

Junior Belt Rank Requirements

WHITE BELT

- ☐ upon enrollment

1 YELLOW STRIPE

- ☐ sanchin stance and arm thrust
- ☐ basic stances (dachi); musubi, hachiji, sanchin, horse (kiba), cat (neko-ashi), leaning (zenkutsu), crane (tsuru-ashi)
- ☐ reverse punch (seiken) & backfists (riken)
- ☐ fold gi
- ☐ 3 Japanese words & questions

2 YELLOW STRIPES

- ☐ sanchin stepping and mawate
- ☐ basic kicks (geri); front (shomen), side (sokutu), roundhouse (mawashi)
- ☐ opening warm-up exercises
- ☐ stance stepping
- ☐ tie gi
- ☐ 6 Japanese words and questions

3 YELLOW STRIPES

- ☐ mawashi-uke (circle block & thrust)
- ☐ basic blocks (uke); high (jodan), middle (chudan), low (gedan)
- ☐ stance stepping with punches
- ☐ 9 Japanese words and questions

YELLOW BELT

- ☐ 6 months study (or 20 classroom hours)
- ☐ sanchin form
- ☐ stance stepping with blocks
- ☐ deep horse stance (kiba-dachi) 5 minutes
- ☐ tie belt (obi)
- ☐ 12 Japanese words and questions

1 ORANGE STRIPE

- ☐ kanshiwa up to elbow strike-backfist (hiji-riken)
- ☐ eight movements
- ☐ 25 sit-ups
- ☐ 15 Japanese words and questions

2 ORANGE STRIPES

- ☐ kanshiwa second part
- ☐ blocking exercises
- ☐ eight movements (han-dachi)
- ☐ 30 front kicks from cat stance
- ☐ 18 Japanese words and questions

3 ORANGE STRIPES

- ☐ kotekitae: arm rubbing, arm pounding
- ☐ wa-uke exercise
- ☐ 100 front kicks
- ☐ elbows and toes 30 seconds
- ☐ 21 Japanese words and questions

ORANGE BELT

- ☐ 1 year study (or 40 classroom hours)
- ☐ kanshiwa form
- ☐ 30 front kicks from crane stance
- ☐ 24 Japanese words and questions

1 BLUE STRIPE

- ☐ 2 person set (kanshiwa bunkai)
- ☐ 15 knuckle and 15 fingertip push-ups
- ☐ basic ground techniques (newaza)
- ☐ 27 Japanese words and questions

2 BLUE STRIPES

- ☐ konshou 1st part to block hammer fist, palm-heel, knife hand (tettsui-shotei-nukite)
- ☐ advanced kicks
- ☐ 30 Japanese words and questions

3 BLUE STRIPES

- ☐ konshou 2nd part
- ☐ 2 person set (blocking 1)
- ☐ 33 Japanese words and questions

BLUE BELT

- ☐ 1.5 years study (or 60 classroom hours)
- ☐ konshou form
- ☐ advanced conditioning
- ☐ sparring
- ☐ book report
- ☐ 36 Japanese words and questions

1 RED STRIPES

- ☐ seichin 1st part to elbow strike (hiji)
- ☐ basic leg sweeps & takedowns
- ☐ sparring
- ☐ book report
- ☐ 38 Japanese words and questions

2 RED STRIPES

- ☐ seichin 2nd part to cat stance / reverse wa-uke
- ☐ 1st 3 moves in 2 person set (kyu)
- ☐ sparring
- ☐ book report
- ☐ 42 Japanese words and questions

3 RED STRIPES

- ☐ seichin 3rd part to end
- ☐ last 2 moves 2 person set (kyu)
- ☐ sparring
- ☐ book report
- ☐ 45 Japanese words and questions

RED BELT

- ☐ 2-3 years study (or 80+ classroom hours)
- ☐ seichin form
- ☐ 2 person set (kyu)
- ☐ sparring
- ☐ book report
- ☐ 48 Japanese words and questions