

Orange (9th Kyu) to Yellow Belt (8th Kyu)

Stripe Guidelines

| | |
|---------------|--|
| WHITE | 15 Jumping Jacks, 10 Burpees, 15 Karate Leg Stretches, 25 Mountain Climbers, 15 Sit-ups, 10 Push-ups, Jog in place for 1 minute. |
| GREEN | Side Stance, Outside Block, Inside Block, Elbow Strike, Horizontal Knife Hand Strike, Vertical Double Punch, & Back Kick |
| BLUE | Collar Grab Defense |
| YELLOW | Orange Belt Ippon 1 & 2; Test Sparring for 2 minutes (No Contact) |
| BLACK | Fukugata Dai Ni (P) , Fukugata Ichi |
| RED | Leadership: Courage & Confidence; Count 1-10 in Japanese |
| ORANGE | Optional - Special Projects, Advanced Activities |

Basic Test Requirements

Exercises

Basics

Orange Belt Ippon 1 & 2

Fukugata Dai Ni (Primary), Fukugata Dai Ichi

Collar Grab Defense

Count to 10 in Japanese

Test Sparring

Details:

All Ippon drills alternate both sides, left and right.

Orange Belt Ippon 1

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Right Step back into Walking Stance & Left Outside Block. Right Reverse Middle Punch.

Orange Belt Ippon 2

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Right Step back into Walking Stance & Left Inside Block. Right Reverse Middle Punch.

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

Courage – is not the absence of fear, rather when you act in spite of being afraid.

Confidence – is acting as if you have the ability to handle yourself in any situation and knowing everything will be okay.