

- White belt (0days)
- White-Yellow belt (10days)
 - Know how to wear uniform neatly and properly
 - Know how to tie the belt
 - Count in Japanese 1-5
 - Respectful, focused and attentive during class
 - Left & Right Kamae (stance)
 - Proper way of Seiza (basic seating position)
 - Proper way of Seiza Rei (bowing from Seiza)
 - Proper way of greeting from start to end of the class
 - Proper way of exiting and entering the mat
- Yellow belt (10days)
 - All previous requirements
 - Count in Japanese 1-10
 - Mae Ukemi (Forward standing roll)
 - Ushiro Ukemi (Back standing roll)
 - Yoko Ukemi Undo (Side seating roll) with slapping
 - Tachi Yoko Ukemi (Side standing roll) with slapping
 - Use of Keai (breath power)
- White-Orange belt (10days)
 - All previous requirements
 - Forward standing fall (Left & Right) with slapping
 - Backward standing fall (Left & Right) with slapping
 - Side seating fall (Right & Left) with slapping
 - Proper way of making a fist for punching
 - Proper way of punching
 - Muni tsuki (Straight punch to solo plexis)
 - Shomen tsuki (Straight punch to the face)
 - Proper way of Ushi Tsuki (blocking) with closed and opened fist (upper, side, & lower side)
- Orange belt (10days) = 10th Kyu (40days) – At least 1yr of training and at least 11yrs-old of age.
 - All previous requirements
 - Standing, rocking back and forth
 - Tachi Ushiro Ukemi (Standing back roll)
 - Proper way of kicking
 - Choku geri (Straight front kick)

Yoko geri (Side kick)
Mawashi geri (Round kick)
Ushiro geri (Straight back kick)
Combination 1 – block (1x, 2x, 3x)
Combination 2 – block-tsuki (punch)
Combination 3 – block-tsuki (punch)-geri (kick)

- White-Green belt (10days)

All previous requirements
Shomen uchi (Straight frontal strike) with empty hand
Yokomen uchi (Side strike) with empty hand
Ganman tsuki (Upper punch) with empty hand
Mawashi tsuki (Round punch) with empty hand

Combination 4 – Uchi (strike) combination (1x, 2x, 3x)
Combination 5 – tsuki (punch) combination (1x, 2x, 3x)

- Green belt (10days)

All previous requirements
Seiza with bokken
Shomen uchi with bokken
Yokomen uchi with bokken
Uchi tsuki with bokken (upper & lower)
Muni tsuki with bokken

Combination 6 – Uchi (strike) combination (4 corners) with bokken

- White-Blue belt (10days)

All previous requirements
Seiza with jo
Shomen uchi with jo
Yokomen uchi with jo
Uchi tsuki with jo (upper & lower)
Muni tsuki with jo

Combination 8 – Uchi (strike) combination (4 corners) with jo

- Blue belt (10days) = 9th Kyu (40days) – At least 6mo of training with 10 Kyu and at least 12yrs-old of age.

All previous requirements
Around the world with jo (left, right, front, & back) with jo

Around the world-tsuki combination with jo

- White-Purple belt (15days)
 - All previous requirements
 - Seiza with arnis
 - Shomen uchi with arnis
 - Yokomen uchi with arnis
 - Ushi tsuki with jo (upper & lower)
 - Muni tsuki with arnis
 - Ganmen tsuki with arnis
 - Count in Filipino 1-5

- Purple belt (15days)
 - All previous requirements
 - Combination 9 – 9 strikes with arnis (single)
 - Combination 10 – Uchi-Tsuki combination (single)
 - Combination 11 – Ushi with partner (single)
 - Count in Filipino 1-10

- White-Brown belt (15days) = 8th Kyu (45days) – At least 6mo of training with 9th Kyu and at least 13yrs-old of age.
 - All previous requirements
 - Combination 12 – Uchi-Tsuki combination (double)
 - Combination 13 – Uchi with partner (double)
 - Combination 14 – Around the world (double)
 - Combination 15 – Around the world with partner (double)

- Brown belt (20days)
 - All previous requirements
 - Gyaku hanmi Katatetori-Tenkan with and without partner
 - Kata munetori-kota gaeshi
 - Kata munetori-nikyu
 - Kata tetori-kote gaeshi
 - Ryotedori-mae tankan
 - Ryotedori-ushiro tankan
 - Muni tsuki-kota gaeshi
 - Muni tsuki-ikkyo (umote & ura)
 - Shikko (Forward)

White-Black belt (20days) = 7th Kyu (40days) – At least 6mo of training with 8th Kyu and at least 15yrs-old of age.

All previous requirements
Shomen uchi- kota gaeshi
Shomen ichi-ikkyo (umote & ura)
Yokomen uchi-kota gaeshi
Yokomen uchi-kokyu nage
Shikko (backward)
Shikko (Forward, back, turning)

Students with 9th Kyu may attend the adult class with permission from the chief instructor. Student with 7th Kyu will graduate to the adult program with consent and permission from the chief instructor.

Youth program membership is \$30 per mo. Rank promotion test fee is \$30 (fee includes the belt).

Yokomen uchi
Side strike



Shomen uchi
Straight, frontal strike



Choku geri
Straight kick



Mune tsuki
Straight punch

Ganmen tsuki
Upper punch

Mawashi geri
Round kick



Yoko geri
Side kick





Kata munetori
One hand front lapel grab



Kubishime
Front choke



Ryo munetori
Two-handed lapel grab



Katatetori-chokugeri
*Opposite hand grab and
straight kick*



**Katamunetori-
shomenuchi**
*One-handed lapel grab and
frontal strike*



Katatetori-shomentsuki
Opposite hand grab and punch

Ushiro-ryotekubitori

*Grab of both hands
from behind*



Ushiro-ryokatatori

*Both shoulders grabbed
from behind*



Ushiro-ryohigitori

*Grab of both elbows
from behind*



Ushiro-eritori

*Collar grabbed
from behind*

Ushiro-kakaetori

Body hold from behind

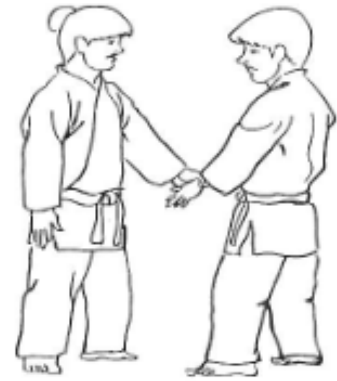


Ushiro-katatetori kubishime

One hand grab from behind and choke



Ai hanmi-katatetori
Same hand grab, palm up



Ai hanmi-katatetori
Same hand grab, palm down

Gyaku hanmi-katatetori
Opposite hand grab



Katatetori-ryotemochi
Two hands grab one



Ryotedori
Both hands grab

