

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.