



SOLEBURY CLUB KARATE

LITTLE DRAGON REQUIREMENTS BLUE DRAGON

Min. 16 classes attended from last test.

KATA:

Dachi Kata:

Ready Stance-Bow-Ready Stance-Front Stance-Ready Stance-Horse Stance-Ready Stance-Side Fighting Stance-Ready Stance-Back Stance-Ready Stance-Bow-Ready Stance

FOOT WORK:

C-step forward 3 times-backward 3 times-Shuffle Step forward 3 times-backward 3 times change and repeat-Cross over step from Side fighting stance 3 times-change other way 3 times-Lunge step 3 times-other leg 3 times

KIHON (BASICS):

1. C-step, front punch, forward 3 times
2. C-step, rising block, backward 3times
3. C-step, down block, forward 3 times
4. C-step, inside block, forward 3 times
5. Back leg front kick, forward 5 times
6. Stationary back leg back kick 3 times each leg
7. Stationary reverse punch, 3 times each arm
8. Back leg round kick, forward 5 times
9. Shuffle reverse punch, forward 3 times each arm
10. Side fighting stance, cross over step, side snap kick, 3 times, change other way 3 times

MAT WORK: Forward roll w/Sensei Assistance

Break fall w/Sensei Assistance

Takedown #1 w/counter

KARATE Q & A: Know your parents First and Last names.
Know how to spell your last name.