

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.