

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:		Taikiokyu Go	Sukugi Ichi	
Stances	Kicks	Blocks	Hand Forms	Physical Fitness:
1.Kokutsu Dachi	1.Hook Kick	1. One Hand Perry Block	1. Nukite (Spear Hand)	20 Sit-ups
2. Reverse Zenkutsu Dachi	2. Ax Kick	2.Two Hand Perry Block	2. Haito (Ridge Hand)	20 Pushups
	3. Scoop Kick	3.Open Hand Block	3. Middle Knuckle Punch	20 Squat Kicks
			4. Index Knuckle Punch	20 Mountain Climber
				20 Jumping Jacks