

NAME: _____

REQUIREMENTS CHECKLIST

Shichikyu (7th Grade)

ORANGE BELT

Dojo Principles 1-10	☐	☐	☐	☐
Isometric Tension	☐	☐	☐	☐
Breathing	☐	☐	☐	☐
Ki Principles 1-4	☐	☐	☐	☐
Monkey Knuckle	☐	☐	☐	☐
Knuckle Point Grab	☐	☐	☐	☐
Ox Jaw	☐	☐	☐	☐
Rake (over and under)	☐	☐	☐	☐
Back Knuckle	☐	☐	☐	☐
Spear Finger	☐	☐	☐	☐
Spear Hand	☐	☐	☐	☐
Half cat Stance	☐	☐	☐	☐
Full Cat	☐	☐	☐	☐
Reverse Cat	☐	☐	☐	☐
Scissor	☐	☐	☐	☐
Back Thrust Kick	☐	☐	☐	☐
Back Snap Kick	☐	☐	☐	☐
Side Thrust Kick	☐	☐	☐	☐
Side Snap Kick	☐	☐	☐	☐
Outside Crescent Kick	☐	☐	☐	☐

NOTES

Inside Crescent Kick

☐☐☐☐

Roundhouse Kick

☐☐☐☐

Footwork (Hopping and Feinting)

☐☐☐☐

Switching Stances

☐☐☐☐

Open VS Open and Open VS Closed

☐☐☐☐

Overhead Chop

☐☐☐☐

Overhead Ridge Hand

☐☐☐☐

Seven Hundred Stone Steps 1 - 7

☐☐☐☐☐☐☐☐

Hajime Upper Body Strikes, Blocks and Kiai

☐☐☐☐☐☐☐☐

Tora-Bo Kata

☐☐☐☐☐☐☐☐

Self Defense Sets 2 & 3

☐☐☐☐☐☐☐☐

NOTES