



HUNTSVILLE SCHOOL OF KARATE

San-Kyu (Third Degree Brown Belt)

Kata: Teki Shodan

11-15 Step Fighting

Bear Hug Defense

Free Sparring (3 on 1)

Teaching Hours

Essay on the History of Shotokan (Minimum of 3 sources)

Ni-Kyu (Second Degree Brown Belt)

Kata: Bassi Di

Kata: Empi

Club Defense

11-15 Step Fighting with Pins

Teaching Hours

Free Sparring

Ik-Kyu (First Degree Brown Belt)

Kata: Geon

Kata: Kankyu Di

Teaching Hours

Formal Class Opening

Formal Belt Ranking

Free Sparring

Requirements for BLACK BELT (Shodan)

Kata: Kankyu Sho

Kata: Basai Sho

Free Sparring

Test will take from 2-6 months

Test: A panel of at least 3 blackbelts will run your test

Formal Awards Ceremony will consist of Kata and Free sparring