

**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; 5 basic blocks

**Yellow:** N/A

**Orange:** In your own words explain the Dojo Charters (Hwarang Do & Karate Creeds); Know style of Martial Arts: Japanese hard-style Shotokan Karate

**Blue:** N/A

**White:** N/A

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

**Red:** 5 basic punches; Demonstrate the 5 hand positions

**Yellow:** N/A

**Orange:** Know how to tie the Obi; Terms: Dojo, Gi, Obi, Yoi

**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 kicks

**Yellow:** N/A

**Orange:** 4 rules of the dojo; Shotokan Instructor history

**Blue:** Kata: Taikyuku Shodan; Shotokan Drill 1

**White:** N/A

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

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

**Yellow:** Basic rolls; Basic falls

**Orange:** Understand the Shotokan Charter; Count to 5 in Japanese; Terms: Yoski, Rei, Kata, Karate, Martial Arts

**Blue:** Kata: Taikyuku Nidan

**White:** N/A

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

**Red:** Advanced stances

**Yellow:** N/A

**Orange:** 3 Karate creeds; Terms: Sempai, Sensei, Shihan

**Blue:** Kata: Taikyuku Sandan; Shotokan Drill 2

**White:** Attended 1 Karate Seminar

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

**Red:** N/A

**Yellow:** Self-defense set 1

**Orange:** History of Karate; Terms: Kumite, Kyu, Dan, Kobudo, Focus

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

**White:** Understand & assist with cleaning dojo

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

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

**Red:** Advanced blocks; Advanced punches

**Yellow:** N/A

**Orange:** All rules of Dojo

**Blue:** Kata: Heian Nidan; Shotokan drill 3; Demo Kubaton & history

**White:** N/A

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

**Red:** Advanced kicks

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

**Orange:** Count to 10 in Japanese

**Blue:** Shotokan drill 4

**White:** Attended 2 Karate Seminars

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

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

**Red:** N/A

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

**Orange:** N/A

**Blue:** Demo Bo & history; Kata: Heian Sandan; Shotokan drill 5

**White:** N/A

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

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

**Yellow:** N/A

**Orange:** N/A

**Blue:** Basic ranking with 2 weapons; Kata: Heian Yodan; Demonstrate Tonfa & history

**White:** Attended 1 tournament

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

**Red:** N/A

**Yellow:** Self-defense set 4

**Orange:** N/A

**Blue:** Kata: Heian Godan; Shotokan drill 6

**White:** Write a 1 page paper on a Karate book or movie of choice; Attended 1 Ninja Campout

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

**Red:** 10 perfect pushups; 20 perfect sit-ups

**Yellow:** N/A

**Orange:** N/A

**Blue:** Basic ranking with 3 weapons

**White:** Attend 2 advanced classes a month; Have a positive attitude/discipline/don't argue; Have a workout log sheet

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

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

**Red:** 2 pressure points; All elbow strikes; All forearm strikes

**Yellow:** Self-defense set 5

**Orange:** N/A

**Blue:** Kata: Tekki Shodan; Demo Sword & history; Intermediate ranking with 1 weapon

**White:** Pass a 90 day probation period successfully

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

**Red:** Demonstrate speed/power/dynamic tension of a Brown Belt

**Yellow:** Self-defense set 6

**Orange:** N/A

**Blue:** Shotokan drill 7; Tonfa Kata: Tonfa of Ryukyu Islands

**White:** Attend 3 advanced classes a month

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

**Red:** N/A

**Yellow:** N/A

**Orange:** N/A

**Blue:** Kata: Tekki Nidan; Shotokan drill 8; Basic ranking with 5 weapons; Intermediate ranking with 2 weapons

**White:** Write a 1 page paper on what it means to be a Martial Artist

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

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

**Red:** Demonstrate Kumite skills with control & speed; Hold a horse stance for 2 minutes

**Yellow:** Self-defense set 7

**Orange:** Know the meaning of Loyalty

**Blue:** Shotokan drill 9

**White:** Completed 1 training enrichment project

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

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

**Red:** N/A

**Yellow:** N/A

**Orange:** N/A

**Blue:** Kata: Tekki Sandan; Demo Nunchaku & history

**White:** Completed 2 training enrichment projects

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

**Red:** N/A

**Yellow:** All rolls & falls

**Orange:** All Karate creeds; Understand meaning of Focus

**Blue:** Kata: Know 1 Black Belt form from set 1; Shotokan Drill 10

**White:** Attended 3 tournaments

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

**Red:** N/A

**Yellow:** Self-defense set 8

**Orange:** N/A

**Blue:** Kata: Know 2 Black Belt forms from set 1; Bo Kata: Kosanto; Intermediate ranking with 4 weapons

**White:** Completed 3 Training Enrichment projects; Have put on 1 Dojo activity with a passing grade

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

**Red:** Have speed/power/control/dynamic tension of a Black Belt

**Yellow:** N/A

**Orange:** 5 major bones & muscles

**Blue:** Kata: Know 3 Black Belt forms from set 1

**White:** Write a 2 page essay on what it means for you to be a Black Belt & how it has changed your life; Excellent attendance to all advanced classes & regular classes; Pass a 1 year probation period successfully; Competed in tournament with a weapon