

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

Basic Karate Upper, Outside and Inside Blocks, Traditional Punch to the Nose/Solar Plexus/Groin, Jab Punch, Application of the upper block and the outside block w/ counter punch

Foundation Karate: 1st two sequences of Kihon Kata, Grappling Drill 1, Sparring #3 attack.

BBA-BBE: Pinan Shodan up to the second chop punch, Grappling #3, Sparring #4

Advanced BBA-BBE - Creative Self Defense, Grappling #7, Free Grappling

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

Basic Karate: Down, Chop and Cross blocks, Sparring #1 & 2 attacks, Cross punch, Application of Inside Block and Down Block w/ counter punch, and Falls

Foundation Karate: Finish Kihon Kata, Grappling Drill #2, Sparring # 3 Defense

BBA-BBE: Finish Pinan Shodan, Grappling Drill #4, Sparring #5

Advanced BBA-BBE -Multiple Attacker Sparring, Grappling #8, Club #4, Creative Self Defense

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

Basic Karate The Whole Basic Hand Pattern, Application of Upper/Outside/Inside/Down Blocks, Traditional Punch, Jabs/Crosses and Jab/Cross Combo, Sparring Drills #1 & 2, and Basic Falls

Foundation Karate: The Whole Kihon Kata, Grappling Drills #1 & 2, Bridging Drill and Hips out Drill(shrimp drill), Sparring #3 attack and defense

BBA-BBE: The Whole Pinan Shodan, Grappling Drill #3 & #4, Sparring #4 & #5

Advanced BBA-BBE - Creative Self Defense, Multiple Attacker Sparring, Grappling #7 & #8, Club #4, Free Grappling