

**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:	Sanchin	Gekusai Sho	
<b>5 Page Essay</b>	<b>Take Downs</b>		<b>Chokes</b>	<b>Techniques (Popping &amp; Kinking)</b>	<b>Physical Fitness:</b>
<b>Given By</b>	<b>1.Body Slam</b>		<b>1. Long Short</b>	<b>1. Mae Geri</b>	<b>40 Sit-ups</b>
<b>Your Sensei</b>	<b>2. Oyama's Lift</b>		<b>2.Lapel Choke</b>	<b>2. Mawashi Geri</b>	<b>40 Pushups</b>
	<b>3.On hand Pull Down</b>		<b>3.Naked Strangle</b>	<b>3. Yoko Geri</b>	<b>40 Squat Kicks</b>
	<b>4. Double Arm Take Down</b>		<b>4. Sleeper</b>		<b>40 Mountain Climber</b>
	<b>5. Hands</b>		<b>5. Block For Choke</b>		<b>40 Jumping Jacks</b>