

JUNIOR BELT TEST STUDY SHEET - SAVE THIS DOCUMENT

Junior student requirements for promotion in belt rank are listed below. Belt testing to the next 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 toward the end of the semester. Eligible students must have exhibited a good attitude at home, school, and in karate class. Belt tests will consist of conditioning, technique demonstration, and verbal knowledge of the study terms.

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 art part of karate is **TECHNIQUES** and **FORMAL EXERCISES** called **KATA**. The sport part of karate is called **SPARRING**. The most important part of sparring is **TIMING AND DISTANCE**. The self-defense part of karate includes **PERSONAL SAFETY** and **AVOIDING BAD SITUATIONS**.

GREEN – ADV. 3rd PURPLE BELT TERMS: All of the above plus: Know the belt order for juniors and adults. The belt order for juniors is listed below. The belt order for adults is **WHITE, YELLOW, ORANGE, GREEN, BLUE, ADV BLUE, PURPLE, ADV PURPLE, 3RD DEGREE BROWN, 2ND DEGREE BROWN, 1ST DEGREE BROWN, 1ST DEGREE BLACK BELT, THEN 2ND, 3RD, 4TH, 5TH, 6TH, AND 7TH DEGREE BLACK BELT**. Adult black belt rank is signified by the **NUMBER OF STARS** on the instructor's uniform patch.

WHITE BELT TESTING TO YELLOW

1 tournament as a white belt. Know appropriate study terms above plus demonstrate: Back Fist, Punch, Side Kick, Check Hi, Roundhouse Kick. *Please note: Karate is a contact sport. When sparring, students will need a mouthpiece and boys will also need a cup/supporter. Available in class.*

YELLOW BELT TESTING TO ORANGE

1 tournament as a yellow belt. Know study terms & all previous techniques plus: Knife Hand Strike, Back Ridge Hand Strike, Back Leg Front Kick, Check Low, Two Roundhouse Kicks.

ORANGE BELT TESTING TO GREEN

1 tournament as an orange belt. Know study terms & all previous techniques plus: Hook Kick, Lead Ridge Hand Strike, Jab. Three Roundhouse Kicks with good balance.

GREEN BELT TESTING TO BLUE

1 tournament as a green belt. Know study terms & all previous techniques plus: Hook Kick/Roundhouse Kick, Lead Leg Front Kick, Hook Punch. Four Roundhouse Kicks with good balance. *Students should have both uniform patches (Red Tiger & Eagle patch). Available in class.*

BLUE BELT TESTING TO ADVANCED BLUE

1 tournament as a blue belt. Know study terms & all previous techniques plus: Jump Front Kick, Spinning Back Fist Strike, Parry. Four Side Kicks with good balance. *Recommended equipment: Red Tiger Head Gear with Face Shield.*

ADVANCED BLUE BELT TESTING TO 1ST PURPLE

Essay on "Attitude" due on belt test day.
1 tournament as an advanced blue belt. Know study terms & all previous techniques plus: Back Leg Roundhouse Kick, Spinning Back Kick. Four Hook Kicks with good balance.

1ST PURPLE BELT TESTING TO ADVANCED 1ST PURPLE

1 tournament as a 1ST purple belt. Know study terms & all previous techniques plus: Slide-up Side Kick, Counter Side Kick. One set of Side/Round/Hook Kicks with good balance. *Recommended equipment: Red Tiger Hand Gear.*

ADVANCED 1ST PURPLE BELT TESTING TO 2ND PURPLE

Essay on Mr. Gichin Funakoshi.
1 tournament as an advanced 1ST purple belt.
Know study terms & all previous techniques plus: Crescent Kick, Back Leg Reverse Crescent Kick. One set of Side/Round/Hook Kicks with good balance.

2ND PURPLE BELT TESTING TO ADVANCED 2ND PURPLE

1 tournament as a 2ND degree purple belt.
Know study terms & all previous techniques plus: Sliding Roundhouse Kick, Spinning Reverse Crescent Kick, Spinning Roundhouse Kick. Two sets Side/Round/Hook Kicks with good balance. *Recommended equipment: Red Tiger Foot Gear.*

ADVANCED 2ND PURPLE BELT TESTING TO 3RD PURPLE

Essay on three different martial art systems (i.e. Judo, Aikido, Shotokan Karate, Tae Kwon Do, Jiu-jitsu).
1 tournament as an advanced 2ND purple belt.
Know study terms & all previous techniques plus: Jump Side Kick, Jump Spinning Reverse Crescent Kick. Two sets of Side/Round/Hook Kicks with good balance.

3RD PURPLE BELT TESTING TO ADVANCED 3RD PURPLE

1 tournament as a 3RD degree purple belt.
Know study terms & all previous techniques plus: Spinning Hook Kick, Inside Roundhouse Kick. Three sets of Side/Round/Hook Kicks with good balance. *Recommended equipment: Red Tiger Shin Guards.*

ADVANCED 3RD PURPLE BELT TESTING TO 1ST RED

Essay on Ed Parker.
1 tournament as an advanced 3RD purple belt.
Know study terms & all previous techniques plus: Flying Side Kick, Lead Leg Reverse Crescent Kick, Turning Jump Crescent Kick. Three sets of Side/Round/Hook Kicks with good balance. *Please note: Before testing to 1st Degree Red Belt, students should have their own complete sparring gear package and speed jump rope. Available in class.*

See instructor for Red Belt – Jr. Black Belt requirements.