fudo Dachi	Chudan Uke	Tate Tsuki	Tettui Uchi	Mawashi Geri
Haiji Dachi	Gedan Uke	Utski Tsuki	Shote Uchi	Yoko Geri
Kiba Dachi	Nagashi Uke	Gyaku Tsuki	Uraken Uchi	Ushiro Geri
Shiko Dachi			Ippon Nukite Uchi	Sukuto Geri
Zenkatsu Dachi			Nukite Uchi	Fumikomi Geri
			Seriyuto Uchi	Hiza Geri
			Empi Uchi	

Performance:	
Waza	Ippon 1 – 5 (single)
Waza	Ippon 1 – 5 partner drills
Kumite	Kumite Drill #5 with partner
Kogeki Ho	1 – 7
Kata	Taikyoku Ni
Grab Defenses	Hair Grab

Knowledge

Who opened the first dojo in the United States?	
What title does this give him?	
When did he open this dojo?	
Where did he open this school?	
Vocabulary	
Review all vocabulary words.	
Dojo Kun (School Creed)	
Be able to recite all four parts of the dojo kun.	



Brown Stripe

Dachi: (Stance)	Uke: (Block)	Tsuki: (Punch)	Uchi: (Strike)	Geru: (Kick)
Haisuko Dachi	Jodan Uke	Seiken Tsuki	Shuto Uchi	Mae Geru
Fudo Dachi	Chudan Uke	Tate Tsuki	Tettui Uchi	Mawashi Geru
Haiji Dachi	Gedan Uke	Utsuki Tsuki	Shote Uchi	Yoko Geru
Kiba Dachi	Nagashi Uke	Gyaku Tsuki	Uraken Uchi	Ushiro Geru
Shiko Dachi			Ippon Nukite Uchi	Sukuto Geru
Zenkatsu Dachi			Nukite Uchi	Fumikomi Geru
			Seriyuto Uchi	Hiza Geru
			Empi Uchi	

Performance:	
Waza	Ippon 1 – 5 (single)
Waza	Ippon 1 – 5 partner drills
Kumite	Kumite Drill 1-5 with partner
Kogeki Ho	1 – 7
Kata	Taikyoku San
Grab Defenses	Wrist Grab

Knowledge

Who opened the first dojo in Illinois?	
When did he open this dojo?	
Where did he open this school?	
Vocabulary	
Review all vocabulary words.	
Dojo Kun (School Creed)	
Be able to recite all four parts of the dojo kun.	