

# Blue (4<sup>th</sup> Kyu) to 3<sup>rd</sup> Kyu Brown Belt

## Stripe Guidelines

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