

# Gold (7<sup>th</sup> Kyu) to Purple Belt (6<sup>th</sup> Kyu)

## Stripe Guidelines

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