

Purple (6th Kyu) to Green Belt (5th Kyu)

Stripe Guidelines

WHITE	25 Jumping Jacks, 15 Burpees, 20 Karate Leg Stretches, 40 Mountain Climbers, 20 Sit-ups, 20 Push-ups, Jog in place for 2 minutes
GREEN	Double Block (Middle/Low), Elbow Block, Back fist, Chase Punch., & Spinning Back
BLUE	Two Hand Front Choke Defense Before & After
YELLOW	Purple Belt Ippon 1 & 2; Test Sparring for 2 minutes (No Contact)
BLACK	Pinan Sandan (P), Pinan Shodan
RED	Leadership: Commitment & Responsibility
ORANGE	Optional - Special Projects, Advanced Activities Bonus Kata - Ananku Sho (Matsubayashi)

Basic Test Requirements

Exercises

Basics

Purple Belt Ippon 1 & 2

Pinan Sandan (*Primary*), Pinan Shodan

Two Hand Front Choke Defense Just Before & Immediately After

Test Sparring

Orange Stripe Kata

Ananku Sho (Matsubayashi)

Details:

All Ippon drills alternate both sides, left and right.

Purple Belt Ippon 1

Attacker: Right Step & Right High Lunge Punch.

Defender: Left Step Forward into Walking Stance & Left Open Hand High Block. Right Spear Hand Strike/Chop to Throat/Eyes.

Purple Belt Ippon 2

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Left slide backward and to the outside of your opponent 45 ° into Right Cat Stance & Right Shuto Block. Right Grab & Right Side Kick to Ribs/Armpit.

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

Commitment – is when you decide to do whatever it takes.

Responsibility – is taking full responsibility for your actions.