

WHITE TO YELLOW BELT

CHECK LIST FOR STRIPES

Stripe 1

- ✓ Tie Belt
- ✓ Basic Terminology
- ✓ Count to 10 in Japanese
- ✓ Stances
- ✓ 5 containments from the front
- ✓ Make a proper fist
- ✓ Proper Break Fall
- ✓ Kata Ichi (Moves 1-5)

Stripe 2

- ✓ Judo front sweep
- ✓ Escape from Bear Hug & Head Lock
- ✓ Get Up Defensively
- ✓ High Upper Sweeping Block
- ✓ Low Sweeping Block
- ✓ Horizontal Vertical Block
- ✓ Vertical Hold Block
- ✓ 5 containments from the Side
- ✓ Kata Ichi (Moves 6-10)

Stripe 3

- ✓ Front Snap punch
- ✓ Front Back Fist
- ✓ Front Side Back Fist
- ✓ Side Back Fist
- ✓ Side Front Back Fist
- ✓ Front Snap Kick
- ✓ Side Snap Kick
- ✓ Back Kick
- ✓ Eight Basics (Know what they are. Do not need to recite or know definition at this time)
- ✓ 5 containments from the back
- ✓ Kata Ichi First Set (Moves 11-14)

NOW YOU ARE READY FOR YOUR YELLOW BELT PROMOTION

YELLOW TO ORANGE BELT

CHECK LIST FOR STRIPES

Stripe 1

- ✓ Tie Belt
- ✓ Basic Terminology
- ✓ Count to 10 in Japanese
- ✓ Stances
- ✓ 10 containments from the front
- ✓ Make a proper fist
- ✓ Proper Break Fall
- ✓ Kata Ichi (Moves 15-20)

Stripe 2

- ✓ Judo front sweep
- ✓ Judo Hip Throw
- ✓ Escape from bear hug & Head Lock
- ✓ Get Up Defensively
- ✓ High Upper Sweeping Block
- ✓ Low Sweeping Block
- ✓ Horizontal Vertical Block
- ✓ Vertical Hold Block
- ✓ Cross Block
- ✓ Cross Hack Block
- ✓ 10 containments from the Side
- ✓ Kata Ichi (Moves 20-25)

Stripe 3

- ✓ Front Snap punch
- ✓ Front Back Fist
- ✓ Front Side Back Fist
- ✓ Side Back Fist
- ✓ Side Front Back Fist
- ✓ Front Snap Kick
- ✓ Side Snap Kick
- ✓ Back Kick
- ✓ Escape From Mounted Position
- ✓ Eight Basics (Recite the 8 Basics, Do not need to know the definitions at this time)
- ✓ 10 containments from the back
- ✓ Kata ichi (Moves 26-29)

NOW YOU ARE READY FOR YOUR ORANGE BELT PROMOTION

YELLOW BELT

(1st promotion : 2nd BELT- Note: 1st belt is the white belt – Novice / beginner)

TIME PERIOD: Approximately 2-3 Months

MATERIAL TO KNOW:

1. BASIC TERMINOLOGY

2. STANCES:

- A. Width of Balance
- B. Straight of Balance
- C. Hyper-extension
- D. Natural

3. ESCAPES:

- A. Bear Hug

4. JUDO:

- A. Front Sweep

5. KATAS:

- A. Ichi Kata set Ichi (14 Moves Kata One)

6. HAND & FEET TECHNIQUES INCLUDING BLOCKS:

- A. Blocks 1 thru 4
- B. Hand techniques 1 thru 5
- C. Foot techniques 1 thru 3

7. CONTAINMENTS FROM AN ATTACK:

- A. Five different combinations from the front.
- B. " " " " " back.
- C. " " " " " side.

8. EIGHT BASICS: You will be asked “What is **ATOM - MOTIVE – THOUGHT – MOTIVATION – PROJECTION - FOCAL POINT - CONCENTRATION - CONTROL**” You will answer “The 8 basics of Self Defense”

ORANGE BELT

(2nd promotion : 3rd BELT)

TIME PERIOD:

Approximately 5-6 Months MATERIAL TO

KNOW:

1. BASIC TERMINOLOGY

2. STANCES:

- A. Width of Balance
- B. Straight of Balance
- C. Hyper-extension
- D. Natural

3. ESCAPES:

- A. Bear Hug
- B. Head Lock
- C. ESCAPE FROM THE MOUNTED POSITION

4. JUDO:

- A. Front Hip Throw
- B. Front Sweep

5. KATAS:

- A. Ichi Kata set Ichi (Set one of Kata One)

6. HAND & FEET TECHNIQUES INCLUDING BLOCKS:

- A. Blocks 1 thru 6
- B. Hand techniques 1 thru 16
- C. Foot techniques 1 thru 4

7. CONTAINMENTS FROM AN ATTACK:

- A. TEN different combinations from the front.
- B. " " " " " back.
- C. " " " " " side.

8. EIGHT BASICS: Need only to recite them. Do not need to know definitions.

GREEN BELT

(3rd promotion :4th BELT)

TIME PERIOD: Anywhere between 6-18 Months

1. TERMINOLOGY & EIGHT BASICS
2. TECHNIQUES & STANCES
3. ESCAPES:
 - A. BEAR HUG
 - B. FULL NELSON
 - C. 1/2 NELSON
 - D. HEAD LOCK
4. KATA
 - A. ICHI KATA , SET I & SET II
5. JUDO
 - A. SWEEPS (FRONT & INSIDE)
 - B. SHOULDER THROW
 - C. FRONT HIP THROW
 - D. COUNTERS:
 1. ONE COUNTER TO SHOULDER THROW SERIES
 - E. ESCAPE FROM THE MOUNTED POSITION
 - F. ESCAPE FROM THE GUARD POSITION
6. CONTAINMENTS:
 - 15 FROM THE FRONT , SIDE AND BACK ATTACKS.

BLUE BELT

(4th promotion :5th BELT)

TIME PERIOD: Anywhere between 1-2 Years

1. TERMINOLOGY & EIGHT BASICS
2. TECHNIQUES
3. ESCAPES:
 - A. BEAR HUG
 - B. FULL NELSON
 - C. 1/2 NELSON
 - D. HEAD LOCK
4. KATA
 - A. ICHI KATA , ALL THREE SETS
5. JUDO
 - A. SWEEPS (FRONT, INSIDE & INSIDE OUTSIDE)
 - B. SHOULDER THROW
 - C. DEEP HIP THROW
 - D. FRONT HIP THROW
 - E. FRONT SHORT HIP THROW
 - F. SIDE SHORT HIP THROW
 - G. COUNTERS:
 1. STEP UP COUNTER TO DEEP HIP THROW
 2. THREE COUNTERS TO SHOULDER THROW SERIES
 3. ONE COUNTER TO SWEEP (REVERSAL COUNTER)
 - H. ESCAPES FROM THE MOUNTED & GUARD POSITION
6. CONTAINMENTS:
 - 20 FROM THE FRONT , SIDE AND BACK ATTACKS.

PURPLE BELT

(5th promotion : 6th BELT)

TIME PERIOD: Approximately 18 Months

1. TERMINOLOGY & EIGHT BASICS
2. TECHNIQUES
3. ESCAPES:
 - A. BEAR HUG
 - B. FULL NELSON
 - C. 1/2 NELSON
 - D. HEAD LOCK
4. KATA
 - A. ICHI KATA , ALL THREE SETS
 - B. KATA NI
5. JUDO
 - A. SWEEPS (FRONT, INSIDE & INSIDE OUTSIDE)
 - B. SHOULDER THROW
 - C. DEEP HIP THROW
 - D. FRONT HIP THROW
 - E. FRONT SHORT HIP THROW
 - F. SIDE SHORT HIP THROW
 - G. BACK SHORT HIP THROW
 - H. COUNTERS:
 1. STEP UP & STEP OUT COUNTER TO DEEP HIP THROW
 2. ALL COUNTERS TO SHOULDER THROW SERIES
 3. TWO COUNTERS TO SWEEP
 - I. ESCAPES FROM THE MOUNTED & GUARD POSITION
6. CONTAINMENTS:
 - 25 FROM THE FRONT , SIDE AND BACK ATTACKS.

BROWN BELT

(6th promotion : 7th BELT)

TIME PERIOD: 2 to 2 ½ years

1. TERMINOLOGY & EIGHT BASICS

2. TECHNIQUES

3. KATA

- A. ICHI KATA , ALL THREE SETS
- B. KATA NI
- C. PLURAL KATA
- D. NUN-CHUCK KATA
- E. STAFF KATA

4. JUDO (SHOULD PRACTICE JUDO FROM BOTH SIDES)

- A. ESCAPES: (Should practice on both sides)
- B. SWEEPS (FRONT, INSIDE & INSIDE OUTSIDE)
- C. SHOULDER THROW
- D. DEEP HIP THROW
- E. FRONT HIP THROW
- F. FRONT SHORT HIP THROW
- G. SIDE SHORT HIP THROW
- H. BACK SHORT HIP THROW
- I. COUNTERS:
 - 1. STEP UP & STEP OUT COUNTER TO DEEP HIP THROW
 - 2. ALL COUNTERS TO SHOULDER THROW SERIES
 - 3. THREE COUNTERS TO SWEEP
- J. ESCAPES FROM THE MOUNTED & GUARD POSITION

5. CONTAINMENTS: (At this Level you vary all techniques you have learned along with many different combinations,

30 FROM THE FRONT , SIDE AND BACK ATTACKS.

FIRST DEGREE BROWN BELT

(7th promotion : 8th BELT)

TIME PERIOD: Between 2 & 3 yrs.

1. TERMINOLOGY & EIGHT BASICS

2. TECHNIQUES

Add **finger takedowns**, plus all other techniques at this level must be even more perfected.

3. KATA

A. ICHI KATA , ALL THREE SETS

B. KATA NI

C. PLURAL KATA

D. NUN-CHUCK KATA

E. STAFF KATA

F. **OWN KATA-** (At this level of promo **15 moves**) This will be your own kata that you will work on from now on until your black belt. It will have at least 45 moves and no more than 50. It can be a form kata or a weapons kata. You can not copy another style or another Karate clubs kata. You can take selected moves from these katas but not the entire form. These selected moves must be recognized in our style. Prepare to have the Kata in writing for next promo.

G. **BLIND FOLDED KATA ICHI (SET ICHI)**

4. JUDO (SHOULD PRACTICE JUDO FROM BOTH SIDES)

A. ESCAPES: (Should practice on both sides)

B. SWEEPS (FRONT, INSIDE & INSIDE OUTSIDE)

C. SHOULDER THROW

D. DEEP HIP THROW

E. FRONT HIP THROW

F. FRONT SHORT HIP THROW

G. SIDE SHORT HIP THROW

H. BACK SHORT HIP THROW

I. COUNTERS:

1. STEP UP & STEP OUT COUNTER TO DEEP HIP THROW

2. ALL COUNTERS TO SHOULDER THROW SERIES

3. THREE COUNTERS TO SWEEP

J. ESCAPES FROM THE MOUNTED & GUARD POSITION

5. CONTAINMENTS: (At this Level you vary all techniques you have learned along with many different combinations), **50** FROM THE FRONT , SIDE AND BACK ATTACKS.

6. ADDITIONAL MATERIAL: Once you have passed this promotion you will be working towards your Black Belt. You will now start to work more extensively on teaching experience, perfecting all Katas, Judo moves as well as perfecting all hand & feet techniques. It is now more crucial that you attend as many classes as possible to acquire the number of teaching hours for your next promotion approved by the Sensei's & Master.

7. KUMITE: One student for 2 minutes controlled. Then two students at the same time defensive moves only.

2nd DEGREE BROWN BELT

(8th promotion : 9th BELT)

TIME PERIOD: Between 3 & 4 yrs

1. TERMINOLOGY & EIGHT BASICS

2. TECHNIQUES

Add finger takedowns, plus all other techniques at this level must be even more perfected.

3. KATA

- A. ICHI KATA , ALL THREE SETS
- B. KATA NI
- C. PLURAL KATA (Singularly & Individually)
- D. NUN-CHUCK KATA
- E. STAFF KATA
- F. **OWN KATA-** (At this level of promo **45 moves**)
- G. BLINDFOLDED KATA ICHI (Sets I & II)
- H. CHI KATA

4. JUDO (SHOULD PRACTICE JUDO FROM BOTH SIDES)

- A. ESCAPES: (Should practice on both sides)
- B. SWEEPS (FRONT, INSIDE & INSIDE OUTSIDE)
- C. SHOULDER THROW
- D. DEEP HIP THROW
- E. FRONT HIP THROW
- F. FRONT SHORT HIP THROW
- G. SIDE SHORT HIP THROW
- H. BACK SHORT HIP THROW
- I. COUNTERS:
 - 1. STEP UP & STEP OUT COUNTER TO DEEP HIP THROW
 - 2. ALL COUNTERS TO SHOULDER THROW SERIES
 - 3. THREE COUNTERS TO SWEEP
- J. KNIFE ESCAPES: Jab, Overhead & Slash

5. CONTAINMENTS: (At this Level you vary all techniques you have learned along with many different combinations)

80 FROM THE FRONT , SIDE AND BACK ATTACKS.

6. ADDITIONAL MATERIAL: 50 Hours of Teaching Experience.

7. KUMITE: One student for 2 minutes controlled. **Then three students at same time defensively only for 2 minutes.** NOTE: If you fail to use only defensive techniques & would accidently throw an offensive technique, you could forfeit the entire promotion.

FIRST DEGREE BLACK BELT

(9th promotion : 10th BELT)

TIME PERIOD: Between 3 & 4 yrs

1. TERMINOLOGY & EIGHT BASICS

2. TECHNIQUES

Add finger takedowns, plus all other techniques at this level must be even more perfected.

3. KATA

- A. ICHI KATA , ALL THREE SETS
- B. KATA NI
- C. PLURAL KATA (Individually & With a Partner)
- D. NUN-CHUCK KATA
- E. STAFF KATA
- F. OWN KATA- (45-50 moves)
- G. BLINDFOLDED KATA ICHI & KATA NI
- H. CHI KATA (Individually & With a Partner)

4. JUDO (SHOULD PRACTICE JUDO FROM BOTH SIDES)

- A. ESCAPES: (Should practice on both sides)
 - 1) ALTERNATE ESCAPE TO BEAR HUG
 - 2) ALTERNATE ESCAPE TO FULL NELSON
 - 3) ALTERNATE ESCAPE TO HALF NELSON
- B. SWEEPS (FRONT, INSIDE & INSIDE OUTSIDE)
- C. SHOULDER THROW
- D. DEEP HIP THROW
- E. FRONT HIP THROW
- F. FRONT SHORT HIP THROW
- G. SIDE SHORT HIP THROW
- H. BACK SHORT HIP THROW
- I. COUNTERS:
 - 1. STEP UP & STEP OUT COUNTER TO DEEP HIP THROW
 - 2. ALL COUNTERS TO SHOULDER THROW SERIES
 - 3. THREE COUNTERS TO SWEEP
- J. KNIFE ESCAPES: Jab, Overhead & Slash
- K. ESCAPES FROM THE MOUNTED & GUARD POSITION
- L. ALTERNATE ESCAPES TO BEAR HUG, HALF NELSON AND FULL NELSON

5. CONTAINMENTS: (At this Level you vary all techniques you have learned along with many different combinations)

100 FROM THE FRONT , SIDE AND BACK ATTACKS.

6. ADDITIONAL MATERIAL: 75-100 Hours of Teaching Experience. (Approved by Sensei's & Master)

7. KUMITE: Three students for 2-3 minutes controlled. Then Five or more students at same time defensively only for 3-5 minutes. NOTE: If you fail to use only defensive techniques & would accidentally throw an offensive technique you could forfeit the entire promotion.

ADDITIONAL DEGREE ADVANCEMENTS FOR BLACK BELTS

SECOND DEGREE BLACK BELT

TIME PERIOD: Minimum: Additional 2 active & participating years after First Degree was obtained.

*This time must be obtained continuously from time of receiving 1st degree.

**Time frames & Degree Awarded are at the judgment of all Ranking Black Belts & Grande Master. Just because a Black Belt puts in the time does not mean they will automatically advance to the next degree.

THIRD DEGREE BLACK BELT

TIME PERIOD: Minimum: Additional 3 active & participating years after Second Degree was obtained.

*This time must be obtained continuously from time of receiving 2nd degree.

**Time frames & Degree Awarded are at the judgment of all Ranking Black Belts & Grande Master. Just because a Black Belt puts in the time does not mean they will automatically advance to the next degree.

FOURTH DEGREE BLACK BELT

TIME PERIOD: Minimum: Additional 4 active & participating years after Third Degree was obtained.

*This time must be obtained continuously from time of receiving 3rd degree.

**Time frames & Degree Awarded are at the judgment of all Ranking Black Belts & Grande Master. Just because a Black Belt puts in the time does not mean they will automatically advance to the next degree.

FIFTH DEGREE BLACK BELT

TIME PERIOD: Minimum: Additional 5 active & participating years after Fourth Degree was obtained.

*This time must be obtained continuously from time of receiving 4th degree.

**Time frames & Degree Awarded are at the judgment of all Ranking Black Belts & Grande Master. Just because a Black Belt puts in the time does not mean they will automatically advance to the next degree.

SIXTH DEGREE BLACK BELT "MASTER DEGREE"

TIME PERIOD: Minimum: Additional 6 active & participating years after Fifth Degree was obtained.

*This time must be obtained continuously from time of receiving 5th degree.

**Time frames & Degree Awarded are at the judgment of all Ranking Black Belts & Grande Master. Just because a Black Belt puts in the time does not mean they will automatically advance to the next degree.

* If there is a period of lapse, then the additional time needed will begin from when Black Belt once again becomes active. (For example: If Black Belt is active for a year after 2nd Degree but then takes two years off, the first year **does not count** as time served. Black Belt must begin new journey of 3 years of continual activity & participation from the date they become active again.)

**Self-Explainable: Always at the discretion of the current "Black Belt Masters"