

**These requirements are the basics and you will learn a lot more than what is on these charts.**



**You may test for your belt between 5-6 months if you are prepared. You will be awarded another stripe on your brown belt with ID Card and Certificate with the date of your promotional when you pass. You will also have your name and rank on the AKKO web page.**

	<b>Katas:</b>	<b>Pinon Go</b>	<b>Tsuki No Kata</b>	
<b>BoxingTech.:</b>	<b>Theory:</b>	<b>Kicks:</b>	<b>Techniques:</b>	<b>Physical Fitness:</b>
<b>1. Jab</b>	<b>1.Changing Stances</b>	<b>1. Heel Stomp</b>	<b>1. Knees</b>	<b>50 Situps</b>
<b>2. Straight Left &amp; Rights</b>	<b>2. Playing Angles</b>	<b>2. Playing Angles</b>	<b>2.Hiji</b>	<b>50 Pushups</b>
<b>3. Hooks</b>	<b>3.Punches over Kicks</b>	<b>3. Heel Kick</b>	<b>3. Head</b>	<b>50 Squats Kicks</b>
<b>4. Upper Cut</b>	<b>4. Kicks over Punches</b>			<b>50 Mountain Climbers</b>
				<b>50 Jumping Jacks</b>