

Family Martial Arts Academy



Junior Belt Test Requirements White Belt – Black Belt Candidate

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/>

General Comments

This booklet is intended to be a reference guide for testing requirements for White Belt through Black Belt Candidate. A student is eligible to test after:

- ✓ Meeting the physical requirements for the target belt
- ✓ Meeting the minimum attendance requirement
- ✓ Earning all six color stripes
- ✓ Receiving Instructor approval
- ✓ Submitting a Graduation Application form

Consideration and alternative requirements may be worked out for students requiring accommodations based on special needs or circumstances. Modifying any requirements with alternative material is at the judgment and flexibility of Head Instructors.

AMERICAN SHORIN-RYU KARATE ASSOCIATION

We are an American Shorin-ryu Karate Association (ASKA) Charter school. This is our national Association, which 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. Membership applications are available at our Academy or you can go online to pay the membership fee: <http://www.aska-karate.org/joinrenew/>

BELT PROMOTIONS

Testing (AKA “Graduation”) takes place once per 3-month session for all belts below black belt candidate (typically in March, June, September, and December). Students must complete a “Graduation Application” prior to each test/graduation.

Each student’s progress is reviewed every quarter. Promotion to the next belt rank is granted upon instructor approval that the student has met all stated requirements. Attendance and stripe requirements are described in this handbook. Instructor approval also considers other progress areas, including attitude, maturity, personal effort, school grades, special needs and accommodations.

ATTENDANCE REQUIREMENTS

The minimum attendance requirement is 21 classes per 3-month session. Make-up sessions count towards this total. If 2 classes are attended on a single day, then 2 attendance credits are counted.

PHYSICAL AND LEADERSHIP REQUIREMENTS

FMAA uses a system of colored stripes that represent the physical and character skills in our curriculum. Stripe definitions and requirements are described on the following page.

TRAINING NOTE

As you work on various partner drills, aim to learn them carefully, with safety for yourself and your partner in mind. You can continue to progressively increase the intensity level, allowing for more realistic footwork, timing, strategic angles and accurate distances. You can progressively and naturally apply dynamic body movement and increase the pressure to respond with your partner to get a more realistic feel. You should be ready and able to demonstrate your skills so that someone watching you and your partner see a credible and believable execution that is as close to a real situation as possible (with your safety and your partner's safety always in mind).

Instructors Commitment to Students

Family Martial Arts Academy instructors are committed to the journey of lifelong learning of our art. We share this commitment with every student who makes the choice to study with us. It is our goal to provide a positive experience for students and their families and we have purposefully created an environment in our dojo to that aim. We hold an expectation of ourselves to provide you with the opportunity to learn and achieve your goals in karate as long as you choose to train. Likewise, we hold an expectation of each of our students to show up and do your best at each juncture of your journey.

Thank you for choosing our school for your training. We appreciate this opportunity to work and progress together.

FMAA STRIPES SYSTEM

White	Physical Conditioning	This stripe is based on a series of physical fitness activities (i.e. flexibility, strength, and cardio). Activities vary from push-ups & sit-ups per minute to comprehensive calisthenics and metabolic training drills.
Green	Karate Basics	Knowledge of karate basics (punches, strikes, blocks, kicks, and stances) appropriate to the practitioner's belt level.
Blue	Self-Defense	Knowledge and performance of pre-defined self-defense techniques/principles and kata bunkai, appropriate to the practitioner's belt level.
Yellow	Sparring	Knowledge and execution of simulated combat exercises, such as one-steps, Yakusoku, "test" sparring, point sparring. May include BJJ, Jujitsu, and/or kickboxing applications.
Black	Kata	Knowledge and performance of the primary kata for the target belt level and the kata for the current belt level. (Note: Juniors are only responsible for the primary kata of the target belt level).
Red	Leadership	The requirements to earn this stripe are based on Leadership and Character development. A brief writing assignment must be completed during each quarter that focuses on the leadership traits for each target belt. Red stripe activities may also include reciting the Karate Creed, leading drills in class, SWAT (Students Working As Teachers), etc.
Orange	"Honors" (Optional)	This extra credit stripe acknowledges special and/or advanced topics such as "Reciting the Karate Lineage," Learning a "bonus" kata, learning Kobudo (weapons), learning Tai Chi, MMA participation, Iaido (Japanese Swordsmanship), etc. You can also earn an Orange stripe by performing chores around the dojo, supporting public demonstrations, and attending tournaments.

White (10th Kyu) to Orange Belt (9th Kyu)

Stripe Guidelines

WHITE	15 Jumping Jacks, 10 Burpees, 10 Karate Leg Stretches, 20 Mountain Climbers, 15 Sit-ups, 10 Push-ups, jog in place for 1 minute
GREEN	Forward Stance, Walking Stance, Low Block, High Block, Reverse Punch, Lunge Punch, & Front Kick
BLUE	Same Side & Cross Wrist Grab
YELLOW	White Belt Ippon 1 & 2 Test Sparring for 2 minutes (No Contact)
BLACK	Fukugata Dai Ichi
RED	Leadership: Respect & Courtesy; Tie your belt correctly; Recite the Karate Creed
ORANGE	Optional - Special Projects, Advanced Activities

Basic Test Requirements

Exercises

Basics

White Belt Ippon 1 & 2

Fukugata Dai Ichi

Same Side & Cross Wrist Grab Defense

Tie Your Belt Correctly

Test Sparring

Details:

All Ippon drills alternate both sides, left and right.

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.

Leadership

Respect – is demonstrating consideration for yourself and others.

Courtesy – is demonstrating good manners, being polite and considerate.

Orange (9th Kyu) to Yellow Belt (8th Kyu)

Stripe Guidelines

WHITE	15 Jumping Jacks, 10 Burpees, 15 Karate Leg Stretches, 25 Mountain Climbers, 15 Sit-ups, 10 Push-ups, Jog in place for 1 minute.
GREEN	Side Stance, Outside Block, Inside Block, Elbow Strike, Horizontal Knife Hand Strike, Vertical Double Punch, & Back Kick
BLUE	Collar Grab Defense
YELLOW	Orange Belt Ippon 1 & 2; Test Sparring for 2 minutes (No Contact)
BLACK	Fukugata Dai Ni
RED	Leadership: Courage & Confidence; Count 1-10 in Japanese
ORANGE	Optional - Special Projects, Advanced Activities

Basic Test Requirements

Exercises

Basics

Orange Belt Ippon 1 & 2

Fukugata Dai Ni

Collar Grab Defense

Count to 10 in Japanese

Test Sparring

Details:

All Ippon drills alternate both sides, left and right.

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.

Leadership (copy and complete the form in back of booklet to earn your stripe)

Courage – is not the absence of fear, rather when you act in spite of being afraid.

Confidence – is acting as if you have the ability to handle yourself in any situation and knowing everything will be okay.

Yellow (8th Kyu) to Gold Belt (7th Kyu)

Stripe Guidelines

WHITE	20 Jumping Jacks, 10 Burpees, 15 Karate Leg Stretches, 30 Mountain Climbers, 15 Sit-ups, 10 Push-ups, Jog in place for 1 minute
GREEN	Cat Stance, Double Knife Hand Augmented Low Block, Hammer fist Strike, & Side Kick
BLUE	Bear Hug Escape
YELLOW	Yellow Belt Ippon 1 & 2; Test Sparring for 2 minutes (No Contact)
BLACK	Pinan Nidan
RED	Leadership: Self-discipline & Motivation
ORANGE	Optional - Special Projects, Advanced Activities

Basic Test Requirements

Exercises

Basics

Yellow Belt Ippon 1 & 2

Pinan Nidan

Bear Hug Escape

Test Sparring

Details:

All Ippon drills alternate both sides, left and right.

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.

Leadership (copy and complete the form in back of booklet to earn your stripe)

Self-Discipline – is when you do what you know you should do.

Motivation – is finding your passion and purpose and expressing it with a joyful exuberance.

Gold (7th Kyu) to Purple Belt (6th Kyu)

Stripe Guidelines

WHITE	25 Jumping Jacks, 15 Burpees, 20 Karate Leg Stretches, 35 Mountain Climbers, 20 Sit-ups, 15 Push-ups, Jog in place for 2 minutes
GREEN	Hook Stance, Reverse Outside Block, Square Block, Shuto Block, Augmented Outside Block, Spear hand Strike, Roundhouse Kick
BLUE	Headlock Escape
YELLOW	Gold Belt Ippon 1 & 2; Test Sparring for 2 minutes (No Contact)
BLACK	Pinan Shodan
RED	Leadership: Decision & Goal Setting
ORANGE	Optional - Special Projects, Advanced Activities

Basic Test Requirements

Exercises

Basics

Gold Belt Ippon 1 & 2

Pinan Shodan

Headlock Escape

Test Sparring

Details:

All Ippon drills alternate both sides, left and right.

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.

Leadership (copy and complete the form in back of booklet to earn your stripe)

Decision – is when you make up your mind and cut off any other possibility.

Goal Setting – is when you visualize clearly your desired outcome which should be tangible, specific, realistic, accountable and has a time targeted for completion.

Purple (6th Kyu) to Green Belt (5th Kyu)

Stripe Guidelines

WHITE	25 Jumping Jacks, 15 Burpees, 20 Karate Leg Stretches, 40 Mountain Climbers, 20 Sit-ups, 20 Push-ups, Jog in place for 2 minutes
GREEN	Double Block (Middle/Low), Elbow Block, Back fist, Chase Punch., & Spinning Back
BLUE	Two Hand Front Choke Defense Before & After
YELLOW	Purple Belt Ippon 1 & 2; Test Sparring for 2 minutes (No Contact)
BLACK	Pinan Sandan
RED	Leadership: Commitment & Responsibility
ORANGE	Optional - Special Projects, Advanced Activities Bonus Kata - Ananku Sho (Matsubayashi)

Basic Test Requirements

Exercises

Basics

Purple Belt Ippon 1 & 2

Pinan Sandan

Two Hand Front Choke Defense Just Before & Immediately After

Test Sparring

Orange Stripe Kata

Ananku Sho (Matsubayashi)

Details:

All Ippon drills alternate both sides, left and right.

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.

Leadership (copy and complete the form in back of booklet to earn your stripe)

Commitment – is when you decide to do whatever it takes.

Responsibility – is taking full responsibility for your actions.

Green (5th Kyu) to Blue Belt (4th Kyu)

Stripe Guidelines

WHITE	25 Jumping Jacks, 15 Burpees, 20 Karate Leg Stretches, 45 Mountain Climbers, 30 Sit-ups, 25 Push-ups, Jog in place for 3 minutes
GREEN	Augmented Low Block, Open Hand High Block with Knife Hand Strike (C-level), & Hook Kick
BLUE	2 Self Defense Techniques (Green Belt 1-2)
YELLOW	Kihon Waza Star Pattern. Test Sparring for 2 minutes (No Contact)
BLACK	Pinan Yondan
RED	Leadership: Focus/Concentration & Knowledge
ORANGE	Optional - Special Projects, Advanced Activities Bonus Kata - Saifa (Goju-ryu)

Basic Test Requirements

Exercises

Basics

Kihon Waza Star Pattern

Pinan Yondan

2 Self Defense Techniques (Green Belt 1-2)

Test Sparring

Orange Stripe Kata

Saifa (Goju-ryu)

Details:

Green Belt 1 – Parry Block, Stretch Punch

Green Belt 2 – Elbow vs. Front Kick Defense

Leadership (copy and complete the form in back of booklet to earn your stripe)

Focus / Concentration – is when you gather your full efforts with clarity of purpose and accuracy of technique.

Knowledge – is when you can effectively apply what you have learned.

Blue (4th Kyu) to 3rd Kyu Brown Belt

Stripe Guidelines

WHITE	25 Jumping Jacks, 15 Burpees, 20 Karate Leg Stretches, 50 Mountain Climbers, 30 Sit-ups, 25 Push-ups; Jog in place for 3 minutes
GREEN	Forward Stance to the Rear with C-Level Inside Block/Low Block
BLUE	2 Self Defense Techniques (Blue Belt 1-2) and/or Empi Waza
YELLOW	Yakusoku #3, Point Sparring (No head contact)
BLACK	Pinan Godan
RED	Leadership: Integrity & Awareness
ORANGE	Optional - Special Projects, Advanced Activities

Basic Test Requirements

Exercises

Basics

Yakusoku #3

Pinan Godan

2 Self Defense Techniques (Blue Belt 1-2)

Test Sparring

Details:

Blue Belt 1 – Double Strike vs. Left Punch

Blue Belt 2– Elbow Block, Backfist vs. Middle Punch

Leadership (copy and complete the form in back of booklet to earn your stripe)

Integrity – is being consistent, forthright, sincere and able to keep your word.

Awareness – is being alert and responsive to yourself and to your surroundings.

3rd Kyu (Sankyu) Brown to 2nd Kyu (Nikyu) Brown Belt

Stripe Guidelines

WHITE	50 Jumping Jacks, 20 Burpees, 25 Karate Leg Stretches, 60 Mountain Climbers, 35 Sit-ups, 30 Push-ups; Jog in place for 3 minutes
GREEN	Maki-Te Rolling Technique, "Dumping" Technique
BLUE	2 Self Defense Techniques (Brown Belt 1-2)
YELLOW	Yakusoko #2. Point Sparring (Light contact to the side of the head)
BLACK	Ananku Dai
RED	Leadership: Teamwork & Communication & Self Control
ORANGE	Optional - Special Projects, Advanced Activities

Basic Test Requirements

Exercises

Basics

Yakusoko #2

Ananku Dai

2 Self Defense Techniques (Brown Belt 1-2)

Drills involving sweeps, takedowns, falls may be included

Test Sparring

Details:

Brown Belt 1 – Backfist Block A,B, &C.

Brown Belt 2 – Inside Block, Shuto Block/Strike, Elbow Strike.

Leadership (copy and complete the form in back of booklet to earn your stripe)

Teamwork – is working together to achieve a common positive goal.

All for one, and one for all.

Communication – is when you clearly and constructively express your thoughts and feelings to others using your words, body language, intensity, voice tone and inflection.

Self-Control – is when you avoid doing what you know you should avoid.

2nd Kyu (Nikyu) Brown to 1st Kyu (Ikkyu) Brown Belt

Stripe Guidelines

WHITE	50 Jumping Jacks, 20 Burpees, 25 Karate Leg Stretches, 60 Mountain Climbers, 35 Sit-ups, 30 Push-ups; Jog in place for 4 minutes.
GREEN	Maki-Te Rolling Technique, "Dumping" Technique
BLUE	2 Self Defense Techniques (Brown Belt 3-4)
YELLOW	Yakusoku #4. Point Sparring
BLACK	Wankan
RED	Leadership: Honesty & Self-Esteem & Right Inner Attitude
ORANGE	Optional - Special Projects, Advanced Activities

Basic Test Requirements

Exercises

Basics

Yakusoku #4

Wankan

2 Self Defense Techniques (Brown Belt 3-4)

Drills involving arm locks, arm bars may be included

Point Sparring

Details:

Brown Belt 3 – Front Kick Step Out, High Punch, Close Punch

Brown Belt 4 – High Block, Backfist vs. Front Kick & High Punch.

Leadership (copy and complete the form in back of booklet to earn your stripe)

Honesty – is being trustworthy, truthful, loyal, fair and sincere.

Self-Esteem – is having a sense of worth and value.

Right Inner Attitude – is maintaining an inner calm (mind like still water) despite any raging external chaos.

1st Kyu (Ikkyu) Brown to Candidate Belt (Red/Brown)

Stripe Guidelines

WHITE	50 Jumping Jacks, 20 Burpees, 25 Karate Leg Stretches, 60 Mountain Climbers, 35 Sit-ups, 30 Push-ups; Jog in place for 4 minutes.
GREEN	Tai Sabaki (Body movement techniques), Open Hand Outside Block, Naihanchi Stance
BLUE	2 Self Defense Techniques (Brown Belt 5-6)
YELLOW	Fukugata Dai Ni Kumite . Point Sparring
BLACK	Wanshu
RED	Leadership: Strategy & Tactics & Relaxation & Persistence
ORANGE	Optional - Special Projects, Advanced Activities

Basic Test Requirements

Exercises

Basics

Fukugata Dai Ni Kumite

Wanshu

2 Self Defense Techniques (Brown Belt 5-6)

Drills involving wrists locks, throws and takedowns may be included

Point Sparring

Details:

Brown Belt 5 – Pinan Godan Throw.

Brown Belt 6 – Brown Belt Front Kick Takedown.

Leadership (copy and complete the form in back of booklet to earn your stripe)

Strategy & Tactics – are when you know clearly your objectives and you understand how to achieve them.

Relaxation – is when you let go of all unnecessary tension; physically, mentally and emotionally.

Persistence – is to stay focused and determined to succeed in spite of any opposition.



Red Stripe Leadership Qualities Key

White (10 th Kyu)	↻ Black Belt Leadership Respect is demonstrating consideration for yourself and others.
	↻ Black Belt Leadership Courtesy is demonstrating good manners, being polite and considerate.
	↻ Tying your belt properly
↓	↻ Reciting the Karate Creed
Orange (9 th Kyu)	↻ Black Belt Leadership Courage is not the absence of fear, rather when you act in spite of being afraid.
	↻ Black Belt Leadership Confidence is acting as if you have the ability to handle yourself in any situation and knowing everything will be okay.
↓	↻ Counting 1-10 in Japanese
Yellow (8 th Kyu)	↻ Black Belt Leadership Self-Discipline is when you do what you know you should do.
	↻ Black Belt Leadership Motivation is finding your passion and purpose and expressing it with a joyful exuberance.
↓	
Gold (7 th Kyu)	↻ Black Belt Leadership Decision is when you make up your mind and cut off any other possibility.
	↻ Black Belt Leadership Goal Setting is when you visualize clearly your desired outcome which should be tangible, specific, realistic, accountable and has a time targeted for completion.
↓	
Purple (6 th Kyu)	↻ Black Belt Leadership Commitment is when you decide to do whatever it takes.
	↻ Black Belt Leadership Responsibility is taking full responsibility for your actions.
↓	
Green (5 th Kyu)	↻ Black Belt Leadership Focus and Concentration is when you gather your full efforts with clarity of purpose and accuracy of technique.
	↻ Black Belt Leadership Knowledge is when you can effectively apply what you have learned.
↓	
Blue (4 th Kyu)	↻ Black Belt Leadership Integrity is being consistent, forthright, sincere and able to keep your word.
	↻ Black Belt Leadership Awareness is being alert and responsive to yourself and to your surroundings.
↓	
Brown 3 (3 rd Kyu)	↻ Black Belt Leadership Teamwork is working together to achieve a common positive goal. All for one, and one for all.
	↻ Black Belt Leadership Communication is when you clearly and constructively express your thoughts and feelings to others using your words, body language, intensity, voice tone and inflection.
↓	↻ Black Belt Leadership Self-Control is when you avoid doing what you know you should avoid.
Brown 2 (2 nd Kyu)	↻ Black Belt Leadership Honesty is being trustworthy, truthful, loyal, fair and sincere.
	↻ Black Belt Leadership Self-Esteem is having a sense of worth and value.
	↻ Black Belt Leadership Right Inner Attitude is maintaining an inner calm (mind like still water) despite any raging external chaos.
↓	
Brown 1 (1 st Kyu)	↻ Black Belt Leadership Strategy & Tactics are when you know clearly your objectives and you understand how to achieve them.
	↻ Black Belt Leadership Relaxation is when you let go of all unnecessary tension; physically, mentally and emotionally.
	↻ Black Belt Leadership Persistence is to stay focused and determined to succeed in spite of any opposition.

ADDITIONAL NOTES:

Family Martial Arts Academy

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Visit us on the web at:

www.tigardmartialarts.com/beaverton
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