

Bar Testing Requirements for
Rotation 6
Champions Quality for the Month: August **Intensity**
Bar Color: **RED**

Basic Karate: Front & Side Kicks, Left & right leg forward stances, Defending front and side kicks, Step up front leg front kick reverse punch combo.

Foundation Karate: Inside & Outside crescent kicks, Kibon #4, Short cat stance.

BBA-BBE: Pinan Nidan up to first Kiai, Self Defense 8, Kibon #1,

Advanced BBA-BBE -Pinan Shodan (Breakdown), Club #5, Creative Self Defense

Rotation 6
Champions Quality for the Month: September **Power**
Bar Color: **YELLOW**

Basic Karate: Back & Round Kicks, Spinning back kicks, Defending the round kick, Forward Rolls.

Foundation Karate: Hook & Spinning Hook Kicks, Kibon #3, Middle & Long Cat stances.

BBA-BBE: Finish Pinan Nidan, Self Defense #1, Knife #1

Advanced BBA-BBE -Pinan Nidan, Knife #3, Kibon #6

Rotation 6
Champions Quality for the Month: October **Accuracy**
Bar Color: **BLUE**

Basic Karate: Basic Kicking Pattern, Spinning Back kicks, Defending front, side, & round kicks, Left & Right leg forward stances, Forward Rolls.

Foundation Karate: Crescent Hook kick pattern, Kibons 3 & 4, All cat stances.

BBA-BBE: The Whole Pinan Nidan, Self Defense 1 & 8, Kibon #1, Knife #1

Advanced BBA-BBE - Pinan Shodan (Breakdown), Pinan Nidan, Club #5, Knife #3, Kibon #6 Creative Self Defense