



# Requirements for Kyu 12,11 - Orange Belt

## Basic

Dojo Rules: **S**afety first, **R**espect everyone, follow **I**nstructions, karate is for **D**efense only

Mr. Anderson's 5 elements of karate: **breathing, blocking, striking, timing, kiai**

Mr. Anderson's 4 facets of karate: **zanshin** (remaining mind), **miai** (interval [distance]), **kime** (focus), **atemi** (vital strike)

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# Requirements for Kyu 6,5 - Green Belt

## Basic

Dojo Rules: **S**afety first, **R**espect everyone, follow **I**nstructions, karate is for **D**efense only

Mr. Anderson's 5 elements of karate: **breathing, blocking, striking, timing, kiai**

Mr. Anderson's 4 facets of karate: **zanshin** (remaining mind), **miai** (interval [distance]), **kime** (focus), **atemi** (vital strike)

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# Requirements for Kyu 4 - Purple Belt

## Basic

Dojo Rules: **S**afety first, **R**espect everyone, follow **I**nstructions, karate is for **D**efense only

Mr. Anderson's 5 elements of karate: **breathing, blocking, striking, timing, kiai**

Mr. Anderson's 4 facets of karate: **zanshin** (remaining mind), **miai** (interval [distance]), **kime** (focus), **atemi** (vital strike)

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	<p><b>Specialized Drills</b></p> <p>Four releases Pressing drill (with partner) Standing punch reflex drill <b>Three-stars, blocking partner drill</b> <b>Four releases with take down</b></p>	<p><b>Kwanmukan-specific</b></p> <p>Kwan mu do: "The way of no barriers" Also, "The way of essential realization"</p> <p><b>Essence of the Kwanmukan System</b></p> <p>Strong, consistent internal standards: quantifiable, integrated, related.</p>																																																								



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# Requirements for Kyu 2 - Brown Belt

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Mr. Anderson's 5 elements of karate: **breathing, blocking, striking, timing, kiai**

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