

## **ORANGE BELT REQUIREMENT CHECKLIST**

**Be sure to check off each item as you become comfortable and competent of each requirement. \*\*Recommendation for examination by an authorized instructor is encouraged. Please note that recommendation is not promotion guaranteed.**

**Written Exam** - approximately 30 minutes and done during class time

- Written requirement from yellow level
- Onegai Shimasu
- Arigato Gozaimashita
- Te; Ashi; Migi; Hidari
- Karategi, obi
- Waza; dojo
- Heisoku dachi; Musubi dachi; Heiko dachi; Soto hachiji dachi; Moto dachi
- Zenkutsu dachi; Neko ashi dachi \*

### **Practical Exam**

**1. Kihon Waza** (basic techniques) - demonstrate speed, power, and balance - 4 x right and left

- Shuto uke (knife hand block), Shuto uchi (knife hand strike)
- Uraken uchi (back fist strike), Nukite uchi (spearhand strike)
- Yoko empi uchi (side elbow strike)
- Mae keru (front kick), Sokuto keru (knife foot kick), Mawashi keru (roundhouse kick)
- Ushiro keru (back), Mikazuki keru (crescent kick)

**2. Renzoku Waza** (combination techniques) - demonstrate speed, power and balance

- a. Perform the following block-punch combination right & left 4 times each  
In uchi-hachiji dachi kamae: Age uke/tsuki, Soto uke/tsuki, uchi uke/tsuki  
Gedan uke, Shuto uke/nukite
- b. Perform the following stationary punch/kick combination right & left 4 times each  
In seisan dachi kamae: Mae keru/gyaku tsuki, Mae ashi keru/gyaku tsuki  
Gyaku tsuki/mae keru, Gyaku tsuki/mae ashi keru

**3. Kihon Dosa (Basic exercises)**

Kihon Dosa Yon (4), Shi Ho Wari , Kihon Kata 2  
One kihon dosa from yellow level requirement - examiner's choice

**4. Kata (Formal exercises)**

Shi Ho Ha  
Heian Shodan

**5. Kumite (Sparring)**

Ippon Kumite #1- right and left