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BELT REQUIREMENTS (2013)

ALL STUDENTS ARE RESPONSIBLE TO KNOW WHAT IS REQUIRED FOR THEIR NEXT RANK AND MUST BE PREPARED 2 WEEKS PRIOR TO THE ACTUAL TEST DATE TO GET PERMISSION TO TEST.

BLUE DRAGONS

- **Yellos Belt** – Ichi Zuke Kata, Shuto Godan Henka, Dojo Kune, front kick, round kick, grappling positions, stances, Karate punches, front roll, tie uniform top correctly, answer – OSU!
- **Yellow Belt w/ one white stripe** – above plus: Improved Kata (proper stance and hands), all Karate blocks, oral vocabulary (80% or better), basic sparring (3 minutes) and one grappling guard pass, basic combo (jab/cross).
- **Orange Belt** – above plus: Shoulder roll, back roll, Single Sinawali with sticks, elbows, Karate punches in Shiko Dachi for 3 minutes w/ push-ups, good basic sparring stance and movement.
- **Orange Belt w/ one white stripe** – above plus: Self defense and grab release, any two take downs or throws, hold all 4 grappling positions with a partner resisting.
- **Purple Belt** – above plus: Pass written Martial Arts Quiz (to be taken 1-2 weeks before the test), earn the Community Service patch (before the test), intermediate sparring 5 min., improved Kata (proper details and stances), Double Sinawali, tie belt correctly, Thai knees, good footwork and sparring stance, Jr. Fitness Test (5 push-ups, 25 sit-ups, 35 Dojo laps in under 5 min. – less than ½ mile).
- **Purple Belt w/ one white stripe** – above plus: Earn Responsibility Patch, Double Sinawali to Single Sinawali with sticks, 6 minutes of intermediate sparring, side kick, all sparring blocks, 12 Angles Arnis, maintain fitness, Tomeshiwari (board breaking).
- **Blue Belt** – above plus: Very good Kata and intermediate sparring, loud answering, earn the Leadership patch, all rolls for standing, all kicks with proper foot placement, spinning back-fist and round kick, Reverse Sinawali, sprawl, maintain fitness.
- **Blue Belt w/ one white stripe** – above plus: Excellent beginning Katas (proper movement and stances with power, effort, and focus), kicks and Dojo manners, advanced sparring for 6 min., Kimura from guard, Rear Naked Choke, Rodonda, Disarm #1 and #2, make a curriculum and teach a younger class, maintain fitness.
- **Blue Belt w/ two white stripe** – above plus: Thai clinch, pummeling, block knees, setting a great example in class (should be STORM Team), good service and help to Dojo, Sensei, and Kohai – humble and helpful, improved fitness.
- **Green Belt** – above plus: Full combo of jab, cross, hook, upper cut, able to put it all together in sparring (stance, hands up, chin down, elbows in, etc.), adding MMA techniques – tie up in guard, hold and strike from mount, Empi-Godan-Henka (elbow Kata), touch toes or ankles.

- **Green Belt w/ one white stripe** – above plus: Superman punch, feints and evasions. Front leg attacks (ankle sweep), front leg kicks, improved Kata.
- **Green Belt w/ two white stripe** – above plus: up kick from open guard, tri-stepping, counters, good head movement and improved stances with combos and proper distance.
- **Brown Belt** – above plus: can show they remember ALL of the above, excellent manners in class, home and school, 3.0 GPA or higher, have a regular way to give back to community or Dojo (assist class, student council, etc.), and all above techniques come together well in sparring. At this point MUST have proper sparring stance and Kata with all elements with proper form, power and focus. Compete and win either a Grappling tournament, other outside event OR an in-house sparring session against all similar sized, lower ranks. Fitness test (10 push-ups, 30 sit-ups, one chin up or flex arm hang for 30 seconds). Brown belt tests will take place at our Annual Camping Trip over a 2-3 days weekend.
- **Brown Belt w/ one white stripe** – all above with the main goal really improving all the above techniques on the way to Black Belt and making them flow as second nature in live sparring, along with setting an example in class and community, should be working on advanced Kata for Black Belt.
- **Brown Belt w/ two white stripe** – attend an adult class. Teach a peer class.
- **Brown Belt w/ 3 and 4 stripes** – Brown belt continues through 4 stripes with main goal being to really improve all the above techniques on the way to Black Belt and making them flow as second nature in live sparring. Along with demonstrating confidence, service, manners and quiet humility that goes along with being a Black Belt. Stripes may be given outside of testing days.
- **Black Belt** – Black Belt test will be given to qualified students on Sensei’s approval for behavior, attendance and technique at our Annual Camping Trip over a 2-3 days weekend and will consist of checking every past requirement plus Saifa-no-Kata and Niju-no-Kata. Student will have to finish at least 6 three minute rounds of advanced sparring (and do well) and write an essay on their Martial Arts journey and future goals. Minimum age is 12 years old and is considered a Jr. Black Belt. Student must retest after age 16 for the adult Black Belt rank.

We believe that getting a Black Belt should mean a lot and this is why we have such high standards. We are NOT a “belt factory” nor a “Mc Dojo.” When you earn a Blue Dragon Black Belt, it will be something you worked very hard for, something you earned and can be proud of.. not to mention being healthy, fit and possessing life skills and martial art techniques. It may take years, at times you may want to quit, but for those few that do persevere and are up to the challenge, it will be a life changing journey you will never regret. Good luck to you all!

**THESE RANKS DO NOT APPLY TO JIU-JITSU/GRAPPLING STUDENTS.
IF YOU HAVE ANY QUESTIONS, PLEASE ASK SENSEI FOR HELP.
SOME BELT REQUIREMENTS MAY CHANGE (THIS DOC IS CURRENT AS OF 11/1/2013)**