

Gold (7th Kyu) to Purple Belt (6th Kyu)

Stripe Guidelines

WHITE	25 Jumping Jacks, 15 Burpees, 20 Karate Leg Stretches, 35 Mountain Climbers, 20 Sit-ups, 15 Push-ups, Jog in place for 2 minutes
GREEN	Hook Stance, Reverse Outside Block, Square Block, Shuto Block, Augmented Outside Block, Spear hand Strike, Roundhouse Kick
BLUE	Headlock Escape
YELLOW	Gold Belt Ippon 1 & 2; Test Sparring for 2 minutes (No Contact)
BLACK	Pinan Shodan (P), Pinan Nidan
RED	Leadership: Decision & Goal Setting
ORANGE	Optional - Special Projects, Advanced Activities

Basic Test Requirements

Exercises

Basics

Gold Belt Ippon 1 & 2

Pinan Shodan (*Primary*), Pinan Nidan

Headlock Escape

Test Sparring

Details:

All Ippon drills alternate both sides, left and right.

Gold Belt Ippon 1

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Right Step back into Walking Stance & Left Inside Open Hand Parry Block. Right Step into Walking Stance & Right Middle Spear Hand Strike to solar plexus or alternative target.

Gold Belt Ippon 2

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Right Step back into Left Cat Stance to the inside of your opponent and Left Shuto Block. Left lead Front Kick.

Leadership (copy and complete the form in back of booklet to earn your stripe)

Decision – is when you make up your mind and cut off any other possibility.

Goal Setting – is when you visualize clearly your desired outcome, which should be tangible, specific, realistic, and accountable. It also has a time targeted for completion.