### YEAR ONE

<table>
<thead>
<tr>
<th>Rank</th>
<th>Etiquette</th>
<th>Exercises</th>
<th>Waza and Partner Work</th>
<th>Kihon/Kata</th>
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<tbody>
<tr>
<td>1 stripe (15 classes)</td>
<td>Bow when entering/leaving dojo “Shugo” meaning</td>
<td>Skip Hikite</td>
<td>Musubi-dachi</td>
<td>Soto-uke stationary</td>
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<td></td>
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<td>Soto-hachiji-dachi</td>
<td>Choku- zuki (introductory level)</td>
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<td>Uchi-hachiji-dachi</td>
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<td>Seisan-dachi</td>
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<td>Shiko-dachi</td>
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<tr>
<td>2 stripes (15 classes)</td>
<td>Protocol if late: Kneel if late for class/wait for sensei</td>
<td>Jumping jacks Double skip</td>
<td>Partners soto-uke vs mae-te-zuki (4 steps ahead &amp; back)</td>
<td>Soto-uke stationary</td>
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<td>Choku- zuki (improved level)</td>
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<tr>
<td>3 stripes (15 classes)</td>
<td>Protocol for starting class(with help) Ritsurei (standing bow)</td>
<td>Bear walk Mae-te-zuki Partner holds chest protector</td>
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<td>Step ahead in seisan-dachi and shiko-dachi, mae-te-zuki</td>
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<td>Step back (both stances) soto-uke</td>
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<tr>
<td>4 stripes (15 classes)</td>
<td>protocol for ending class(with help) Know how to start a kihon</td>
<td>Mae-keage (4 step process) Hikiashi</td>
<td>Correct mae-keage Partner holds chest protector as kicking shield</td>
<td>Mae-keage (4 steps ahead) Mae-ashi-keage (4 back)</td>
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<tr>
<td>9th Kyu yellow-white stripe belt (15 classes)</td>
<td>“karate” meaning Know style of karate Know how to end a kihon</td>
<td>Cross overs</td>
<td>Correct mae-keage Partner holds chest protector as kicking shield (4 steps ahead &amp; back)</td>
<td>Kihon-dosa-ichi</td>
</tr>
</tbody>
</table>

Complete review of waza and Kihon required to pass yellow/white stripe belt test
## CHARLOTTETOWN MARTIAL ARTS

### Requirements for Little Dragons (ages 7 - 9 years)

#### YEAR TWO

<table>
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<tr>
<th>Rank</th>
<th>Etiquette</th>
<th>Exercises</th>
<th>Waza</th>
<th>Kihon/Kata</th>
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</thead>
<tbody>
<tr>
<td><strong>1 stripe (15 classes)</strong></td>
<td><strong>Meaning of “sensei”</strong></td>
<td>Jodan-age-uke</td>
<td>Heisoku-dachi</td>
<td>Step back jodan-age-uke Step back uchi-uke</td>
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<td></td>
<td>Sense of Club</td>
<td>Uchi-uke</td>
<td>Heiko-dachi</td>
<td>Step back uchi-uke</td>
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<td>Gedan-barai</td>
<td></td>
<td>Step back gedan-barai</td>
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<tr>
<td><strong>2 stripes (15 classes)</strong></td>
<td><strong>O-ne-gai shi-mas</strong></td>
<td>Run the lines with correct metsuke</td>
<td>Step back jodan-age-uke</td>
<td>Kihon-dosa-ni</td>
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<td></td>
<td>Seiza (kneeling)</td>
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<td>Step back uchi-uke</td>
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<td>Step back gedan-barai</td>
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<tr>
<td><strong>3 stripes (15 classes)</strong></td>
<td><strong>Protocol for opening class</strong></td>
<td>Jog and punch at same time</td>
<td>Kosa-dachi</td>
<td>Zen-shin-kotai</td>
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<td></td>
<td>Zarei (sitting bow)</td>
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<td>Yoko-geri to side (4 step process)</td>
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<td></td>
<td>Partner holds chest protector as kicking shield</td>
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<tr>
<td><strong>4 stripes (15 classes)</strong></td>
<td><strong>Protocol for ending class</strong></td>
<td>Cross overs done slowly with emphasis on moving from soto-hachiji-dachi to kosa-dachi</td>
<td>Cross in front, kosa-dachi, yoko-geri to side; land in seisan-dachi</td>
<td>Cross in front, kosa-dachi, yoko-geri to side; land in seisan-dachi, correct kamae</td>
</tr>
<tr>
<td><strong>8th Kyu yellow belt (15 classes)</strong></td>
<td><strong>Domo-arigato gozai-masta</strong></td>
<td>Kaiten garuma Squats</td>
<td>Cross in front, kosa-dachi, yoko-geri to side; land in seisan-dachi</td>
<td>Kihon-kata-ichi</td>
</tr>
</tbody>
</table>

Complete review of ALL waza and Kihon required to pass yellow belt test
### Charlottetown Martial Arts

#### Requirements for Little Dragons (ages 7 - 9 years)

#### YEAR THREE

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<thead>
<tr>
<th>Rank</th>
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</thead>
<tbody>
<tr>
<td><strong>1 stripe</strong>&lt;br&gt;<strong>(15 classes)</strong></td>
<td>Head of Chito Ryu on PEI&lt;br&gt;Tying of Obi</td>
<td>Leg raises&lt;br&gt;Jog backwards&lt;br&gt;Kagi-zuki&lt;br&gt;Jodan-ushiro-zuki</td>
<td>Yoko-geri to front&lt;br&gt;(4 step process)</td>
<td>Yoko-geri to front&lt;br&gt;Partner holds chest protector as kicking shield</td>
</tr>
<tr>
<td><strong>2 stripes</strong>&lt;br&gt;<strong>(15 classes)</strong></td>
<td>Showa in English</td>
<td>Sit-ups&lt;br&gt;Shuto-uchi&lt;br&gt;Tate-empu-uchi</td>
<td>O-uchi-mawashi-geri&lt;br&gt;(4 step process)</td>
<td>O-uchi-mawashi-geri&lt;br&gt;Partner holds chest protector as kicking shield</td>
</tr>
<tr>
<td><strong>3 stripes</strong>&lt;br&gt;<strong>(15 classes)</strong></td>
<td>Meaning of “mudansha”</td>
<td>Push-ups from knees&lt;br&gt;Side strides&lt;br&gt;Crab walk</td>
<td>Ushiro-geri&lt;br&gt;(4 step process)</td>
<td><strong>Ni-ju-hichi-ko</strong>&lt;br&gt;(first 16 moves - be able to name the techniques)</td>
</tr>
<tr>
<td><strong>4 stripes</strong>&lt;br&gt;<strong>(15 classes)</strong></td>
<td>Meaning of “yudansha”</td>
<td>Duck walk&lt;br&gt;Uraken-uchi</td>
<td>4 steps ahead doing 4 kicks from Kihon-kata-ni</td>
<td>4 steps ahead doing 4 kicks from Kihon-kata-ni&lt;br&gt;Partner holds chest protector as kicking shield</td>
</tr>
<tr>
<td><strong>7th Kyu</strong>&lt;br&gt;<strong>orange-white stripe belt</strong>&lt;br&gt;<strong>(15 classes)</strong></td>
<td>Head of Chito Ryu Canada</td>
<td>Flying jumping jacks</td>
<td>Sideways sequences in Kihon-kata-ni</td>
<td><strong>Kihon-kata-ni</strong></td>
</tr>
</tbody>
</table>

Complete review of ALL waza and Kihon required to pass orange/white stripe belt test