



## PROMOTION PRACTICE SHEET BROWN BELT THIRD STRIPE

### Requirements for Promotion:

- Able to perform Sanchin, Kanshiwa, Kanshu, Seichin, and Seisan on your own
- Able to perform Kumite 3 with a partner
- Able to perform Kyu Kumite 1-5 with a partner
- Familiar with Questions 1-85 of the Uechi-Ryu Study Guide
- Minimum of 388 classes

Practice logs will be checked for consistency. Please fill in the dates for each day of the week on which you practice, NOT the next box in the grid. If you miss a day, please leave that box blank.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							
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