

Training Requirements

	Kata	Stances, Strikes & Blocks	Fitness	Kumite	Other
<u>White Belt – Hachikyu</u>	N/A	N/A	N/A	Streamers	
<u>Yellow Belt - Sichikyu</u>	Empi Taikyoku Shodan Taikyoku Nidan	Stances Front – San Kusadach Horse – Keba Dache Back – Strikes Reverse punch Jab Blocks Down block	Under 18 10 pushups 20 situp Over 18 20 pushups 25 situps	Streamers Work with Black Belts or assigned opponent (<i>Brown or higher.</i>)	Tie Belt Count to 20 Name at least 2 Fruit of the Spirit
<u>Green Belt I - Rokyu</u>	Taikyoku Sandan Taikyoku Yondan Taikyoku Godan	Understand & Explain all known blocks	Under 18 20 Push-ups/30 Sit-up Over 18 30 Push-ups/35 Sit-ups	Ipon kumite 2 move cobomination Ju Kumite 2 mins 2 or 3 strike combo	Count to 40 Name at least 3 Fruit of the Spirit Explain Katas Known
<u>Green Belt II - Gokyu</u>	Mawashi Kata Pinan Shodan Pinan Nidan	Understand & Explain all known blocks	Under 18 30 Sec. Push-ups/Sit-ups Over 18 45 Sec. Push-ups/Sit-ups	Ipon kumite 3-move combos Ju Kumite 2 mins - 2 or 3 strike combo	Count to 50 Name at least 5 Fruit of the Spirit Explain Katas Known
<u>Purple Belt - Yonkyu</u>	Pinan Sandan Pinan Yondan Pinan Godan	Understand & Explain all known blocks	Under 18 45 Sec. Push-ups/Sit-ups Over 18 60 Sec. Push-ups/Sit-ups	Ipon kumite 4-move combos Ju Kumite 3 mins - 2 or 3 strike combos	Count to 60 Explain 5 Fruit of the Spirit Explain Katas Known
<u>Brown Belt I - Sankyu</u>	Naihanchin Sho Tensho	Understand & Explain all known blocks	Under 18 45 Sec. Push-ups/Sit-ups Over 18 60 Sec. Push-ups/Sit-ups	Ipon kumite Multiple Combos Ju Kumite 4 mins-multiple combos	Count to 70 Explain 7 Fruit of the Spirit Explain Katas Known
<u>Brown Belt II - Nikyu</u>	Shinto Basai Dai	Understand & Explain all known blocks	Under 18 60 Sec. Push-ups/Sit-ups Over 18 60 Sec. Push-ups/Sit-ups	Ipon kumite New Combos Ju Kumite 4 mins-multiple combos	Count to 80 Explain all Fruit of the Spirit Explain Katas Known
<u>Brown Belt III - Ikyu</u>	Naihanchin Ni Saifa	All Stances, Strikes & Blocks	Under 18 90 Sec. Push-ups/Sit-ups Over 18 90 Sec. Push-ups/Sit-ups	Improvement on all Kumite Demonstrate all Fruit of the Spirit	Count to 90 Teaching Explain all Fruit of the Spirit
<u>Black Belt - Shodan</u>	Naihanchin San Saiunchin Sanchin	Explain Stances, Strikes & Blocks and when they would be used.	Under 18 180 Sec. Push-ups/Sit-ups Over 18 180 Sec. Push-ups/Sit-ups	Improvement on all kumite Demonstrate all Fruit of the Spirit	Count to 100 Teaching Requirement*, Essay