

What You Need To Know for your Next Belt**YELLOW BELT**

10 Class Hours

Entered at least 1 Karate tournament.

Techniques to Demonstrate :

Fighting Stance, Front Kick, Side Kick,
Roundhouse Kick, Back Fist Strike & Punch.

ORANGE BELT

10 Class Hours

1 Karate tournament as a Yellow Belt

Techniques to Demonstrate :

Knife Hand Strike, Back Ridge Hand Strike,
Spinning Back Kick, 3 Blitizing Techniques
{Knife Hand-RoundHouse-Back Ridgehand

GREEN BELT

10 Class Hours

1 Karate tournament as a Orange Belt

Techniques to Demonstrate :

Hook Kick, Jump Front Kick,
Hook Kicking-Roundhouse, Turning Hook Kick,

Set #1 KnifeHand, BackFist, BackRidgeHand,
Punch.

Set #2 DoubleRoundhouse,SideKick,
Hook Kick-Roundhouse, JumpFront Kick

BLUE BELT

10 Class Hours

1 Karate tournament as a Green Belt

Techniques to Demonstrate :

Jump Hook Kick, Cresent Kick, Jump Side Kick

Set #1 Side Kick, JumpSide Kick, Punch.

Set #2 JumpFront Kick, RoundHouse,KnifeHand

1st Degree Purple

10 Class Hours

1 Karate tournament as a Blue Belt

Techniques to Demonstrate :

BackFist-Side Kick
KnifeHand-JumpSideKick
Punch , Hook Kick-RoundHouse
Turn Jump Cresent Kick

Set : KnifeHand, BackFist, RoundHouse,
Punch, Jump Front Kick

2nd Degree Purple

10 Class Hours

1 Karate tournament as a 1st Degree Purple

Techniques to Demonstrate :

Turn Jump Cresent Kick,Flying Side Kick
Hook Kick-Jump Front Kick

Set #1 BackFist,Punch, Double Roundhouse,Punch

Set #2 Hook Kick, Double KnifeHand, Back
RidgeHand.

Set #3 Lead RidgeHand, Spinning Back Kick,Punch

3rd Degree Purple

10 Class Hours

1 Karate tournament as a 2nd Degree Purple

Techniques to Demonstrate :

Turn Jump Cresent Kick, Jump Front Kick
Hook Kick-Jump SideKick, Jump Spinning Back Kick,
Knife Hand , Jump Side Kick

Set #1 BackFist,Punch,BackRidgeHand,Side Kick

Set #2 DoubleRoundHouse, Hook Kick,
Jump Side Kick

Set #3 Check, Hook Kick-RoundHouse,Punch,Check

Set #4 BackRidgeHand, SideKick, Double
RoundHouse, Punch

1st Degree Red

20 Class Hours

2 Karate tournaments as a 3rd Degree Purple

Same as Above Plus:Test on Rules & History, 50
sit ups,50 push ups, 5-1 Minute Rounds of Kicking,
and Design a Kata. (see below)

2nd Degree Red

30 Class Hrs

3 Karate tournaments as a Red Belt Same as Above
Plus 1 more Designed Kata **1-NINJA Camp**

3rd Degree Red Belt

30 Class Hrs

3 Karate tournaments as a 2nd Degree Red Belt
Same as Above Plus 1 more Designed Kata **1-NINJA Camp**

4th Degree Red Belt

30 Class Hrs

3 Karate tournaments as a 3rd Degree Red Belt
Same as Above Plus 1 more Designed Kata **1-NINJA Camp**

Red Belt Kata

1. Feet Together Arms Crossed
2. Turn Left, Left Knife Hand Block
3. Punch Right Hand
4. Turn 180 Degrees Right, Right Knife Hand Block
5. Punch Left Hand
6. Turn 90 Degrees Left, Knife Hand Block
7. Punch Right
8. Front Kick- High Knife Hand Strike {yell}

9 Thru 21 {you make up} 22 Thru 30 {Same as 1-8}

**Revised
2012**