

**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.**

<b>Katas:</b>					
		<b>Taikiokyu Ichi</b>	<b>Taikiokyu Ni</b>		
<b>Stances</b>	<b>Kicks</b>	<b>Blocks</b>	<b>Hand Forms</b>	<b>Physical Fitness:</b>	
1. Square Kiba Dachi	1. Mae Geri	1. Chudan Soto Uke	1. Uraken	10 Sit-ups	
2. Left Kiba Dachi	2. Mae Geri kekomi	2. Chudan Uchi Uke	2. Chudan Tsuki	10 Pushups	
3. Right Kiba Dachi	3. Mawashi Geri	3. Gedan Barai	3. Jodan Tsuki	10 Squat Kicks	
4. Left Zenkutsu Dachi	4. Mika Tsuki Geri	4. Gedan Soto Uke	4. Gedan Tsuki	10 Mountain Climber	
5. Left Zenkutsu Dachi	5. Soto Mika Tsuki Geri			10 Jumping Jacks	