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BELT REQUIREMENTS

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.

LIL' DRAGONS

- **Yellow stripe** (respect) – Foot stances, Dojo Kune (“honesty, safety, respect”), karate punches in Shiko Dachi, good attendance, good grades, good manners in class.
- **Blue stripe** (honesty) – above plus: Front kick, front roll, sparring head blocks.
- **Green stripe** (safety) – above plus: Grappling positions, Single Sinawali (no sticks), all Karate blocks (including leg) and Ichi Zuki Kata (punching form).
- **Red stripe** (discipline) – above plus: Oral vocabulary test (50% or better), Ukemi (shoulder roll), round kick, Shiko Dachi punches with push ups (2 min).
- **Yellow belt** (health) – above plus: Upa, back roll, elbows, Shuto Godan Henka (chopping form), Jr. fitness test: 3 push-ups, 15 sit-ups, 15 dojo laps in 3 minutes.
- **Yellow Belt w/ one white stripe** – above plus: Very good dojo manners, jab/cross, Single Sinawali with sticks, basic sparring (for 2 minutes). Maintain fitness, 5 angles, Arnis disarm #1.
- **Yellow Belt w/ two white stripes** – above plus: Overall improvement, earn the Responsibility patch, great dojo manners, good basic sparring stance, maintain fitness.
- **Yellow Belt w/ three white stripes** – above plus: Improved kata and manners, louder answers, Thai knees, upper cut, basic sparring (3 minutes) good combos and movement. Fitness test: 5 push-ups, 20 sit-ups, 20 Dojo laps in under 4 minutes.
- **Yellow Belt w/ four white stripes** – above plus: Responsibility in class with equipment, excellent manners, improved basic sparring, sticks and rolling, and fitness.
- **Orange Belt** – above plus: Techniques must be up to almost Blue Dragon level and Arnis Double Sinawali and disarm #2, and grappling guard pass.
- **Orange Belt w/ up to 4 stripes** – above plus: Improved Kata, basics, and sparring, community service patch, tie belt correctly
- **Orange Belt w/ black stripe** – above plus: Self Defense and grab release, any two take downs or throws, hold all 4 grappling positions with a partner resisting.

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)

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