

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.