

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 San	Taikiokyu Shi	
Stances	Kicks	Blocks	Hand Forms	Physical Fitness:
1.Neko Dachi	1.Ushiro Geri	1. Shin Block	1.Vertical Punch	15 Sit-ups
2. Dog Stance	2. Yoko Geri	2.Jodan Juji Uke	2. Shuto	15 Pushups
3. Fudo Dachi (Ready Stance)	3Low High Mawashi Geri	3. Gedan Juji Uke	3. Saekin	15 Squat Kicks
3. Heido Dachi (Relax Stance)			4. Claw	15 Mountain Climber
				15 Jumping Jacks