

JUNIOR BELT TEST STUDY SHEET - SAVE THIS DOCUMENT

Junior student requirements for advancement in belt rank are listed below. Advancing in rank is optional. There is an additional fee to Belt Test. A Rank Test Announcement will be passed out to eligible students the week after the tournament. Each student will need a parent's permission to test. Eligible students must have exhibited a good attitude at home, school, and in karate class. **Students must also meet the following requirements:**

- Show proficiency in executing all techniques up to and including their current belt rank. Belt Tests are cumulative.
- Know appropriate STUDY TERMS listed below.
- Attend a minimum of eight classes during the semester at their current belt rank.
- Participate in one Red Tiger Tournament at their current rank (including current white belts). Every contestant earns an award at our friendly "winners" tournament to develop self-esteem & confidence.
- All Red Belt students must have a minimum of 16 classes (two semesters) and two tournaments.

WHITE BELT TERMS: The most important aspect of your training is having a **GOOD ATTITUDE**. The style of karate that you will be studying is called **AMERICAN KARATE**. The goal of karate is to train your **MIND, BODY, AND SPIRIT**. The most important part of karate is **CONDITIONING**. Karate is a Japanese word that means **EMPTY HANDS**. Karate is made up of different types of **KICKS, PUNCHES, STRIKES, AND BLOCKS**.

YELLOW - ORANGE BELT TERMS: All of the above plus: Karate began in the country of **INDIA IN THE YEAR 500 A.D.** The founder of modern day karate was a man from Asia named **MR. FUNAKOSHI**. The father of American Karate in the United States is **ED PARKER**. Karate is divided into three groups: **ART, SPORT, AND SELF-DEFENSE**. The sport part of karate is called **SPARRING**. The most important part of sparring is **TIMING AND DISTANCE**. The art part of karate is **TECHNIQUES** and **FORMAL EXERCISES** called **KATA**.

GREEN - RED BELT TERMS: All of the above plus: Know the belt order for juniors and adults. The belt order for adults is **WHITE, YELLOW, ORANGE, GREEN, BLUE, PURPLE, 3RD DEGREE BROWN, 2ND DEGREE BROWN, 1ST DEGREE BROWN, 1ST, 2ND, 3RD, 4TH, 5TH, 6TH, 7TH DEGREE BLACK BELT**. **JUDO** is another type of martial art and is made up of different **THROWING TECHNIQUES**.

White Belt Curriculum – Back Fist, Punch, Side Kick, Check Hi, Roundhouse Kick.

Yellow Belt Curriculum - Knife Hand, Back Ridge Hand, Back Leg Front Kick, Check Low, Two Roundhouse Kicks.

Orange Belt Curriculum – Hook Kick, Jab, Lead Ridge Hand Strike, Middle Block/Roundhouse, Three Roundhouse Kicks.

Green Belt Curriculum – Hook Kick/Roundhouse, Lead Leg Front Kick, Hook Punch, Check Hi/Lead Ridge Hand Strike, Four Roundhouse Kicks.

Blue Belt Curriculum – Jump Front Kick, Spinning Back Fist Strike, Crescent Kick, Parry, Four Side Kicks performed slowly with good balance.

Advanced Blue Belt Curriculum - Essay on "Attitude" due on Belt Test Day. Slide-up Roundhouse Kick, Spinning Back Kick, Back Leg Roundhouse, Counter Roundhouse Kick, Four Hook Kicks with good balance.

1st Degree Purple Belt Curriculum – Slide-up Side Kick, Inverted Knife Hand Strike, Back Leg Side Kick, Counter Side Kick. One set Side/Round/Hook Kicks focusing on foot position and good balance.

Advanced 1st Degree Purple Belt Curriculum – Essay on Mr. Gichin Funakoshi. Slide-up Hook Kick, Back Leg Reverse Crescent Kick, Back Leg Hook Kick, Counter Hook Kick, One set of Side/Round/Hook kicks focusing on foot position.

2nd Degree Purple Belt Curriculum – Sliding Roundhouse Kick, Spinning Reverse Crescent Kick, Jump Roundhouse Kick, Spinning Roundhouse Kick, Two sets Side/Round/Hook.

Advanced 2nd Degree Purple Belt Curriculum - Essay on three different martial art systems (i.e. Judo, Aikido, Shotokan Karate, Tae Kwon Do, Jiu-jitsu). Sliding Side Kick, Jump Spinning Reverse Crescent Kick, Jump Side Kick, Spinning Side Kick, Two sets of Side/Round/Hook.

3rd Degree Purple Belt Curriculum
Sliding Hook Kick, Inside Roundhouse Kick, Jump Hook Kick, Spinning Hook Kick, Three sets of Side/Round/Hook.

Advanced 3rd Degree Purple Belt Curriculum
Essay on Ed Parker. Flying Side Kick, Lead Leg Reverse Crescent Kick, Upper Cut, Turning Jump Crescent Kick. Three sets of Side/Round/Hook.

1st Level Red Belt Curriculum - Essay on Bill Wallace.
50 Sit-ups, 50 Push-ups, Three 2-minute rounds of jump rope, Three 2-minute rounds of shadow boxing.
Fwd Stance/Down Block (DB), Fwd Stance DB/Lunge Punch, Jump Spinning Back Kick, Back Stance/Backfist Block.
Four Sets Side/Round/Hook.

2nd Level Red Belt Curriculum - Essay on Chuck Norris.
50 Sit-ups, 50 Push-ups, Three 2-minute rounds of jump rope, Three 2-minute rounds of shadow boxing.
Rear Defense Stance/High-Low Block,
Fwd Stance/Outside Block, Front Axe Kick,
Back Stance/Inside Block, Four sets of Side/Round/Hook.

3rd Level Red Belt Curriculum – Essay will be announced.
50 Sit-ups, 50 Push-ups, Three 2-minute rounds of jump rope, Three 2-minute rounds of shadow boxing.
Cat Stance/Inside Block, Fwd Stance/High Block/ Inverted Knife Hand Strike, Jump Back Roundhouse Kick, Crane Stance/High-Low Block,
Four sets of Side/Round/Hook.