



# **Okinawan Karate Dojo's Student Manual**

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Property of the Okinawan Karate Dojo

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# Introduction

Welcome to a brief insight into the Okinawan Karate Dojo, our *karate* and our curriculum. *Uechi-ryu karate-do* is a traditional Okinawan style of *karate*, and is the type of martial arts that we study and practice in our dojo (way place). It was developed by Kanbun Uechi in the late 1800s/early 1900's, following Kanbun's training for a number of years in China. *Uechi-ryu* (pronounced – “Ew-way-chee Roo”), literally translates to Uechi's way, and is named after Kanbun Uechi.

*Karate* means - empty or open (*kara*)/hand (*te*) and is an un-armed version of self-defense and character preparation. As parent or student, all involved will WIN along the journey you have begun towards super hero training! The study and practice of *Uechi-ryu karate* can be fun for people of all ages (3 and up). It involves/comes from three main areas of focus: *Kata*, *Kumite*, and Conditioning.

*Kata* are the pre-arranged routines that students practice so they can build confidence in a developing skillset. *Kumite* is the word used for real-time application (or sparring). Whether practiced through safe, partnership drills, sparring matches (age-dependent), or during individual learning, *kumite* helps students understand how to apply their techniques in a variety of changing situations, against one or more opponents. Conditioning the body with improved cardio and muscular endurance, agility and coordination, strength and flexibility, focus, confidence, poise and more... *karate* training helps give birth to all sorts of productive habits in its students. In addition to *kata*, *kumite*, and conditioning, students are engaged through other activities and exercises that all provide comprehensive exposure.

Please enjoy your read through of this material. We can answer any questions or provide you more information, so please don't hesitate to send us an email at: [okinawnkaratedojo@gmail.com](mailto:okinawnkaratedojo@gmail.com) or see me or one of the Okinawan Karate Dojo (OKD) staff in the dojo.

Sensei Stan

# A BRIEF HISTORY OF UECHI RYU KARATE DO

As outlined by Sensei Stanley Crump

## Uechi-Ryu and Kanbun Uechi

**1877** – Kanbun Uechi was born on May 5, 1877 in the Takinto mountain village of Okinawa. He was born into a family of farmers where he learned herbal medicine and how to use farming tools as weapons.

**1897** – By the time he was 20 years old, Kanbun was 5' 5" and very strong from tilling soil as a farmer. He avoided being drafted into the war by escaping to Fuchow City in the Fukien Province of China in March of 1897. There, he began his vigorous perfection of martial arts, specifically Chuan Fa.

One man who made the greatest impact on Kanbun's martial arts training was a man named, Chou Tsu Ho (pronounced in Japan as Shushiwa). In his school, The Fu Chuan Shin Temple, Shushiwa allowed Kanbun to train with him because Kanbun healed Shushiwa's migranes with an herbal medicine mixture that he made. The first 3 years of Kanbun's training with Shushiwa were focused only on Sanchin training and body conditioning (kote kitae).

**1904** - At the age of 27 years old, Kanbun received a Master Certificate of Chinese Pangainoon (the half-hard... half-soft style). He diligently taught Pangainoon from a precise and traditional perspective for another 3 years with/under Shushiwa. He was taught 3 of the 4 katas: Sanchin (3 conflicts), Seisan (13 conflicts), and Sanseiryu (36 conflicts). Kanbun left China before learning Suparimpe.

**1907** - By the age of 30, Kanbun opened his first dojo, the Pangainoon Kempo Sho, and he taught there until 1910. His reputation as a remarkable martial artist became widespread through parts of China and into Okinawa.

**1910 and 1911** – Kanbun Uechi returns to Okinawa and his son, Kanei Uechi, was born.

**1925** – Kanbun moved to Kansai, Japan and opened his first dojo, the Shataku Dojo, and began teaching Uechi-ryu under the name "Pangainoon".

**1927** – Kanei Uechi moved to Japan to study under his father, Kanbun. Kanbun Uechi befriended Seiryō Shinjo who also joined the Shataku Dojo and remained a student of Kanbun for 10 years

**1942** – Kanei Uechi moved back to Okinawa to begin teaching Uechi-ryu.

**1946** – Kanbun and his some of his senior students (including Seiryō Shinjo and Seiko Toyama) returned to (Ie-jima Island) Okinawa.

**1948** – Kanbun Uechi died. Various branches of Uechi-ryu are formed as a result (under many of his senior students). His son, Kanei, continued to teach in Naha City, Okinawa.

## **Kenyukai and Kiyohide Shinjo.**

**1929** - Seiryu Shinjo's son , Seiyu Shinjo, was born in Japan.

**1939** – Seiyu Shinjo became a student of Kanbun at 10 years old.

**1946** – Seiyu Shinjo and his father returned to (Ie-jima Island) Okinawa.

**1948** – Kanbun Uechi died.

**1951** – Seiyu Shinjo's first son was born...Kiyohide Shinjo.

**1953** – Seiyu moved to Naha City in Okinawa and continued to train under Kanei Uechi.

**1960** – Seiyu Shinjo and his father moved to Kadena City, Okinawa and opened the Kadena Shubukan Dojo. Seiyu Shinjo's second son, Narahiro Shinjo, was born, and Kiyohide began training.

**1968** - Kiyohide Shinjo was promoted to Shodan (first degree black belt).

**1970** – Kiyohide Shinjo won 1<sup>st</sup> place in both kata (forms) and kumite (sparring) in the 3<sup>rd</sup> annual All Okinawan Championship Tournament and continued to do so for a record nine years straight earning him the title “Okinawa's Superman”.

**1980** – Kiyohide Shinjo was inducted to the Board of Directors of the All Okinawan Karate Federation. He was the Chairman of the Board from 1991 through 1994. He still serves on this Board today..

**1981** – Seiyu Shinjo, Kiyohide's father, died 52 years of age.

**1981 through 2004** – Narahiro Shinjo placed 1<sup>st</sup> in kata in 6 of the annual All Okinawan Championship Tournaments. Kiyohide Shinjo founded a “fraternity” within the Uechi-ryu Association, to honor his father, called *Kenyukai*. *Ken* means “fist”. *Yu* is part of his father's name, “Seiyu”. *Kai* means “group”. Together, the name *Kenyukai* stands for “Seiyu Shinjo's Strong Fist Group”. The Okinawan Karate Dojo is part of the Uechi-ryu *Kenyukai* Karate-do, North America family.

**2004** - Kiyohide Shinjo remains the President of the Worldwide Uechi Ryu Association and opened his new dojo in Zakimi City, Okinawa.

**2016** – Sensei Stanley Crump *officially* became a student of Sensei Kiyohide Shinjo.

# Dojo Rules

Students must follow the basic class rules:

1. Students must be respectful to the dojo. Students should not use dojo equipment without permission, damage dojo property, or climb on heavy bags, mats, or chairs. Students must also avoid leaning on or touching the mirrors.
2. Students must be respectful to the instructors and others. Students are not to disturb others in class, be a distraction in class, or hit other students in a non-sparring setting.
3. Shoes are not permitted on the dojo floor.
4. Students must bow before and after leaving the dojo.
5. All parents and students must remain silent during classes so the sensei can instruct.
6. Students must raise their hand and ask to leave the dojo floor (bathroom, water, etc.)
7. Parents must be present at all Dragons classes
8. Parents must pick up their children in a timely manner.

# Student Creed

I will develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.

I will develop self discipline in order to bring out the best in myself and others.

I will use common sense before self-defense and never be abusive or offensive.

## Basic Terminology

<b>One</b>	<b>Two</b>	<b>Three</b>	<b>Four</b>	<b>Five</b>
Ichi	Ni	San	Shi (Yon)	Go
<b>Six</b>	<b>Seven</b>	<b>Eight</b>	<b>Nine</b>	<b>Ten</b>
Roku	Shichi	Hachi	Kyu	Ju

<b>Kara</b> – Open	<b>Tsuki/zuki</b> – Strike or Punch
<b>Te</b> – Hands	<b>Seiken Tsuki</b> – Whole Fist Punch
<b>Dojo</b> – Way Place	<b>Hiraken Tsuki</b> – Half Fist Punch
<b>Kata</b> – Forms	<b>Shoken Tsuki</b> – One-Knuckle Punch
<b>Kobudo</b> – Weapons, or <i>ancient arts</i>	<b>Mawashi Tsuki</b> – Round/Hook Punch
<b>Kumite</b> – Touching Hands, Sparring	<b>Hiji Tsuki</b> – Elbow Strike
<b>Sensei</b> – Teacher	<b>Shuto</b> – Chop/Knife-blade Hand
<b>Sempai</b> – Senior Student	<b>Sokuto Geri</b> – Knife-blade Kick
<b>Kiotsuke</b> – Find Your Focus (and attack)	<b>Shomen/Mae Geri</b> – Front Kick
<b>Rei</b> – Respect (or to bow)	<b>Mawashi Geri</b> – Roundhouse Kick
<b>Onegaishimasu</b> – Please Teach Me	<b>Yoko Geri</b> – Side Kick
<b>Domo Arigato</b> – Thank You	<b>Uke</b> – Block/ <i>receive</i>
<b>Arigato Gozaimasu</b> – Thank You (Formal)	<b>Mawashi Uke</b> – Circle Block
<b>Karate-ka</b> – One who practices Karate	<b>Wauke</b> – Double Circle Block
<b>Gi</b> – Karate Uniform	<b>Gedan Barai</b> – Low Sweep (Block)
<b>Obi</b> – Belt	<b>Jodan (Age) Uke</b> – Rising High Block
<b>Migi ashi</b> – Right Foot	<b>Sukui Uke</b> – Scooping Block
<b>Hidari ashi</b> – Left Foot	<b>Haito</b> – Ridge-hand
<b>Kamae</b> – Hand Position/Ready Position	<b>Uraken</b> – Back-fist
<b>Dachi</b> – Foot Position/Stance	<b>Boshiken</b> – Thumb Strike
<b>Hiza</b> - Knee	<b>Koken</b> – Crane Strike



# Core Curriculum

## Junbi Undo

### Warm-up and Stretching

1. *Ashi saki o ageru* – heel pivot
2. *Kakato o ageru undo* – heel lift
3. *Ashikubi o mawasu undo* – foot and ankle twist
4. *Hiza o mawasu undo* – knee circles
5. *Ashi o mae yoko shita ni nobasu undo* - leg lift and turn
6. *Ashi o mae uchi naname ni ageru undo* – straight leg lift
7. *Tai o mae ni taosu undo* – waist scoop
8. *Koshi no nenten* – trunk stretch
9. *Udo o mae yoko shita ni nobasu undo* - double arm strike
10. *Kubi o mawasu undo* – neck rotation

## Hojo Undo

### Basic Techniques

1. *Sokuto geri* – knife-edge kick
2. *Shomen geri* – front kick
3. *Mawashi tsuki* – roundhouse punch
4. *Seiken tsuki* – whole-fist punch
5. *Hajiki uke hiraken tsuki* – half-fist snap-blocks and strikes
6. *Shuto uchi ura uchi shoken tsuki* – chop, back-fist, one knuckle punch
7. *Hiji tsuki* - elbow strike
8. *Tenshin zensoku geri* – side-step and front kick w/ front leg
9. *Tenshin kosoku geri* – side-step and front kick w/ back leg
10. *Tenshin shoken tsuki* – side-step and one-knuckle punch
11. *Shomen hajiki* – Front snap strikes
12. *Koi no shippo uchi, tate uchi* – wrist blocks, four directions
13. *Koi no shippo uchi, yoko uchi* – wrist blocks, side-to-side
14. *Shin Kokyu* – Deep breathing

# Kata

## Forms

*Katas* are pre-arranged routines and techniques that are the foundation of *karate*. Repetition of these *katas* condition the body and mind to perform the techniques exactly while improving a student's understanding and readiness for an actual situation. We have 8 *katas* in our system:

**Sanchin<sup>±</sup>**  
**Kanshiwa**  
**Kanshu**  
**Seichin**  
**Seisan<sup>±</sup>**  
**Seiryu**  
**Kanchin**  
**Sanseirui<sup>±</sup>**

<sup>±</sup> The three original *katas* taught to Kanbun Uechi. All other *katas* were invented by Kanbun's son, Kanei Uechi, and other senior students.

# Yakusoku Kumite

## Pre-arranged Partnership Drills

### Kyu Kumite

Partnership exercise for *Kyu* ranks. Five partnered (offensive and defensive) exchanges total. Both partners demonstrate each exchange before moving on to the next one.

### Kenyukai Dan Kumite

Partnership exercise for *sankyu* through all *Dan* ranks. Seven partnered (offensive and defensive) exchanges total. Each partner demonstrates all seven offensive or defensive exchanges, and then the partners switch roles. This exchange is specific to Uechi-ryu Kenyukai Karate-do.

### Uechi-Ryu Dan Kumite

The original Dan Kumite practiced in all Uechi-ryu styles.

# Bunkai

## Partnered Kata application

*Bunkai* is the application of a *kata*. Basically, *bunkai* is a partnered exercise where one partner attacks the other while the other partner uses techniques in the *kata*. This is to demonstrate one's understanding of the techniques in the *kata* and how to utilize them in an actual scenario.

The exchange is a formal demonstration of both the *kata* and the application of the moves in the *kata*.

*Kanshiwa bunkai* is the most commonly taught *bunkai* in our system because of its simplicity. It is typically not required for *Kyu* ranks, but *Seisan bunkai* is required on all *Dan* tests.

Typically, *bunkai* is not fully explored until one receives the *Dan/ Jr. Dan*.

# Jiyu Kumite

## Sparring

*Kumite* is the real-time exchange of techniques. This is the most effective way to test one's understanding of *karate*. **Controlled** matches prepare students to face the rough challenges of self defense. Sparring can either be done free-style or by points.

Free-style sparring is typically just a continuous match (lasting up to 3 minutes, typically 1 to 2 minutes). This is more oriented to real-life application because there is no stopping between exchanges or if someone is hit, unless called by the center judge.

Point sparring is where various techniques are worth certain points and the goal is to earn more points than your opponent. This style is more sport-oriented and follows a strict set of rules. It is not continuous because after an exchange where a combatant is hit, there is a break in the match so that points can be awarded. Our rules for point sparring is a slightly modified version of the World Karate Federation (WKF) rules.

# Kote kitae

## Body Conditioning

Body conditioning is an important aspect of karate. As students get older and/or at higher ranks, they participate in what is called *kote kitae*, which literally means “arm-pounding.” We use it as a general term for all body conditioning exercises. The basic exercises include:

- 1) Arm Rubbing
- 2) Arm Pounding
- 3) Upper Leg Kicks
- 4) Lower Leg Kicks

Although this is the standard exercise done, there are many ways one can condition their body. Regular strength training, cardio, various leg kicks, body strikes, or different arm pounding exercises can all be used to help strengthen one’s body.

# Ranks

Ranks are divided into two 2 major groups: *Kyu* and *Dan*. *Kyu* ranks are those who are not yet black belts (*Dan* ranks). These include students from white all the way to Brown/Jr. Black. *Kyu* ranks typically follow a 10-step ranking system (for those over 6 years of age) that leads to earning one's black belt.

*Dan* ranks are those who have earned their black belts. After achieving all 10 *Kyu* ranks, one is eligible to test for their black belt. There are 10 *Dan* ranks, where tests are more challenging as you move up, and may take several years between rank promotions. It typically takes approximately 4-5 years for one to earn their first *Dan* rank, and you must be at least 15 years old.



# Rank Promotions

Rank promotions are a test of a student's growth in the dojo. Their karate is put to the test in front of a test board of higher ranking *Dan* students and the *Sensei*. Although students typically advance from one belt to the next, there is no guarantee you will earn your next rank when you test. This means it is possible to **not pass a test** if you do not meet the guidelines to pass. However, we do not ask students to test unless we know that they are ready for the next level.

Typically, a student is eligible to test if they have regularly attended classes (minimum of 20 classes), and it has been at least 3 months since their last belt test. Although students may meet these requirements, it is entirely up to the discretion of the *Sensei* to invite you to test. After brown belt, the cost for belt tests increases due to testing periods that occur less frequently.

Black belt tests are, by far, the most rigorous and demanding tests. This test has very strict guidelines and a scoring system where each section earns you points depending on how well you perform. Black belt tests are done in front of a committee of senior black belts and the sensei.

As Students move up to more advanced ranks, their expected level of proficiency during a test will need to reflect the more formal/traditional requirements for these ranks. **As a result, to earn your green belt (Gokyu) and beyond, students will be scored (during their tests) on a test sheet, provided by Grand Master Kiyohide Shinjo.** Each agenda item of the test has a certain range and students are required to exceed a certain minimum score in each segment. This allows the test board to more accurately assess test candidates of higher ranking belts.



# Kyu Ranks\*

*Jukyu* – White Belt  
*Kyukyu* – Yellow Belt  
*Hachikyu* – Purple Belt  
*Shichikyu* – Blue Belt\*  
*Rokkyu* – Red Belt\*  
*Gokyu* – Green Belt  
*Yonkyu* – Green Belt w/ 1 Stripe  
*Sankyu* – Brown Belt  
*Nikyu* – Brown Belt w/ 1 Stripe  
*Ikkyu* – Brown Belt w/ 2 Stripe  
*Ikkyu* – Jr. Black Belt\*\*

\*At these critical ranks, additional stripes can be added to student's rank upon promotion by the Sensei's discretion

\*\*Jr. Black belts are awarded to those who would be eligible to test for their *Dan* rank, but do not meet the age requirement (15 years old).

# Jukyū – White Belt

## Level

Beginner

## Age Requirement

None

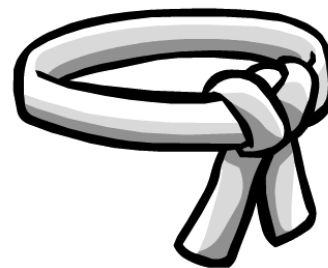
## Requirements

An eagerness to learn

A positive attitude

## Working on

- Hojo Undo (1-4)
- Sanchin
  - Elements of Sanchin: the opening, stepping and striking, turning, waukes
- Kanshiwa (front)
  - Elements of Kanshiwa: turn-block-punch, step-block-kick, horse-stance
- Punching Drill
  - Basic partnered blocks/punches: stepping back with low, middle, and high blocks, and stepping forward with low, middle, and high punches



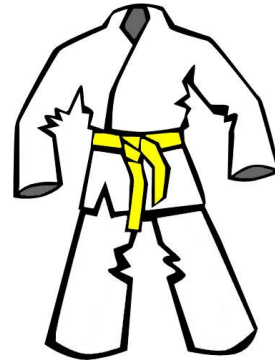
# Kyukyu – Yellow Belt

## Level

Beginner

## Age Requirement

6 years old



## Class Requirements

- Minimum 12 weeks from previous rank promotion
- Minimum 20 classes attended
- **NOTE:** Eligibility to test up to the discretion of the Sensei

## Material Covered on Test

- Hojo Undo 1 – 4 (Sensei Assisted)
- Sanchin
- Kanshiwa (Front/Segments)
- Punching Drill

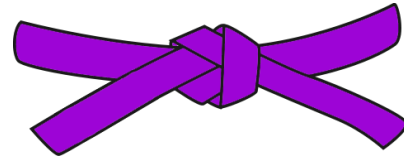
# Hachikyu – Purple Belt

## Level

Beginner

## Age Requirement

6 years old



## Class Requirements

- Minimum 12 weeks from previous rank promotion
- Minimum 20 classes attended
- **NOTE:** Eligibility to test up to the discretion of the Sensei

## Material Covered on Test

- Hojo Undo 1 – 7
- Sanchin
- Kanshiwa (Front)
- Punching Drill
- Sparring

# Shichikyu – Blue Belt

## Level

Beginner/Intermediate

## Age Requirement

6 years old

## Class Requirements

- Minimum 12 weeks from previous rank promotion
- Minimum 20 classes attended
- **NOTE:** Eligibility to test up to the discretion of the Sensei

## Material Covered on Test

- Hojo Undo
- Sanchin
- Kanshiwa
- Kyu Kumite 1 – 3
- Kote kitae (Cranes, and Adults)
- Sparring



# Rokkyu – Red Belt

## Level

Intermediate

## Age Requirement

8 years old



## Class Requirements

- Minimum 12 weeks from previous rank promotion
- Minimum 20 classes attended
- **NOTE:** Eligibility to test up to the discretion of the Sensei

## Material Covered on Test

- Hojo Undo
- Sanchin
- Kanshiwa
- Kanshu (Front)
- Kyu Kumite 1 – 3
- Kote kitae (Samurai, Cranes, and Adults)
- Sparring

# Gokyu – Green Belt

## Level

Intermediate

## Age Requirement

8 years old

## Class Requirements

- Minimum 12 weeks from previous rank promotion
- Minimum 20 classes attended
- **NOTE:** Eligibility to test up to the discretion of the Sensei

## Material Covered on Test

- Hojo Undo
- Sanchin
- Kanshu
- Kyu Kumite
- Kote kitae (Samurai, Cranes, and Adults)
- Sparring



# Yonkyu – Green Belt w/ 1 Stripe

## Level

Intermediate

## Age Requirement

8 years old

## Class Requirements

- Minimum 24 weeks from previous rank promotion
- Minimum 40 classes attended
- **NOTE:** Eligibility to test up to the discretion of the Sensei

## Material Covered on Test

- Hojo Undo
- Sanchin
- Kanshu
- Kyu Kumite
- Kote kitae (Samurai, Cranes, and Adults)
- Sparring





# Sankyū – Brown Belt

## Level

Advanced

## Age Requirement

10 years old



## Class Requirements

- Minimum 16 weeks from previous rank promotion
- Minimum 25 classes attended
- **NOTE:** Eligibility to test up to the discretion of the Sensei

## Material Covered on Test

- Hojo Undo
- Sanchin
- Seichin
- Kyu Kumite
- Dan Kumite 1-3
- Kote kitae
- Koto Shimon (Verbal Exam)
- Sparring

# Nikkyu – Brown Belt w/ 1 Stripe

## Level

Advanced

## Age Requirement

10 years old



## Class Requirements

- Minimum 16 weeks from previous rank promotion
- Minimum 25 classes attended
- **NOTE:** Eligibility to test up to the discretion of the Sensei

## Material Covered on Test

- Hojo Undo
- Sanchin
- Seichin
- Kyu Kumite
- Dan Kumite 1-5
- Kote kitae
- Koto Shimon
- Sparring

# **Ikkyu – Brown Belt w/ 2 Stripes**

## **Level**

Advanced

## **Age Requirement**

10 years old



## **Class Requirements**

- Minimum 16 weeks from previous rank promotion
- Minimum 25 classes attended
- **NOTE:** Eligibility to test up to the discretion of the Sensei

## **Material Covered on Test**

- Hojo Undo
- Sanchin
- Seichin
- Dan Kumite
- Kote kitae
- Koto Shimon
- Sparring

# **Ikkyu – Jr. Black Belt**

## **Level**

Advanced

## **Age Requirement**

12 years old



## **Class Requirements**

- Minimum 24 weeks from previous rank promotion
- Minimum 40 classes attended
- **NOTE:** Eligibility to test up to the discretion of the Sensei

## **Material Covered on Test**

- Hojo Undo
- Sanchin
- Seisan
- Kanshiwa Bunkai
- Dan Kumite
- Kote kitae
- Koto Shimon
- Sparring

# Dan Ranks

- Shodan* – 1<sup>st</sup> Degree Black Belt
- Nidan* – 2<sup>nd</sup> Degree Black Belt
- Sandan* – 3<sup>rd</sup> Degree Black Belt
- Yondan* – 4<sup>th</sup> Degree Black Belt
- Godan* – 5<sup>th</sup> Degree Black Belt
- Rokudan* – 6<sup>th</sup> Degree Black belt
- Nanadan* – 7<sup>th</sup> Degree Black Belt
- Hachidan* – 8<sup>th</sup> Degree Black Belt
- Kyudan* – 9<sup>th</sup> Degree Black Belt
- Judan* – 10<sup>th</sup> Degree Black Belt

# Shodan – 1<sup>st</sup> Degree Black Belt

## Level

Dan

## Age Requirement

15 years old



## Class Requirements

- Minimum 24 Weeks as Ikkyu
- Minimum 40 classes attended
- **NOTE:** Eligibility to test up to the discretion of the Sensei

## Material Covered on Test

- Hojo Undo
- Sanchin
- Seisan
- Seisan Bunkai
- Dan Kumite
- Kote kitae
- Koto Shimon
- Sparring

# Dragons

The Dragons curriculum focuses on kids from ages 3 to 6. The curriculum is much different than our standard curriculum so that the students can get the most out of their karate without it being too challenging. The Dragons focus on basics, such as the basic punches, blocks, and kicks, simple agility exercises and movements, and even partnered drills.

We primarily not only just teach karate, but we teach students how to be more focused, respectful, and patient. This will not only help them as they graduate to the Tigers program, but it will also help them outside of the Dojo, as they move to kindergarten or the first grade.

Rank promotions are based on proper technique and focus, but promotions can also be determined by age.

# Jr. Red Belt

## Level

Beginner

## Age Requirement

3 years old



## Class Requirements

- Minimum 10-12 weeks from previous rank promotion
- Minimum 20 classes attended
- **NOTE:** Eligibility to test up to the discretion of the Sensei

## Material Covered on Test

- Basic Punches, Blocks, and Kicks
- Sanchin opening
- Step-Punch/Step-block
- Partnered punching/blocking
- Basic display of respect and self-control



# Jr. Orange Belt

## Level

Beginner

## Age Requirement

4 years old



## Class Requirements

- Minimum 10-12 weeks from previous rank promotion
- Minimum 20 classes attended
- **NOTE:** Eligibility to test up to the discretion of the Sensei

## Material Covered on Test

- Basic punches, blocks, and kicks
- Sanchin (opening, strikes, steps)
- Step-punch/step-block/step-kick
- Partnered block and counter
- Punching drill/elements
- Basic display of respect and self-control

# Jr. Yellow Belt

## Level

Beginner

## Age Requirement

5 years old



## Requirements

- Minimum 10-12 weeks from previous rank promotion
- Minimum 20 classes attended
- **NOTE:** Eligibility to test up to the discretion of the Sensei

## Material Covered on Test

- Basic punches, blocks, and kicks
- Sanchin (opening, strikes, steps, turns, waukes)
- Step-punch/step-block/step-kick
- Sliding/stepping
- Punching drill
- Basic display of respect and self-control