

Testing Requirements for  
Rotation 5

Champions Quality for the Month: November **Speed**

Bar Color: **RED**

**Basic Karate** Upper, Outside and Inside Blocks, Traditional Punch to the Nose/Solar Plexus/Groin, Jab Punch, Application of the upper block and the outside block w/ counter punch

**Foundation Karate:** 1<sup>st</sup> two sequences of Kihon Kata, Grappling Drill 1, Sparring #3 attack.

**BBA-BBE:** Review Basic Hand pattern, Kihon Kata, Teach Sparring #10, Self Defense #6

**Advanced BBA-BBE:** Teach Pinan Godan (Breakdown), Kibbon #5, Multiple Attacker Sparring

Rotation 5

Champions Quality for the Month: December **Focus**

Bar Color: **YELLOW**

**Basic Karate:** Down, Chop and Cross blocks, Sparring #1 & 2 attacks, Cross punch, Application of Inside Block and Down Block w/ counter punch, and Falls

**Foundation Karate:** Finish Kihon Kata, Grappling Drill #2, Sparring # 3 Defense

**BBA-BBE** Review Basic Kicking Pattern, Crescent Kicking Pattern, Teach Kibbon #5, Sparring #11, Self Defense #7

**Advanced BBA-BBE:** Pinan Shodan Kata, Teach Knife #5, Club #3

Rotation 5

Champions Quality for the Month: January **Excellence**

Bar Color: **BLUE**

**Basic Karate** The Whole Basic Hand Pattern, Application of Upper/Outside/Inside/Down Blocks, Traditional Punch, Jabs/Crosses and Jab/Cross Combo, Sparring Drills #1 & 2, and Basic Falls

**Foundation Karate:** The Whole Kihon Kata, Grappling Drills #1 & 2, Bridging Drill and Hips out Drill(shrimp drill), Sparring #3 attack and defense

**BBA-BBE:** All the basics listed above. Sparring #10 & #11, Self Defense #6 & #7

**Advanced BBA-BBE:** Pinan Godan (Breakdown), Pinan Shodan, Kibbon #5, Knife #5, Club #3, Multiple Attacker Sparring