

JUNIOR ORANGE-PURPLE BELT STUDY SHEET

This sheet is also on our “Newsletter” page. 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 written Rank Test Nomination will be sent or passed out to eligible students the week before belt test toward the end of the semester. Eligible students must exhibit an excellent attitude inside and outside the classroom. Belt tests will consist of conditioning, technique demonstration, and verbal knowledge of the study terms.

WHITE – YELLOW 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**.

ORANGE – GREEN 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**.

BLUE – ADV. 3rd PURPLE BELT TERMS:

All of the above plus: Know the belt order listed below. For juniors, after 3rd Purple, there are six degrees of red belt, then two degrees of Jr Black Belt. For seniors, after 3rd purple the ranks are as follows: **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.

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IMPORTANT: Junior students should begin to purchase their own NASKA approved sparring gear before or at green belt. Available from your instructor. Cumulative tests so study white, yellow and all previous belt techniques.

ORANGE BELT TESTING TO GREEN

Know all previous material plus:

1 tournament or sparring seminar as orange belt. 30 count of each exercise.

Knife Hand Strike - Back Ridge Hand Strike - Lead Ridge Hand Strike - Counter Side Kick.

ASK Eagle & Red Tiger patches sewn on uniform. Available in class.

GREEN BELT TESTING TO 1st BLUE

Know all previous material plus:

1 tournament or sparring seminar as green belt. Demonstrate tying your own belt.

40 count of each exercise.

- Lead Leg Front Kick - Axe Kick - Sliding Roundhouse Kick. NASKA approved Head

Gear with Shield. Available in class.

1st BLUE BELT TESTING TO 2nd BLUE

Know all previous material plus:

1 tournament or sparring seminar as 1st degree blue belt. 40 count of each exercise.

- Jump Front Kick - Upper Cut - Sliding Side Kick - Parry / Back Fist counter.

NASKA approved Hand Gear. Available in class.

2nd BLUE BELT TESTING TO 1st PURPLE

Know all previous material plus:

Essay on "Attitude" due on belt test day.

1 tournament or sparring seminar as 2nd degree blue belt. 40 count of each exercise.

- Back Leg Roundhouse Kick - Spinning Back Kick - Sliding Hook Kick.

NASKA approved Foot & Shin Gear. Available in class.

1st PURPLE BELT TESTING TO 2nd PURPLE

Know all previous material plus:

Essay on Mr. Gichin Funakoshi due on belt test day.

1 tournament or sparring seminar as 1st purple belt. 50 count of each exercise.

- Inside Crescent Kick - Outside Crescent Kick

- Two sets of Side / Round / Hook Kick with good balance. Students should have all

NASKA approved sparring gear.

2nd PURPLE BELT TESTING TO 3rd PURPLE

Know all previous material plus:

Essay on three different martial art systems

(i.e. Judo, Aikido, Shotokan Karate, Tae Kwon Do, Jiu-jitsu) due on test day.

1 tournament or sparring seminar as 2nd degree purple. 50 count of each exercise.

- Spinning Outside Crescent Kick - Jump Side Kick - Three sets of Side / Round / Hook Kicks with good balance.

3rd PURPLE BELT TESTING TO 1ST RED

Know all previous material plus:

Essay on Ed Parker due on belt test day.

1 tournament or sparring seminar as 3RD degree purple.

Conditioning: 50 count of each exercise.

- Jump Spinning Outside Crescent Kick - Spinning Backfist. Speed Jump Rope.

Available in class.