



SOLEBURY CLUB KARATE

LITTLE DRAGON REQUIREMENTS YELLOW DRAGON

Min. 16 classes attended

KATA:

Dachi Kata:

**Ready Stance-bow-Ready Stance-Front Stance-Ready
Stance-bow Ready Stance**

FOOT WORK:

C-step forward 3 times- backward 3 times

KIHON (BASICS):

- 1. C-step, front punch, forward 3 times**
- 2. C-step, rising block, backward 3times**
- 3. Back leg front kick, forward 5 times**

KARATE Q & A:

Know that Karate comes from the country of Japan.