

Family Martial Arts Academy



Junior Black Belt Requirements

Next Steps On Your Journey To Earn Your Black Belt

Your Name: _____ Date: _____

ASKA #: _____ Renewal Date: _____

We are an American Shorin-ryu Karate Association (ASKA) Charter school. By orange belt, all students are required to register as Members. Applications are available at our Academy or you can register online at:
<http://www.aska-karate.org/joinrenew/>



American Shorin-ryu Karate Association

The *American Shorin-ryu Karate Association* is a national non-profit organization dedicated to the growth and advancement of the Okinawan martial arts. Founded in 1969, the ASKA has grown from a single club at The Ohio State University to a nationwide network of schools dedicated to teaching the Okinawan arts of *karate* (unarmed self-defense) and *kobudo* (Okinawan weaponry).

Our schools pledge to maintain the highest standards of professional, personal and business conduct; to encourage the physical, spiritual, and moral development of instructors and students; to serve their communities and country; and to honor those who have gone before and devoted their lives to the advancement of the Art of *Karate*.

Transforming and empowering each and every student ®

The ASKA is dedicated to helping our students, instructors, and employees pursue unparalleled individual growth and positive personal transformation as they pursue and attain excellence through our black belt leadership programs. The ASKA certifies instructors and students in the art of Okinawan karate and related martial arts. Individual empowerment and personal transformation are the main focus of our curriculum and the cornerstones of our business ethic. The ASKA incorporates and maintains the highest professional standards while challenging all members to achieve their very best in all that they do. Among our embraced values are respect, discipline, confidence, achievement and leadership. The ASKA belt ranking structure is designed to highly motivate and reward the student’s attainment of his or her personal goals. The coveted black belt is the main symbol that embodies and recognizes our members’ highest achievements in their on---going pursuit and commitment to excellence.

It is your responsibility to keep your registration with the ASKA current.

Family Martial Arts Academy is an American Shorin-ryu Karate Association (ASKA) Charter school. As our national Association, the ASKA sets the standards for all promotional rank requirements and provides its member schools with scholarship support, student and instructor clinics and seminars, publications and a rich connection to our past historical lineage and roots. By orange belt (9th kyu), all students are required to register as Members for a \$35 annual fee. Every year thereafter, members are expected to maintain renewals and keep their membership current. Membership applications are available at our Academy or you can go online to pay the membership fee: <http://www.aska-karate.org/joinrenew/>

Rank	Instructor Initial	Date

General Comments

This booklet is intended to be a training guide to assist you in the preparation for your upcoming Junior Black Belt Promotional Examination. The Junior Black Belt rank follows dan ratings similar to a Senior Black Belt with the difference being that the suffix “-Ho” is added. Literally translated, “-Ho” means “provisional” but it can be interpreted to also mean “junior.” Therefore, a 1st Degree Junior Black Belt is referred to as a Shodan-Ho.

Typically, the junior ranking is given to candidates who are under the age of 16 but who are otherwise qualified. Currently we require that a Junior Black Belt Candidate be at least 10 years old at the time of testing. In addition to the age requirement, the candidate’s level of mental and “spiritual” maturity is also taken into consideration.

In our program there are three junior ranks: Shodan-Ho, Nidan-Ho, and Sandan-Ho. The qualifications for these ranks are slightly less than the qualifications for the rank of senior Shodan. Shodan-Ho candidates must be at least 10 years of age. Once the candidate has successfully attained Shodan-Ho, he/she will be eligible to test for Nidan-Ho when they are at least 12 years of age and Sandan-Ho when they are at least 14 years of age. Upon turning 16 years of age, the candidate will then be eligible to test for the senior Shodan rank with the applicable senior requirements.

Your Journey

Your personal journey to Junior Black Belt began a number of years ago. To be exact, it began the day you put on a uniform and stepped onto the training floor for the first time.

On this journey, you have experienced many successes, and likely, more than a few challenges.

Many others began this journey with the same goal of earning a Black Belt in mind, but for one reason or another some of them were not able to reach the point where you now stand.

Since you have committed so much time and effort on this quest, it makes sense that you would wish to complete this segment of your journey in peak condition, both physically and mentally.

This booklet is meant to act as a guide for your final months of preparation, however, only you can train with the type of integrity it will take to assure you the truly rewarding life experience your promotion to Junior Black Belt is designed to be.

Black Belt Focus Points:

1. Strive to make each training session optimal, safe, and progressive.
2. Rate yourself on a scale of 1-10.
3. Is anyone trying harder than you are?
4. Focus your mind, eyes, body, and spirit.
5. Train at all times in an intense and serious manner.

Age Requirements for Junior Black Belt

For Shodan-Ho, the junior black belt candidate must be 10 years old or older.

For Nidan-Ho, the junior black belt candidate must be 12 years old or older.

For Sandan-Ho, the junior black belt candidate must be 14 years old or older.

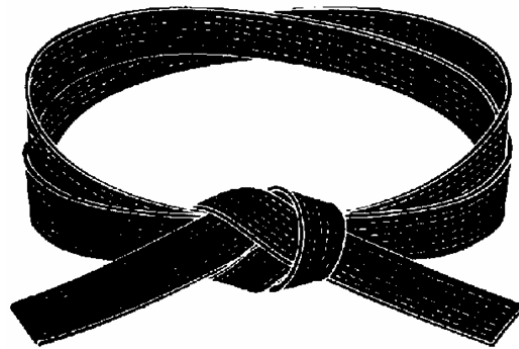
A journey of 1000 miles begins with the first step...

You can choose one of two pathways during these next few months that precede your Junior Black Belt examination. One path will lead to “Getting Your Junior Black Belt” and the other will lead to “Junior Black Belt Excellence.”

“**Getting Your Junior Black Belt**” requires that you meet the minimum standards set by the instructors in the minimum time possible, while putting forth the least amount of effort and energy. The result will be a beautiful new Junior Black Belt with gold lettering to tie around your waist.

“**Junior Black Belt Excellence**” requires that you meet the requirements with the highest possible quality your physical and mental abilities will allow. An individual dedicated to “Junior Black Belt Excellence” will train more than the minimum number of classes, will attempt to exceed the physical fitness requirements, and will train during each and every class session with the intention of making his or her techniques the sharpest in the school. The result will not only be the outward symbol of a Junior Black Belt but also an enlightening experience which will open up a world of limitless possibilities in the martial arts and in life.

Only you can determine what your Black Belt experience will be like...Choose Wisely!



CONFERENCE WITH SENSEI

It is up to you to schedule and participate in conferences with Sensei at approximately four (4) months and one (1) month prior to your Black Belt Examination Date.

Date: _____ **Initials:** _____

Date: _____ **Initials:** _____

ATTENDANCE & PARTICIPATION

During the 6-9 months prior to your Black Belt examination date, you should attempt to train in class at least 3-4 times per week total with 2 of those classes being one of the advanced classes (usually offered from 6:45-7:30PM M-Th).

Remember that “showing up” to log your time is not nearly as important as how you work during each of your training opportunities. Make all of your movements exact and crisp. Set your stances precisely every time. Answer “Yes Sir/Ma’m!” or “No Sir/Ma’m!” when called upon.

Month: _____

Month: _____

Mon	Tue	Wed	Thur	Fri	Sat

Mon	Tue	Wed	Thur	Fri	Sat

Month: _____

Month: _____

Mon	Tue	Wed	Thur	Fri	Sat

Mon	Tue	Wed	Thur	Fri	Sat

Month: _____

Month: _____

Mon	Tue	Wed	Thur	Fri	Sat

Mon	Tue	Wed	Thur	Fri	Sat

PHYSICAL FITNESS STANDARDS (*)

Push-Ups:

Push-Ups are to be done on the palms of the hands with the arms extended beneath the shoulders. You may stop at any time during the one-minute test in the “up” position and rest for a moment until you feel you can resume.

When performing the push-ups, visualize touching your chest to a baseball placed underneath you so that you are doing a deep push-up rather than a “nod of the head” push-up. Push-ups that do not meet these criteria do not count towards the test total. Additionally, if the performer rests at the bottom of the push-up, then the count resets to 0.

Sit-Ups:

Sit-ups are to be done either having your feet held to the floor or by securing them under a support with your knees bent. The head is tilted slightly upward with the hands either crossed over your chest or behind your neck for support. The chest must come up within a fist’s distance of the chest. As in the push-up test, you may “rest” at the “up” position during the sit-up until you feel you can continue.

Sit-ups that do not meet the criteria listed above do not count towards the test total. Additionally, if the performer rests in the “down” position, the count is reset to 0.

*In some cases with permission from your Sensei, modifications will be allowed.

The following dynamic strength assessment targets are based on the Cooper Institute for Aerobics Research guidelines. Both the push-up and sit-up tests are one minute in duration with the **minimum standard** being based on the 50th percentile for your age and gender categories.

Dynamic Strength Assessment Targets

<u>Males Under 9</u>		50th Percentile		<u>Females Under 9</u>		50th Percentile
Sit-Ups (One Minute)		20		Sit-Ups (One Minute)		8
Push-Ups (One Minute)		15		Push-Ups (One Minute)		8
<u>Males 9-10</u>				<u>Females 9-10</u>		
Sit-Ups (One Minute)		26		Sit-Ups (One Minute)		17
Push-Ups (One Minute)		15		Push-Ups (One Minute)		13
<u>Males 11-12</u>				<u>Females 11-12</u>		
Sit-Ups (One Minute)		31		Sit-Ups (One Minute)		22
Push-Ups (One Minute)		21		Push-Ups (One Minute)		11
<u>Males 13-14</u>				<u>Females 13-14</u>		
Sit-Ups (One Minute)		36		Sit-Ups (One Minute)		27
Push-Ups (One Minute)		27		Push-Ups (One Minute)		14
<u>Males 15-19</u>				<u>Females 15-19</u>		
Sit-Ups (One Minute)		46		Sit-Ups (One Minute)		37
Push-Ups (One Minute)		44		Push-Ups (One Minute)		19
<u>Males 20-29</u>				<u>Females 20-29</u>		
Sit-Ups (One Minute)		40		Sit-Ups (One Minute)		35
Push-Ups (One Minute)		33		Push-Ups (One Minute)		18
<u>Males 30-39</u>				<u>Females 30-39</u>		
Sit-Ups (One Minute)		36		Sit-Ups (One Minute)		27
Push-Ups (One Minute)		27		Push-Ups (One Minute)		14
<u>Males 40-49</u>				<u>Females 40-49</u>		
Sit-Ups (One Minute)		31		Sit-Ups (One Minute)		22
Push-Ups (One Minute)		21		Push-Ups (One Minute)		11
<u>Males 50-59</u>				<u>Females 50-59</u>		
Sit-Ups (One Minute)		26		Sit-Ups (One Minute)		17
Push-Ups (One Minute)		15		Push-Ups (One Minute)		13
<u>Males 60+</u>				<u>Females 60+</u>		
Sit-Ups (One Minute)		20		Sit-Ups (One Minute)		8
Push-Ups (One Minute)		15		Push-Ups (One Minute)		8

KATA PREPARATION

A thorough preparation of your required katas indicates not only mastery of your basic technical skills but also the level of pride you take in demonstrating your techniques. The following points should be considered when performing the patterns:

1. Correct posture and direction must be maintained at all times.
2. The kata should be performed in a rhythmic movement with an absence of “stiffness.”
3. Junior Black Belt candidates should perform each movement with precision, focus, and power.
4. Understand the Bunkai (application) of the movements and be able to demonstrate them.

Have each of your katas checked formally 3 times by Black Belts who are at least one rank senior to you.

Ask them to give you 2 or 3 points of practice to work on and then show with your actions that you are attempting to bring your katas to perfection level. Kata is a constant work in progress and you should never be satisfied with your current level of proficiency.

Required Junior Black Belt Forms*

Shodan-Ho	Nidan-Ho	Sandan-Ho
Fukugata Dai Ichi	Fukugata Dai Ichi	Fukugata Dai Ichi
Fukugata Dai Ni	Fukugata Dai Ni	Fukugata Dai Ni
Pinan Nidan	Pinan Nidan	Pinan Nidan
Pinan Shodan	Pinan Shodan	Pinan Shodan
Pinan Sandan	Pinan Sandan	Pinan Sandan
Wankan	Pinan Yondan	Pinan Yondan
Naihanchi Shodan	Pinan Godan	Pinan Godan
Matsubayashi Ananku	Wanshu	Wankan
	Naihanchi Shodan	Wanshu
	Kumite Kata Sho	Naihanchi Shodan
		Seisan

*ASKA Head Instructors have the flexibility to substitute equivalent kata requirements, drawing from Goju-ryu, related Shorin-ryu, and approved ASKA kata.

KATA FORMS CHECK TEST LOG

Date	Kata / Form	Comments
	Fukugata dai ichi	
	Fukugata dai ni	
	Pinan Nidan	
	Pinan Shodan	
	Pinan Sandan	
	Pinan Yondan	
	Pinan Godan	
	Ananku Dai	
	Wanshu	
	Wankan	
	Naihanchi Shodan	
	Matsubayashi Ananku	
	Kumite Kata Sho	
	Seisan	

KARATE BASICS

Karate basics are the building blocks upon which all advanced aspects of karate will be built. There is an old saying that in order to be great at something you should repeat it 10,000 times. At this point in your martial arts career, you should be approaching or surpassing this number with respect to the stances, blocks, strikes, & kicks that will be a part of your black belt examination. The test examiner will determine the number of repetitions and scope for the test.

Stances – Forward Stance, Walking Stance, Side Stance, Cat Stance, Hook Stance, Tai Sabaki (Body movement techniques), & Naihanchi Stance.

Blocks – Low Block, High Block, Outside Block, Inside Block, Double Knife Hand Augmented Low Block, Reverse Outside Block, Square Block, Shuto Block, Augmented Outside Block, Double Block (Middle/Low), Elbow Block, Augmented Low Block, Open Hand High Block with Knife Hand Strike (C-level), Forward Stance to the Rear with C-Level Inside Block/Low Block. & Open Hand Outside Block.

Strikes – Reverse Punch, Lunge Punch, Elbow Strike, Horizontal Knife Hand Strike, Vertical Double Punch, Hammerfist Strike, Spearhand Strike, Backfist, & Chase Punch.

Kicks – Front Kick. Back Kick. Side Kick. Roundhouse Kick. Spinning Back Kick. & Hook Kick.

Kihon Stance Pattern

Campbell's Complex Stance Pattern

10 Count Punching Drill*

1. Backfist – Reverse Punch
2. Grab – Reverse Punch
3. Doggie Punch
4. Lean-in Low – High Punch
5. Whip Punch
6. Low – High Combination
7. Downward Punch
8. Hook Punch
9. Sweep – Reverse Punch
10. Lunge Punch

Silvan Kicking Kata #1 (Shodan-Ho)

Silvan Kicking Kata #2 (Nidan-Ho)

*You should know these techniques but do not need to memorize them in any particular order.

One-Steps – The purpose of a One-step is to link our karate basics into a meaningful sequence of movements designed to counter a pre-determined attack. Proper intensity should be displayed during this exercise. Shodan-Ho: First 5. Nidan-Ho: Second 5. Sandan-Ho: All.

White Belt Ippon 1

Attacker: Right Step & Right High Lunge Punch.

Defender: Right Step back into Walking Stance & Left High Block. Right Reverse Middle Punch.

White Belt Ippon 2

Attacker: Right Step & Right Low Lunge Punch.

Defender: Right Step back into Walking Stance & Left Low Block. Right Reverse Middle Punch.

Orange Belt Ippon 1

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Right Step back into Walking Stance & Left Outside Block. Right Reverse Middle Punch.

Orange Belt Ippon 2

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Right Step back into Walking Stance & Left Inside Block. Right Reverse Middle Punch.

Yellow Belt Ippon 1

Attacker: Right Step & Right High Lunge Punch.

Defender: Right Step back into Walking Stance & Left High Block. Right Rear Leg Front Kick. Plant Back.

Yellow Belt Ippon 2

Attacker: From a Left Forward Stance, Right Rear Leg Front Kick to Groin.

Defender: Step off 45 ° to the right into Left Cat Stance & Left Double Low Shuto Block. Left Front Kick to Groin.

Gold Belt Ippon 1

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Right Step back into Walking Stance & Left Inside Open Hand Parry Block. Right Step into Walking Stance & Right Middle Spear Hand Strike to solar plexus or alternative target.

Gold Belt Ippon 2

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Right Step back into Left Cat Stance to the inside of your opponent and Left Shuto Block. Left lead Front Kick.

Purple Belt Ippon 1

Attacker: Right Step & Right High Lunge Punch.

Defender: Left Step Forward into Walking Stance & Left Open Hand High Block. Right Spear Hand Strike/Chop to Throat/Eyes.

Purple Belt Ippon 2

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Left slide backward and to the outside of your opponent 45 ° into Right Cat Stance & Right Shuto Block. Right Grab & Right Side Kick to Ribs/Armpit.

STANDARDIZED BASIC SELF DEFENSE

The Standardized Basic Self Defense techniques were developed primarily for beginning to intermediate belt levels and are based on concepts taught by Professor Wally Jay, the founder of Small Circle Jiu Jitsu.

Single Wrist Grab (Same Side)
Single Wrist Grab (Cross)
Collar Grab
Bear Hug Escape
Headlock Escape
Two Hand Front Choke Defense Before & After

STANDARDIZED COMPLEX SELF DEFENSE

The Standardized Complex Self Defense techniques were developed from the Shorin-ryu katas. Although these techniques can be made to work against the pre-determined attack, some techniques are primarily used to illustrate a concept or to show proper body dynamics.

Shodan-Ho

Junior Self Defense 1 - Push A,B,C
Junior Self Defense 2 - Pass-Through Block & Push
Junior Self Defense 3 - vs. 2-Hand Grab/Push
Junior Self Defense 4 - vs. Knee follow up
Junior Self Defense 5 - vs. Tackle follow up

Nidan-Ho

Junior Self Defense 6 - Seisan Blitz
Junior Self Defense 7 - Pinan Shodan vs. Grab & Punch
Junior Self Defense 8 - vs. Haymaker
Junior Self Defense 9 - vs. Shoulder Grab & Punch
Junior Self Defense 10 - vs. Front kick

Sandan-Ho

Junior Self Defense 11 - Advanced Same Side Wrist Grab
Junior Self Defense 12 - Advanced Cross Wrist Grab
Junior Self Defense 13 - Advanced Collar Grab
Junior Self Defense 14 - Advanced Bear Hug
Junior Self Defense 15 - vs. Multiple Attacker A,B,C

JUNIOR BLACK BELT TAKEDOWNS AND GROUND TECHNIQUES

These Standardized Take Downs & Ground Techniques were developed primarily use by junior black belt students as non-lethal waza to use against an attacker of similar age. The Ground Escapes/Falls/Takedowns are required testing material for all Junior Black Belt ranks. Junior Ground Techniques 1-5 are required for Nidan-Ho testing and Ground Techniques 1-10 are required for Sandan-Ho testing.

Ground Escapes/Falls/Takedowns:

- 1) Side Pull Through
- 2) Turn and Sprint
- 3) 3 Kicks
- 4) Back Roll
- 5) Back Fall
- 6) Right Side Fall
- 7) Left Side Fall
- 8) Jumping roll
- 9) Arm Bar Drag Takedown
- 10) Basic Push Takedown

Junior Ground Techniques:

- 1) Belt Grab/Pancake
- 2) Forward stance Leg Lock using Shoulder, Knee Cap Hold, & Toe.
- 3) Guillotine Ankle hold and stretch with feet on Armpit & Inseam.
- 4) Figure 4 Pin
- 5) Side kick/stomp and break.
-
- 6) Half Boston Crab
- 7) Full Boston Crab with Roll.
- 8) Step Across Arm Bar/Stretch into Roll.
- 9) Cat Stance Arm Hold from Bent Armbar.
- 10) Figure 4 hold vs. Neck & Arm.

SPARRING COMBINATIONS

These sparring combinations are your own to create. They should: 1) Be legal sparring techniques, 2) Have some sort of strategy to them, and 3) Be usable. You should be prepared to demonstrate and teach these techniques during your examination.

Three Hand Combinations – Each sparring combination must use three hand techniques.

1) _____

2) _____

3) _____

Three Foot Combinations – Each sparring combination must use three foot techniques.

1) _____

2) _____

3) _____

Three Hand/Foot Combinations – Each sparring combination must use three techniques with at least one hand and at least one foot technique.

1) _____

2) _____

3) _____

Family Martial Arts Academy

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