

**Explanation of Belt Testing:**

In order to advance to the next rank, students must pass a test. These tests are important events in the lives of most martial arts students. Students should consider their testing as an opportunity to demonstrate what they have learned. Your testing will take place in front of a senior student and/or Black Belt.

**\*Eligibility for testing is based on several criteria:**

- Attendance – minimum number of classes from last testing and consistency of attendance
- Minimum required time between testing.
- Knowledge and proficiency of testing material required for next rank.
- Effort and demeanor in class – this is based on an individual's current potential – not all students are equal.
- Individual's rate of improvement.

Testing students are expected to be able to demonstrate all of the material on their respective testing sheets. **In addition, the student is responsible for all material from previous testing sheets as well.** Our tests are meant to challenge the student. Expect to be challenged both physically and mentally. As each student progresses in rank their testing will become increasingly challenging. Remember – everyone on our testing board is your friend – they want to see you succeed! But it's up to you to show them that you have attained the skill and knowledge to wear that next belt. If you always work hard and do your best in class (and practice at home) you will succeed.

Students will be testing for stripes on their belt. There are 5 total stripes. Each stripe represents a specific skill set for the exam. Once all five stripes are earned, Sensei Bennest will inform the Tester and the student of whether or not he believes the student is ready for promotion. The following belt ranking sheets contain the material needed for each stripe by stripe color. Also note that specific weapons are required\* at certain belt ranks. These weapons can be purchased at any time though the main office. Please note that we offer discounts for gear packages.

**Explanation of Testing Stripes:**

**Red:** *All basic & advanced stances, blocks, punches, kicks, hand positions, kumite skills, elbow & forearm strikes, horse stances, all physical fitness requirements. Including speed, power, and dynamic tension.*

**Yellow:** *Self-defense, basic & advanced rolls and falls, sweeps.*

**Orange:** *All knowledge*

**Blue:** *Katas, Weapons, Drills*

**White:** *Mental, spiritual, character development. Workout practice & log sheets. Be an active volunteer in Dojo. Training enrichment projects, Attendance to events: Campouts, tournaments, special classes. All reports.*

**White/Black Belt (KuKyu – 9<sup>th</sup> Kyu)**

**Red:** 5 basic stances

**Yellow:** N/A

**Orange:** Know how to bow into the Dojo; Know style of Martial Arts: Japanese Hard-style Shotokan Karate; Know your Instructors' name

**Blue:** N/A

**White:** N/A

**Yellow Belt (HachiKyu – 8<sup>th</sup> Kyu)**

**Red:** 5 basic blocks; Demonstrate 2 hand positions

**Yellow:** N/A

**Orange:** Know Terms: Gi, Obi, Dojo, Yoi; In your own words explain the Dojo Charters (Hwarang Do & Karate Creeds)

**Blue:** Kata: Shoto 1

**White:** Must have a 2" notebook for all Karate materials including these belt ranking sheets; Must have all school patches on uniform

**Yellow/Black Belt (HachiKyu – 8<sup>th</sup> Kyu)**

**Red:** 5 basic punches; Demonstrate 5 hand positions; Know how to tie the Obi

**Yellow:** N/A

**Orange:** 4 Dojo Rules

**Blue:** Kata: Taikyuku Shodan

**White:** N/A

**Orange Belt (ShichiKyu – 7<sup>th</sup> Kyu)**

**Red:** 5 basic kicks; Hold a horse stance for 15 seconds

**Yellow:** N/A

**Orange:** Shotokan Instructor history

**Blue:** Kata: Taikyuku Nidan; Shotokan drill 1

**White:** N/A

**Orange/Black Belt (ShichiKyu – 7<sup>th</sup> Kyu)**

**Red:** Perform 5 perfect pushups

**Yellow:** Basic rolls & falls

**Orange:** Understand the Shotokan charter; Terms: Yoski, Rei

**Blue:** Kata: Taikyuku Sandan

**White:** N/A

**Purple Belt (RokKyu – 6<sup>th</sup> Kyu)**

**Red:** Hold a horse stance for 30 seconds

**Yellow:** N/A

**Orange:** 2 Karate creeds; Terms: Kata, Karate, Martial Arts

**Blue:** Kata: Heian Shodan; Shotokan drill 2

**White:** N/A

**Purple/Black Belt (RokKyu – 6<sup>th</sup> Kyu)**

**Red:** All Advanced stances

**Yellow:** N/A

**Orange:** History of Karate; Terms: Sempai, Sensei, Shihan

**Blue:** Shotokan drill 3

**White:** N/A

**Green Belt (GoKyu – 5<sup>th</sup> Kyu)**

**Red:** N/A

**Yellow:** Self-defense set 1

**Orange:** All rules of Dojo

**Blue:** Kata: Heian Nidan

**White:** Attended 1 Karate Seminar

***\*Must purchase kubaton - required for next belt ranking***

**Green/Black Belt (GoKyu – 5<sup>th</sup> Kyu)**

**Red:** All Advanced blocks

**Yellow:** N/A

**Orange:** N/A

**Blue:** Kata: Heian Sandan; Shotokan drill 4; Demonstrate the Kubaton & know basic history

**White:** N/A

**Blue Belt (YonKyu – 4<sup>th</sup> Kyu)**

**Red:** All Advanced punches

**Yellow:** N/A

**Orange:** Count to 5 in Japanese

**Blue:** Kata: Heian Yodan; Basic ranking with 1 weapon

**White:** N/A

**Blue/Black Belt (YonKyu – 4<sup>th</sup> Kyu)**

**Red:** All Advanced kicks

**Yellow:** N/A

**Orange:** Terms: Kumite, Kyu, Dan

**Blue:** Shotokan drill 5

**White:** N/A

***\*Must purchase Bo - required for next belt ranking***

**Probationary Brown Belt (SanKyu – 3<sup>rd</sup> Kyu)**

**Red:** N/A

**Yellow:** Self-defense set 2; Advanced falls

**Orange:** N/A

**Blue:** Kata: Heian Godan; Demonstrate the Bo & know basic history

**White:** Attend 1 advanced class a month; Have a positive attitude, discipline, and don't argue

***\*Must purchase Tonfa - required for next belt ranking***

**Brown Belt (SanKyu – 3<sup>rd</sup> Kyu)**

**Red:** N/A

**Yellow:** Advanced rolls

**Orange:** Count to 10 in Japanese

**Blue:** Shotokan drill 6; Demonstrate the Tonfa & know basic history

**White:** Pass a 90 day probation period successfully; Attended 2 Karate Seminars

**Brown/Black Belt (NiKyu – 2<sup>nd</sup> Kyu)**

**Red:** Hold a horse stance for 1 minute

**Yellow:** N/A

**Orange:** N/A

**Blue:** Kata: Tekki Shodan; Shotokan drill 7

**White:** Attended 1 tournament

***\*Must purchase Kumite gear package - required for next belt ranking***

**Red-0 Belt (IkKyu – 1<sup>st</sup> Kyu)**

**Red:** Demonstrate Kumite skills

**Yellow:** Perform 2 sweeps; Self-defense set 3

**Orange:** N/A

**Blue:** Shotokan drill 8; Basic ranking with 2 weapons

**White:** N/A

**Red-1 Belt (IkKyu – 1<sup>st</sup> Kyu)**

**Red:** N/A

**Yellow:** Self-defense set 4

**Orange:** N/A

**Blue:** Shotokan drill 9

**White:** Attend 2 advanced classes a month

***\*Must purchase Wooden Bokken - required for next belt ranking***

**Red-2 Belt (Ikkyu – 1<sup>st</sup> Kyu)**

**Red:** 2 pressure points; Perform 20 perfect sit-ups

**Yellow:** N/A

**Orange:** N/A

**Blue:** Kata: Tekki Nidan; Demonstrate the Sword & know basic history

**White:** N/A

**Red-3 Belt (Ikkyu – 1<sup>st</sup> Kyu)**

**Red:** N/A

**Yellow:** N/A

**Orange:** All Karate creeds; Terms: Kobudo, Focus

**Blue:** Kata: Tekki Sandan; Tonfa Kata: Tonfa of Ryukyu Islands; Shotokan drill 10

**White:** N/A

***\*Must purchase Nunchaku - required for next belt ranking***

**Probationary Black Belt (Shodan Sho – 1<sup>st</sup> Dan)**

**Red:** N/A

**Yellow:** Self-defense set 5

**Orange:** N/A

**Blue:** Kata: Know 1 Black Belt form from set 1; Demonstrate the Nunchaku & know basic history

**White:** Completed 1 Training Enrichment project; Attended 3 tournaments

**1<sup>st</sup> Degree Black Belt (Shodan – 1<sup>st</sup> Dan)**

**Red:** N/A

**Yellow:** Self-defense set 6

**Orange:** N/A

**Blue:** Kata: Know 2 Black Belt forms from set 1; Bo Kata: Kosanto

**White:** Write a 1 page essay on what it means for you to be a Black Belt & how it has changed your life; Excellent attendance to classes; Pass a 1 year probation period successfully