

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 Ni	Sukugi San	
Blocks	Kicks	Hand Forms	Sweeps	Physical Fitness:
1. Tensho Upward	1. Spinning Back	1. Eagle Beak	1. Ashi Barai	30 Sit-ups
2. Tensho Side	a. Straight	2. Bear Swat	2. Ground Ashi Barai	30 Pushups
3. Side Palm	B. Side	3. Eye Gouge		30 Squat Kicks
4. Downward Palm	2. Spinning Cresnet	4. Eye Rake		30 Mountain Climber
	3.. Spinning Hook			30 Jumping Jacks