

RED BELT / JR. BB TEST REQUIREMENTS – SAVE THIS DOCUMENT

Junior Red Belt requirements for advancement in belt rank are listed below. Eligible students must exhibit a good attitude at home, school, and in karate class. At red belt level, students will practice advanced techniques, self-defense, leadership skills, refereeing skills, kata, point-sparring, and continuous-sparring.

IMPORTANT - READ THIS PARAGRAPH BEFORE EVERY BELT TEST! BELT TESTS ARE CUMULATIVE. Please review the previous JUNIOR STUDY SHEET – on our website under “Newsletter.” Students must show mastery of **all techniques up to and including their current rank**. Students must **KNOW ALL STUDY TERMS**. Additionally, students must be able to meet or perform the following requirements:

- **CONDITIONING** - Conditioning will include a minimum of 70 sit-ups, 70 push-ups; Three 2-minute rounds of jump rope; Three 2-minute rounds of shadow boxing.
- **SAFETY & TRAINING EQUIPMENT** - Have a complete set of sparring gear and approved speed jump rope.
- **ATTENDANCE & EVENTS** - Attend a minimum of **16 classes** (two semesters), **1 ninja camp or seminar**, AND **2 tournaments** for each belt level. Participation in these events help students become well-rounded martial artists in preparation for the Junior Black Belt Test.

<p><u>1st Degree Red Belt (solid red belt) testing to 2nd Degree</u></p> <p>Essay on Bill Wallace</p> <p>New Techniques:</p> <ul style="list-style-type: none"> • Fwd Stance/Down Block (DB) • Fwd Stance DB/Lunge Punch • Jump Spinning Back Kick • Back Stance / Backfist Block • Four Sets Side/Round/Hook <p>Ninja Camp: Participate in 1 Ninja Camp or Seminar</p> <p>Kata: Chung Mu Part I</p> <p>Tournaments:</p> <ul style="list-style-type: none"> - Point-spar at 2 tournaments - Perform kata at 1 tournament 	<p><u>2nd Degree Red Belt (white stripe) testing to 3rd Degree</u></p> <p>Essay on Chuck Norris</p> <p>New Techniques:</p> <ul style="list-style-type: none"> • Rear Defense Stance/High-Low Block • Fwd Stance/Outside Block • Upper Cut • Back Stance/Inside Block • Four Sets Side/Round/Hook <p>Ninja Camp: Participate in 1 Ninja Camp or Seminar</p> <p>Kata: Chung Mu Part II</p> <p>Tournaments:</p> <ul style="list-style-type: none"> - Point-spar at 2 tournaments - Perform kata at 2 tournaments
<p><u>3rd Red Belt (black stripe) testing to 1st Jr. Black Belt</u></p> <p><i>Please note that it typically takes more than 2 semesters of training at this rank to be ready for the Jr. Black Belt Test.</i></p> <p>Essay on “How karate has affected my life.” More details in class when appropriate.</p> <p>New Techniques:</p> <ul style="list-style-type: none"> • Cat Stance/Inside Block • Fwd Stance/High Block/ Inverted Knife Hand Strike • Jump Back Roundhouse Kick • Crane Stance/High-Low Block • Four Sets Side/Round/Hook <p>Ninja Camp: Participate in 2 Ninja Camps or Seminars</p> <p>Kata: The whole Chung Mu form</p> <p>Tournaments:</p> <ul style="list-style-type: none"> - Point-spar at 2 tournaments - Perform kata at 2 tournaments 	<p><u>1st Degree Jr. Black Belt testing to 2nd Jr. Black Belt</u></p> <p><i>Please note that it typically takes more than 2 semesters of training at this rank to be ready for the test.</i></p> <p>Essay and presentation on Your Volunteer Project.</p> <p>New Techniques with a partner:</p> <ul style="list-style-type: none"> • Fwd Stance/DB/Vertical Fist Punch • Horse Stance/Hammer Fist Strike/Outside Block • Reverse Spinning Backfist Strike • Fwd Stance/DB/Front Kick/Overhead Knife Hand • Side/Rd/Hk Kick/Backfist/Punch/Hk Punch/Punch <p>Ninja Camp: Participate in 2 Ninja Camps or Seminars</p> <p>Kata: Weapons Kata</p> <p>Tournaments:</p> <ul style="list-style-type: none"> - Point-spar at 2 tournaments - Perform kata at 2 tournaments

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