

Blue (4th Kyu) to 3rd Kyu Brown Belt

Stripe Guidelines

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

Basic Test Requirements

Exercises

Basics

Yakusoku #3

Pinan Godan (*Primary*), Pinan Yondan

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.