

Promotion Requirements

Junior Black Belt to Teen Black Belt

Jr. Black Belt (White center) To 2nd Level (Gold center)

1. Sanchin kata
2. Empi drill
3. Physical test – 20 pushups, 60 crunches
4. Heavy bag test 6 minutes.

2nd Level Jr. (Gold center) To 3rd. Level (Orange center)

1. Bo-jutsu ichi
2. Fuku kumite
3. Club defense
4. Physical test – 23 pushups, 70 crunches
5. Heavy bag test 6 1/2 minutes.

3rd. Level Jr. (Orange center) To 4th Level (Green center)

1. Bo-jutsu Oru
2. Dai nihon ten no kata
3. Knife defense
4. Physical test – 25 pushups, 75 crunches
5. Heavy bag test 6 1/2 minutes.

4th. Level Jr. (Green center) To 5th Level (Brown center)

1. Miyagi Seisan kata
2. Two man kumite
3. Physical test – 30 pushups, 90 crunches
4. Heavy bag test 7 minutes.

***One tournament participation in past 12 months from time of test is required for all grade levels.**

5th Level Jr. (Brown center) To Teen Black Belt

1. Seipai kata
2. Knife defense
3. Self defense
4. Club defense
5. Physical test – 35 pushups, 105 crunches
6. Heavy bag test 7 minutes.
7. Sai drill

**NO TIME IN GRADE REQUIREMENTS.
MASTER INSTRUCTOR MUST GIVE
APPROVAL BEFORE TESTING.**