

**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 Ichi	Sukugi Ni	
Stances	Kicks	Falls	Hand Forms	Physical Fitness:
1. Crane	1. Mae Tobi Geri	1. Side	1. Dart	25 Sit-ups
2. Squatting Crane	2. Mawashi Tobi Geri	2. Front	2. Half Fist	25 Pushups
3. Side Palm	Hon Mawashi Geri	3. Back	3. Hammer Fist	25 Squat Kicks
4. Soft Zenkutsu Dachi	2. Inverted Mae Geri		4. Finger Thrust	25 Mountain Climber
				25 Jumping Jacks