



THE SOLEBURY CLUB
KARATE

LITTLE DRAGON REQUIREMENTS
ORANGE DRAGON

Min. 16 classes attended from last test.

KATA:

Dachi Kata:

Ready Stance-Bow-Ready Stance-Front Stance-Ready
Stance-Horse Stance-Bow Ready Stance

FOOT WORK:

C-step forward 3 times- backward 3 times- shuffle step
forward 3 times- backward 3 times, jump switch and
repeat.

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. Back leg front kick, forward 5 times
5. Stationary back leg back kick 3 times each leg
6. Stationary reverse punch, 3 times each arm

MAT WORK: Forward roll w/Sensei Assistance

KARATE Q & A:

Know your phone number.
Know our style karate is called Shotokan.