

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.

	Katas:	Pinon Shi	Gekusai Sho	
Training Aids:	Conditioning:	Take Downs:	Sweeps	Physical Fitness:
1. Makawara Board	1. Shins	1. One Hand take	1. Back Spinning	45 Sit-ups
2. Wing Chung	2. Arms	down to Concussion	Ashi Barai	45 Pushups
Dummy	3. Sciatic Nerve	2. Leg To Hand Ouchi	2. Ouchi	45 Squat Kicks
3. Heavy Bag	4. Stomach	3. Kane Suite	3. Kouchi	45 Mountain Climber
	5. Hands			45 Jumping Jacks