

# Green (5<sup>th</sup> Kyu) to Blue Belt (4<sup>th</sup> Kyu)

## Stripe Guidelines

<b>WHITE</b>	25 Jumping Jacks, 15 Burpees, 20 Karate Leg Stretches, 45 Mountain Climbers, 30 Sit-ups, 25 Push-ups, Jog in place for 3 minutes
<b>GREEN</b>	Augmented Low Block, Open Hand High Block with Knife Hand Strike (C-level), & Hook Kick
<b>BLUE</b>	2 Self Defense Techniques (Green Belt 1-2)
<b>YELLOW</b>	Kihon Waza Star Pattern. Test Sparring for 2 minutes (No Contact)
<b>BLACK</b>	Pinan Yondan (P), Pinan Sandan
<b>RED</b>	Leadership: Focus/Concentration & Knowledge
<b>ORANGE</b>	Optional - Special Projects, Advanced Activities Bonus Kata - Saifa (Goju-ryu)

## Basic Test Requirements

Exercises

Basics

Kihon Waza Star Pattern

Pinan Yondan (*Primary*), Pinan Sandan

2 Self Defense Techniques (Green Belt 1-2)

Test Sparring

## Orange Stripe Kata

Saifa (Goju-ryu)

## Details:

Green Belt 1 – Parry Block, Stretch Punch

Green Belt 2 – Elbow vs. Front Kick Defense

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

*Focus / Concentration* – is when you gather your full efforts with clarity of purpose and accuracy of technique.

*Knowledge* – is when you can effectively apply what you have learned.