



SOLEBURY CLUB KARATE

LITTLE DRAGON REQUIREMENTS PURPLE 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 3 times
3. C-step, down block, forward 3 times
4. C-step, inside block, backward 3 times
5. C-step outside block, forward 3 times
6. Knife hand block, backward 3 times
7. Back leg front kick, forward 5 times
8. Stationary back leg back kick 3 times each leg
9. Stationary reverse punch, 3 times each arm
10. Back leg round kick, forward 5 times
11. Shuffle reverse punch, forward 3 times each arm
12. Side fighting stance, cross over step, side snap kick, 3 times, change other way 3 times

COMBINATION: Lunge step-w/ lead punch-head level (Jodan), Reverse punch- body level (chudan) 3 times each side.

MAT WORK: Forward roll w/Sensei Assistance
Break fall w/Sensei Assistance
Takedown #1 w/counter

KARATE O & A: Know how to count 1-10 in Japanese:
Ich – Ni – San – Shi – Go – Roku – Shich – Hach – Ku - Ju