

**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 San	Yanstu	
Stances	Kicks	Techniques	Hand Forms	Physical Fitness:
1.Sanchin	1.Cobra	1. Makwara Punch	1. Seiken	35 Sit-ups
2. Sochin	2. Ankle Kick	2.Speed Conversion	2. Shuto	35 Pushups
	3.Flying Yoko Geri	3.Body Conversion	3. Hiji (Elbow)	35 Squat Kicks
	4. Rolling Kick			35 Mountain Climber
	5. Butterfly Kick			35 Jumping Jacks