



SOLEBURY CLUB KARATE

LITTLE DRAGON REQUIREMENTS GREEN 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

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**

**MAT WORK: Forward roll w/Sensei Assistance
Break fall w/Sensei Assistance**

KARATE Q & A: Know the founder of our style is Sensei Funakoshi.