The Forge, LLC

Phoenix Karatedo Association Forge Dojo

Kid Phoenix Handbook

Bob Buchanan, Sensei

Karateka: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Phoenix Karatedo Association, Kyokushinkai (our parent organization) does not recognize separate belt ranks for children. In other words, a yellow belt is a yellow belt, regardless of their age. The standard for each rank is the same across the Association.

This guidebook is intended to help our younger students (4-10) and their families understand the requirements for each rank in our dojo and will serve as a standard for all of us here at Phoenix Gaithersburg/The Forge, LLC. Furthermore, this document is an attempt to adapt the Association’s textbook, Phoenix Budo, in order to make it more accessible for our younger students. The Kid Phoenix curriculum is an effort to compliment, not replace, the Association’s text

Students are able to use this book to track their progress and set goals for themselves. Each belt and stripe has it’s own requirements which are listed. To help students grow in responsibility, there is a place by each requirement where they can make a note (check mark, etc.) when they believe they’re ready. By each requirement, there is also a place for Sensei (or another Yudansha) to initial that the student has indeed met that specific requirement.

While this guidebook is an attempt to lay out the significant requirements for each rank, understand that the requirements listed are not exhaustive. Along with growing in skill for each promotion, it is expected that students will also make strides in their developing character. This, understandably, is more individualistic and will require specific feedback. Remember that karate, true budo karate, is about the perfection of character!

The Path to Shodan

1. White Belt
	1. 1st Stripe
	2. 2nd Stripe
	3. Yellow Stripe
2. Yellow Belt
	1. 1st Stripe
	2. 2nd Stripe
	3. Blue Stripe
3. Blue Belt
	1. 1st Stripe
	2. 2nd Stripe
	3. Green Stripe
4. Green Belt
	1. 1st Stripe
	2. 2nd Stripe
	3. Purple Stripe
5. Purple Belt
	1. 1st Stripe
	2. 2nd Stripe
	3. Brown Stripe
6. Brown Belt
7. The Transition from Kohai to Yudansha
8. Glossary

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White Belt

The white belt is a symbol of purity and of innocence. White belts are brand new to the Phoenix Way and have much to learn, but nothing worth having comes easy!

**Requirements for White Belt- 1st Stripe**

I know:

Student Check Sensei Initials

STANCES

\_\_\_\_\_\_\_ Zenkutsu Dachi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Kiba Dachi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Yoi Dachi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Fudo Dachi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Kokutsu Dachi \_\_\_\_\_\_\_\_\_\_\_\_\_

HAND STRIKES

\_\_\_\_\_\_\_ Seiken Chudan Tsuki \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Seiken Gedan Tsuki \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Seiken Jodan Tsuki \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Uraken Gammen Uchi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Uraken Sayo Gammen Uchi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Uraken Hizo Uchi \_\_\_\_\_\_\_\_\_\_\_\_\_

LEG STRIKES

\_\_\_\_\_\_\_ Hiza Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Mae Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Yoko Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Ushiro Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Mawashi Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

BLOCKS

\_\_\_\_\_\_\_ Jodan Uke \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Chudan Uchi Uke \_\_\_\_\_\_\_\_\_\_\_\_\_

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White Belt

The white belt is a symbol of purity and of innocence. White belts are brand new to the Phoenix Way and have much to learn, but nothing worth having comes easy!

**Requirements for White Belt- 2nd Stripe**

I know:

Student Check Sensei Initials

STANCES

\_\_\_\_\_\_\_ Neko Ashi Dachi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Kumite Dachi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Kake Dachi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Sanchin Dachi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Musubi Dachi \_\_\_\_\_\_\_\_\_\_\_\_\_

HAND STRIKES

\_\_\_\_\_\_\_ Shuto Gammen Uchi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Shuto Hizo Uchi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Shuto Uchi Uchi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Shuto Sakutso Uchi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Shuto Sakutso Uchi Kome \_\_\_\_\_\_\_\_\_\_\_\_\_

LEG STRIKES

\_\_\_\_\_\_\_ Kin Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Mae Keage \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Yoko Keage \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Ushiro Keage \_\_\_\_\_\_\_\_\_\_\_\_\_

BLOCKS

\_\_\_\_\_\_\_ Chudan Soto Uke \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Sune Uke \_\_\_\_\_\_\_\_\_\_\_\_\_

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White Belt

The white belt is a symbol of purity and of innocence. White belts are brand new to the Phoenix Way and have much to learn, but nothing worth having comes easy!

**Requirements for White Belt- Yellow Stripe**

I know:

Student Check Sensei Initials

STANCES

\_\_\_\_\_\_\_ Moroashi Dachi \_\_\_\_\_\_\_\_\_\_\_\_\_

HAND STRIKES

\_\_\_\_\_\_\_ Nukite \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Shotei \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Seiken Tate Tsuki \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Seiken Shiita Tsuki \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Seiken Age Tsuki \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Seiken Ago Tsuki \_\_\_\_\_\_\_\_\_\_\_\_\_

KATA

\_\_\_\_\_\_\_ Tsuki No Kata \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Ju Ni Ho \_\_\_\_\_\_\_\_\_\_\_\_\_

BLOCKS

\_\_\_\_\_\_\_ Gedan Barai \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Sune Uke \_\_\_\_\_\_\_\_\_\_\_\_\_

KNOWLEDGE

\_\_\_\_\_\_\_ What does karate mean? \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ What does Kyokushin mean? \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ What does Sensei mean? \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ What is the Phoenix? \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Who are Sensei Bob’s teachers? \_\_\_\_\_\_\_\_\_\_\_\_\_

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If you’ve made it this far, you’re ready to test for your yellow belt! Sensei will talk with you and your parents to select a day for your test that will allow for you to have someone from your family to be here to support you. For your test, feel free to invite anyone that you would like to share the experience with you. It’s a big day and a big step!

For your test, you will be expected to know and perform all of the requirements on the White Belt pages. You’re ready, so come in with a confident, warrior spirit! Osu!

Your Yellow Belt test will be on:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Yellow Belt

The yellow belt is the brightest of all of our belt colors because it symbolizes an “awakening” for you as a karateka. While you aren’t a beginner anymore, you’ve still got plenty to learn. Keep working hard!

**Requirements for Yellow Belt- 1st Stripe**

I can:

Student Check Sensei Initials

WALKING THE FLOOR

\_\_\_\_\_\_\_ Zenkutsu Dachi w/punches \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Zenkutsu Dachi w/kicks \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Zenkutsu Dachi w/ combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Kokutsu Dachi w/punches \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Kokutsu Dachi w/kicks \_\_\_\_\_\_\_\_\_\_\_\_\_

KATA

\_\_\_\_\_\_\_ Taikyoku Sono Ichi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Taikyoku Sono Ni \_\_\_\_\_\_\_\_\_\_\_\_\_

LEG STRIKES

\_\_\_\_\_\_\_ Uchi Mawashi Keage \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Soto Mawashi Keage \_\_\_\_\_\_\_\_\_\_\_\_\_

 COMBINATIONS

\_\_\_\_\_\_\_ Jab, Mawashi Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Jab, Cross, Mawashi Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Jab, Cross, Hook, Mawashi Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Jab, Cross, Hook, Uppercut, Mawashi Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

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Yellow Belt

The yellow belt is the brightest of all of our belt colors because it symbolizes an “awakening” for you as a karateka. While you aren’t a beginner anymore, you’ve still got plenty to learn. Keep working hard!

**Requirements for Yellow Belt- 2nd Stripe**

I can:

Student Check Sensei Initials

WALKING THE FLOOR

\_\_\_\_\_\_\_ Kumite Dachi w/punches \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Kumite Dachi w/kicks \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Kumite Dachi w/ combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Sanchin Dachi w/kicks \_\_\_\_\_\_\_\_\_\_\_\_\_

LEG STRIKES

\_\_\_\_\_\_\_ Mawashi Hiza Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Mae Geri-Yoko Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

KUMITE

\_\_\_\_\_\_\_ Five, 30 second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Ten, 30 second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

 COMBINATIONS

(with greater accuracy)

\_\_\_\_\_\_\_ Jab, Mawashi Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Jab, Cross, Mawashi Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Jab, Cross, Hook, Mawashi Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Jab, Cross, Hook, Uppercut, Mawashi Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

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Yellow Belt

The yellow belt is the brightest of all of our belt colors because it symbolizes an “awakening” for you as a karateka. While you aren’t a beginner anymore, you’ve still got plenty to learn. Keep working hard!

**Requirements for Yellow Belt- Blue Stripe**

I can:

Student Check Sensei Initials

WALKING THE FLOOR

\_\_\_\_\_\_\_ Zenkutsu Dachi w/punches \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Zenkutsu Dachi w/kicks \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Zenkutsu Dachi w/ combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Kokutsu Dachi w/punches \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Kokutsu Dachi w/kicks \_\_\_\_\_\_\_\_\_\_\_\_\_

KATA

\_\_\_\_\_\_\_ Taikyoku Sono San \_\_\_\_\_\_\_\_\_\_\_\_\_

KUMITE

\_\_\_\_\_\_\_ Ten, 30-second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Ten, 60-second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Holdbreaks (5)

 COMBINATIONS

(applied in kumite/sparring)

\_\_\_\_\_\_\_ Jab, Mawashi Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Jab, Cross, Mawashi Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Jab, Cross, Hook, Mawashi Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Jab, Cross, Hook, Uppercut, Mawashi Geri \_\_\_\_\_\_\_\_\_\_\_\_\_

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If you’ve made it this far, you’re ready to test for your blue belt! Sensei will talk with you and your parents to select a day for your test that will allow for you to have someone from your family to be here to support you. For your test, feel free to invite anyone that you would like to share the experience with you.

This is the first belt test with a kumite/sparring requirement. You will be expected to fight continuously for 10 minutes. Please make sure you bring all of your sparring equipment for your test; otherwise it will be postponed.

For your test, you will be expected to know and perform all of the requirements on the White and Yellow Belt pages. You’re ready, so come in with a confident, warrior spirit! Osu!

Your Blue Belt test will be on:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Blue Belt

The blue belt represents the first of our “worker” belts. By this time, you’ve got a lot of tools to work with. Now is when we begin to learn how to put the different techniques together. This is also a time when we really begin focusing on kumite and our own personal fitness.

**Requirements for Blue Belt- 1st Stripe**

I can:

Student Check Sensei Initials

TECHNIQUES

\_\_\_\_\_\_\_ Shuto Mawashi Uchi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Shuto Mawashi Uke \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Uchi Uke/Gedan Barai \_\_\_\_\_\_\_\_\_\_\_\_\_

KATA

\_\_\_\_\_\_\_ Pinan Sono Ichi \_\_\_\_\_\_\_\_\_\_\_\_\_

 COMBINATIONS

\_\_\_\_\_\_\_ Two, 3-step combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Three, 3-step combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Three, 4-step combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

KUMITE

\_\_\_\_\_\_\_ Six, 60-second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Seven, 90- second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

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Blue Belt

The blue belt represents the first of our “worker” belts. By this time, you’ve got a lot of tools to work with. Now is when we begin to learn how to put the different techniques together. This is also a time when we really begin focusing on kumite and our own personal fitness.

**Requirements for Blue Belt- 2nd Stripe**

I can:

Student Check Sensei Initials

TECHNIQUES

\_\_\_\_\_\_\_ Osae Uke \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Sukui Uke \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Seiken Jun Tsuki \_\_\_\_\_\_\_\_\_\_\_\_\_

KATA

\_\_\_\_\_\_\_ Pinan Sono Ni \_\_\_\_\_\_\_\_\_\_\_\_\_

 COMBINATIONS

\_\_\_\_\_\_\_ Three, 3-step combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Four, 3-step combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Four, 4-step combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

KUMITE

\_\_\_\_\_\_\_ Ten, 60-second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Ten, 90- second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

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Blue Belt

The blue belt represents the first of our “worker” belts. By this time, you’ve got a lot of tools to work with. Now is when we begin to learn how to put the different techniques together. This is also a time when we really begin focusing on kumite and our own personal fitness.

**Requirements for Blue Belt- Green Stripe**

I can:

Student Check Sensei Initials

TECHNIQUES

\_\_\_\_\_\_\_ Takedowns (3) \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Holdbreaks (5) \_\_\_\_\_\_\_\_\_\_\_\_\_

KATA

\_\_\_\_\_\_\_ Sanchin \_\_\_\_\_\_\_\_\_\_\_\_\_

 COMBINATIONS

\_\_\_\_\_\_\_ Five, 3-step combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Six, 3-step combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Seven, 4-step combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

KUMITE

\_\_\_\_\_\_\_ Fifteen, 60-second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Ten, 90- second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

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If you’ve made it this far, you’re ready to test for your green belt! Sensei will talk with you and your parents to select a day for your test that will allow for you to have someone from your family to be here to support you. For your test, feel free to invite anyone that you would like to share the experience with you.

In addition to performing all of the required techniques on the White, Yellow, and Blue Belt pages, you will be expected to fight continuously for 15 minutes. Please make sure you bring all of your sparring equipment for your test; otherwise it will be postponed.

Your Green Belt test will be on:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Green Belt

With its dark, rich color, the green belt represents the second of our “worker” belts. During this stage of training, karateka focus on sharpening the tools in their skill set and continues building their physical fitness.

**Requirements for Green Belt- 1st Stripe**

I can:

Student Check Sensei Initials

PERSONAL

\_\_\_\_\_\_\_ Material assigned by Sensei \_\_\_\_\_\_\_\_\_\_\_\_\_

TECHNIQUES

\_\_\_\_\_\_\_ Kokken Uchi \_\_\_\_\_\_\_\_\_\_\_\_\_

KATA

\_\_\_\_\_\_\_ Yansu \_\_\_\_\_\_\_\_\_\_\_\_\_

 COMBINATIONS

\_\_\_\_\_\_\_ Two, 6-step combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Three, 5-step combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Three, 4-step combinations (lead w/kick) \_\_\_\_\_\_\_\_\_\_\_\_\_

KUMITE

\_\_\_\_\_\_\_ Ten, 60-second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Fifteen, 90- second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

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Green Belt

With its dark, rich color, the green belt represents the second of our “worker” belts. During this stage of training, karateka focus on sharpening the tools in their skill set and continues building their physical fitness.

**Requirements for Green Belt- 2nd Stripe**

I can:

Student Check Sensei Initials

PERSONAL

\_\_\_\_\_\_\_ Material assigned by Sensei \_\_\_\_\_\_\_\_\_\_\_\_\_

TECHNIQUES

\_\_\_\_\_\_\_ Walk the floor in Kiba Dachi \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Hiji Ate \_\_\_\_\_\_\_\_\_\_\_\_\_

KATA

\_\_\_\_\_\_\_ Pinan Sono San \_\_\_\_\_\_\_\_\_\_\_\_\_

 COMBINATIONS

\_\_\_\_\_\_\_ Three, 6-step combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Four, 5-step combinations \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Four, 4-step combinations (lead w/kick) \_\_\_\_\_\_\_\_\_\_\_\_\_

KUMITE

\_\_\_\_\_\_\_ Twelve, 60-second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Sixteen, 90- second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

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Green Belt

With its dark, rich color, the green belt represents the second of our “worker” belts. During this stage of training, karateka focus on sharpening the tools in their skill set and continues building their physical fitness.

**Requirements for Green Belt- Purple Stripe**

I can:

Student Check Sensei Initials

PERSONAL

\_\_\_\_\_\_\_ Material assigned by Sensei \_\_\_\_\_\_\_\_\_\_\_\_\_

KATA

\_\_\_\_\_\_\_ Ju Chin (The 10 Battles) \_\_\_\_\_\_\_\_\_\_\_\_\_

KUMITE

\_\_\_\_\_\_\_ Fifteen, 60-second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Eighteen, 90- second rounds \_\_\_\_\_\_\_\_\_\_\_\_\_

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If you’ve made it this far, you’re ready to test for your purple belt! Sensei will talk with you and your parents to select a day for your test that will allow for you to have someone from your family to be here to support you. For your test, feel free to invite anyone that you would like to share the experience with you.

The purple belt test is meant to force you to “feel the Phoenix”. In addition to performing Ju Chin, you will also be expected to spar for 20 consecutive minutes.

Your Purple Belt test will be on:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Purple Belt

With its bright color, the purple belt represents a second “awakening” and it is during this season that the karateka begins to make karate their own. This is a time full of questioning and practice as this represents the “proving ground” for the brown belt.

**Requirements for Purple Belt- 1st Stripe**

I can:

Student Check Sensei Initials

PERSONAL

\_\_\_\_\_\_\_ Lead a small group through kata \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Plan an exercise/conditioning session for class \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Takedowns \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Material assigned by Sensei \_\_\_\_\_\_\_\_\_\_\_\_\_

KATA

\_\_\_\_\_\_\_ Pinan Sono Yon \_\_\_\_\_\_\_\_\_\_\_\_\_

KUMITE

\_\_\_\_\_\_\_ Twelve, 60-second rounds (advanced) \_\_\_\_\_\_\_\_\_\_\_\_\_

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Purple Belt

With its bright color, the purple belt represents a second “awakening” and it is during this season that the karateka begins to make karate their own. This is a time full of questioning and practice as this represents the “proving ground” for the brown belt.

**Requirements for Purple Belt- 2nd Stripe**

I can:

Student Check Sensei Initials

PERSONAL

\_\_\_\_\_\_\_ Lead a small group through kihon \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Plan an exercise/conditioning session for class \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Material assigned by Sensei \_\_\_\_\_\_\_\_\_\_\_\_\_

KATA

\_\_\_\_\_\_\_ Gekkisai Dai \_\_\_\_\_\_\_\_\_\_\_\_\_

KUMITE

\_\_\_\_\_\_\_ Twenty, 60-second rounds (advanced) \_\_\_\_\_\_\_\_\_\_\_\_\_

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Purple Belt

With its bright color, the purple belt represents a second “awakening” and it is during this season that the karateka begins to make karate their own. This is a time full of questioning and practice as this represents the “proving ground” for the brown belt.

**Requirements for Purple Belt- Brown Stripe**

I can:

Student Check Sensei Initials

PERSONAL

\_\_\_\_\_\_\_ Lead the class through kihon \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Lead the class through two kata \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Takedowns \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ Material assigned by Sensei \_\_\_\_\_\_\_\_\_\_\_\_\_

KATA

\_\_\_\_\_\_\_ Pinan Kata Ura \_\_\_\_\_\_\_\_\_\_\_\_\_

KUMITE

\_\_\_\_\_\_\_ Eighteen, 90-second rounds (advanced) \_\_\_\_\_\_\_\_\_\_\_\_\_

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If you’ve made it this far, you’re ready to test for your brown belt! Sensei will talk with you and your parents to select a day for your test that will allow for you to have someone from your family to be here to support you. For your test, feel free to invite anyone that you would like to share the experience with you.

The brown belt is considered the gateway to the black belt and Yudansha ranks. While a brown belt is still considered to be a kohai (junior), much more is expected from a karateka at this level.

The brown belt test is divided into two parts, which are spread across two separate class times. One part will focus on your ability to lead through kata and kihon, while the second part will examine your kumite skills, takedowns, and mental/spiritual toughness.

Your Brown Belt test will be on:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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The Transition from Kohai to Yudansha

The transition from brown belt to black belt is a significant one that can be seen as a journey of its own. Traditionally, there is a full year of training between the two ranks and, while there are standards that must be met, much of the training for black belt become individual in nature and the relationship between teacher and student is stressed even further. Once a student achieves the rank of brown belt, they (and their parents) will meet with Sensei to develop the training plan to help prepare the student to join the ranks of the Yudansha (black belts).

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Directions and Targets
**Japanese                       Pronunciation                       English**
age                                    a-gay                                       rising
ago                                a-go                                           chin
gammen                        ga-men                                        face
gyaku                              gyak-oo                                    reverse, rear
hidari                              hid-ar-ee                                   left
hiji                                    hee-gee                                    elbow
migi                                 mee-gee                                    right
morote                          more-oh-tay                              double or reinforced
oi                                       oy                                            front
ushiro                            oo-she-ro                                  rear, to the back

Blocks
**Japanese**                    **Pronunciation**                   **English**
soto uke                       so-toe oo-kay                    out to in block
uchi uke                       oo-chee oo-kay                 in to out block
gedan barai               gay-dan ba-ri                      lower parry
juji uke                         joo-gee oo-kay                   cross block
jodan uke                   jo-dan oo-kay                      upper block
mawashi uke           ma-wa-she oo-kay            double circular block
osae uke                     o-say oo-kay                    suppressing block sune uke                    soo-nee oo-kay                   shin block

Kicks
**Japanese**                           **Pronunciation**                      **English**
ashi barai                            ah-she ba-rye                            sweep
hiza geri                               he-zah ga-ree                          knee strike
kake geri                             kah-kay ga-ree                        hook kick
kin geri                                 kin ga-ree                                  snap kick to the groin
mae geri                              my ga-ree                            front snap kick
mae keage                          my kay-gay                               front straight leg kick
mawashi geri                    ma-wash-ee ga-ree                roundhouse kick
soto keage                         so-toe kay-gay                        outside crescent kick
ushiro geri                         oo-she-ro ga-ree                      back snapping kick
ushiro keage                     oo-she-ro kay-gay                   back straight kick
yoko geri                             yo-ko ga-ree                            side snapping kick
yoko keage                        yo-ko kay-gay                          side straight kick

Strikes

**Japanese**                            **Pronunciation**                    **English**
awase tsuki                      a-wa-say zoo-key                  U-punch
hiji ate                              he-gee ah-tay                          elbow strike
haito uchi                         hi-toe oo-chee                       ridgehand
nukite                                 new-key-tay                            spearhand
seiken age tsuki             say-ken ah-gay zoo-key       uppercut
seiken ago tsuki               say-ken ah-go zoo-key          punch to the chin
seiken chudan tsuki       say-ken choo-dan zoo-key   punch to midsection
seiken gedan tsuki          say-ken gay-dan zoo-key    forefist low thrust
seiken jodan tsuki          say-ken jo-dan zoo-key        forefist high thrust
seiken shiita tsuki           say-ken she-ta zoo-key          inverted short punch
seiken tate tsuki              say-ken ta-tay zoo-key        vertical fist thrust
shotei                                sho-tie                                       palm heel strike
shuto gammen uchi      shoo-toe ga-men oo-chi      knifehand to face
shuto hizo uchi                shoo-toe he-zo oo-chi       knifehand to kidney
shuto sakotsu uchi          shoo-toe sa-koot-so oo-chi  knifehand to collarbone
tettsui                                tet-soo-ee                                  hammerfist
uraken gammen uchi    oo-ra-ken ga-men oo-chi       backfist strike to face
uraken hizo uchi            oo-ra-ken he-zo oo-chi          backfist strike to kidney
uraken sayu gammen uchi    oo-ra-ken say-oo left-right backfist to face

 Ga-men oo-chee

Stances
**Japanese**                    **Pronunciation**                   **English**
kake dachi                 kah-kay da-chee                   hooked stance (80/20)
kiba dachi                  key-bah da-chee                     horse stance (50/50)
kokutsu dachi          ko-koot-su da-chee                back stance (70/30)
kumite dachi            koo-muh-tay da-chee             fighting stance (50/50)
moroashi dachi      more-oh ah-shee da-chee    one foot forward

 stance (50/50)
musubi dachi           moo-soo-bee da-chi               open toe stance (50/50)
nekoashi dachi        neck-oh ah-she da-chee        cat foot stance (80/20)
sanchin dachi           san-chin da-chee                    immovable stance (50/50)
tsuruashi dachi       soo-ro-ah-she da-chee           crane stance (100/0)
zenkutsu dachi        zen-koot-soo da-chee            forward stance (70/30)
yoi dachi                      yo-ee da-chee                           ready stance (50/50)