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REQUIREMENTS CHECKLIST

Hachikyu (8th Grade) ☐

WHITE BELT

Dojo Creed

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Dojo Principles 1-5

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Bow

☐	☐	☐	☐
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General Salutation

☐	☐	☐	☐
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Kneel (no bow)

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Kneeling Bow (Seiza)

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Tie Belt

☐	☐	☐	☐
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Warmup

☐	☐	☐	☐
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Basic Yoga

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Roll & Break-Fall

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45 Degree Outward
Block

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Downward Block

☐	☐	☐	☐
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Check Knee Block

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Basic Punch

☐	☐	☐	☐
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Vertical punch

☐	☐	☐	☐
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Ridge Hand

☐	☐	☐	☐
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Palm Heel

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Chop (Shuto)

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Attention stance

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Ready stance

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T-stance

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Horse stance

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Back stance

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Long forward stance

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Fighting stance

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Front thrust kick

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Front snap kick

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Sparring—Back Knuckle

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Sparring—Reverse Punch

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Basic Self Defense Set 1

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NOTES

Hajime Stances, Pattern and C-Step Footwork

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