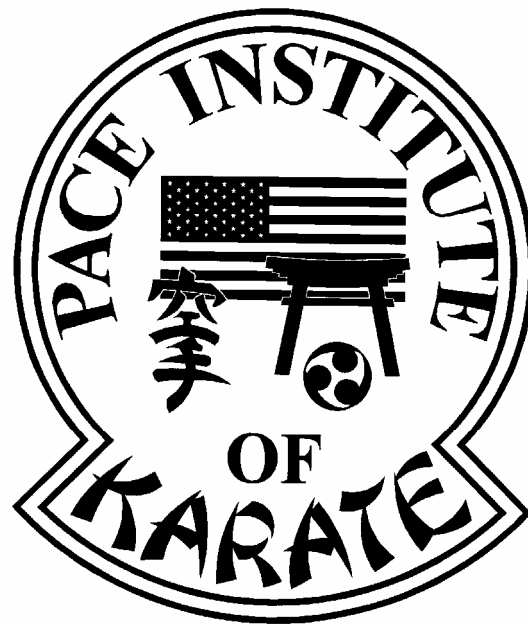


# **Pace Institute of Karate Student Handbook**



# **Pace Institute of Karate**

## **Student Handbook**

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## **PACE INSTITUTE OF KARATE**

Welcome! Thank you for choosing the PACE INSTITUTE of KARATE as your Dojo (training hall).

The Black Belt instructors wish to retain a friendly relaxed training environment and at the same time a well structured and disciplined course of instruction.

In order to do this the following Rules of Dojo conduct and courtesies are in effect. It would be appreciated if you would familiarize yourself/child with them and follow them anytime you are in the Dojo.

1. Please remove your shoes and place them in the rack before entering the studio.
2. Please Rei (Bow) upon entering and leaving the training area
3. Please address all first degree black belts as Mr., Mrs., Miss, Sir, Mam.
4. Please address all second degree Black Belts and above as Sensei whether you are in the dojo or outside of it. SHIHAN should always be addressed as such.
5. Please do not smoke in the Dojo.
6. Please remove all jewelry during training. (It is recommended that you leave expensive jewelry at home as we do not have facilities to properly secure such jewelry during training.
7. Please do not use profanities in the dojo.
8. For the safety of all, please do not attend class if you have consumed any alcoholic beverages prior to class.
9. Please do not leave shoes or clothing in the training area or reception area.
10. Please make sure your Gi (uniform) is clean and that your fingernails and toenails are short and trimmed.
11. Please do not enter the training area from the dressing room or reception area unless you are completely dressed and obi (belt) tied.
12. Please check with your instructor if:
  - A) you are under a physicians care.
  - B) you wish to leave the training area during class.
  - C) you are injured in any way.
13. Please refrain from any unnecessary talking during class.
14. Please do not touch or lean on the Dojo walls or mirrors.
15. Sparring (Kumite) must only be done under the direction at a Black Belt instructor. Please read sparring rules.
16. Please familiarize yourself with the Dojo terminology and learn the Japanese numbers from one to ten.
17. Please Rei to all Black Belts upon engaging and finishing conversation during class.
18. If you arrive at the dojo late (after class is lined up or in progress), please wait at edge of workout area to be recognized and asked to join class. Once recognized, Rei, walk to rear of classroom, do ten pushups and either hand your attendance card to an assistant instructor or place it on the front table before joining your class.

Again, thank you for choosing our school. Your decision has brought you to one of the largest and finest martial arts schools in New Jersey.

## Getting Started

When you arrive at the Institute, please have the student remove their shoes and place them in the shoe rack.

We use attendance cards to keep track of attendance. Attendance cards are located in the reception area. There are two boxes labeled for each student group. The first time you come each week your card will be in the box labeled “A” (for your group eg: Little Ninjas, Karate Kids, etc.).

Cards are filed alphabetically by last name. Please remove your card from the box and bring it into class with you. After we bow in, the instructor will ask you for your card.

Our receptionists will stamp your card with today’s date and re-file it in the “B” box for your group. The second (and third if doing a makeup) time you come that same week, your card will be in the “B” box. The beginning of the following week your card will again be in the “A” box. This pattern is repeated every week.

In the case of Little Ninjas, your child’s card will be in the “A” box unless they are in for a makeup class (during the same week) in which case it will be in the “B” box the second time they attend class in the same week.

Please be sure to check the bulletin board each time you come to the school. Important announcements and information will be displayed there. Additionally, we use small stand up signs in our reception area for other announcements or special notices.

Please remember that if you are waiting and you have siblings with you, that they are your responsibility while you are in the school. It is important to the students as well as to the other parents to keep the noise level down as well as any running, rough housing or other disturbing behavior.

The dressing rooms are strictly off base for siblings. Please do not allow your child to use these rooms as playrooms while waiting for your son or daughter. Please help us keep our school clean and neat and a place that you can be proud to be a part of.

## **Life Skills Center**

The Pace Institute of Karate is pleased to bring you our Life Skills Center. Our program at the Institute is centered on teaching children the ingredients of success and self improvement. Our dedication to the study of personal development has helped us construct programs which give children the opportunity to learn specific life skills. These skills can help give them the best chance for success in life.

While we teach martial arts which is largely a physical activity, the real value in our programs is the life skills training that we incorporate into everything we do. Our Life Skills Center is designed to help us communicate specifically what topics and skill areas we will be focusing on each month.

Each month of the year we cover a different topic or life skill. Each of these skills are an important lesson that each child can benefit from if it is applied in their life. We are firm believers in starting children at a very young age to develop the habits of success. Habits developed early and practiced regularly become entrenched in their subconscious minds. These habits can become their stairway to a life of success and abundance.

Unfortunately these life skills are not taught in school. They are usually not taught in church or religious training either. Most parents either don't have the time nor the resources to teach them themselves. This is why it is so important that we focus our attention in this area. With your help we are confident that we can truly make a difference in the lives of our children.

Each month you will find a two page, parent handout, which we will make available in our Life Skills Center. It will include a summary of that month's lesson as well as other supporting information. Some months we will include a copy of one of the stories we use in class. It is our hope that you, as a parent, will aid us in the discussion and explanation of the materials.

Thank you for your help and co-operation. Together we can make your child's experience at the Pace Institute of Karate a special one. One that can truly make a difference in their life.

Shihan Michael Pace  
Sensei Barbara Pace

***The Center is located in our reception area on a specially built shelf near the shoe racks.***

## **Uniform (Gi)**

The uniform used in our karate training is called a gi (pronounced gee). Student uniforms are usually a blend of cotton and poly and therefore have very limited amount of shrinkage.

The gi consists of pants, a top and a belt (Obi in Japanese). The pants should be fairly loose fitting to enable proper flexibility and kicking techniques. The top has ties on each side that are fastened using a simple bow (shoe knot). The left side is tied first so that the right side of the uniform is under the left side. This will allow the Association patch which is worn on the left breast to show.

The school patch is worn on the left shoulder, just below the seam of the arm. The flag patch (which is earned by taking the Flag Test) is worn on the right shoulder also just below the seam.

Any “fist patches” (which are small patches awarded to Little Ninjas, Karate Kids and Achievers) for tournament participation are worn on the right sleeve down by the cuff with the knuckles of the fist patch facing up.

The belt, which has a symbolic nature, is worn by placing its center at the navel and wrapping both sides around the back and then around to the front. The right side is crossed over the left side and a square knot tied which encases both layers of belt. Please see the next page for illustrated step by step instructions on tying the belt.

All beginning students (unless they have earned rank in another system and approved by Shihan) start with a white belt. Please see the section on belt levels which explains the belt ranking system for the various classes.

Black Belt Club and Master Black Belt Club students are privileged to wear specially colored uniforms. Students must be training a minimum of ten months for consideration into the Black Belt Club.

## How To Tie The Belt



Fold belt in half and locate the middle.



Place the middle of the belt on stomach (belly button) and wrap the belt around the back.



The belt goes around the back and crosses. Both ends are brought around to the front.



Lay the left side of the belt down and the right side of the belt on top.



The right side of the belt, which is on top, tucks under both layers and comes out on top.



Place the belt on the left side over and on top of the belt on the right side leaving a hole.

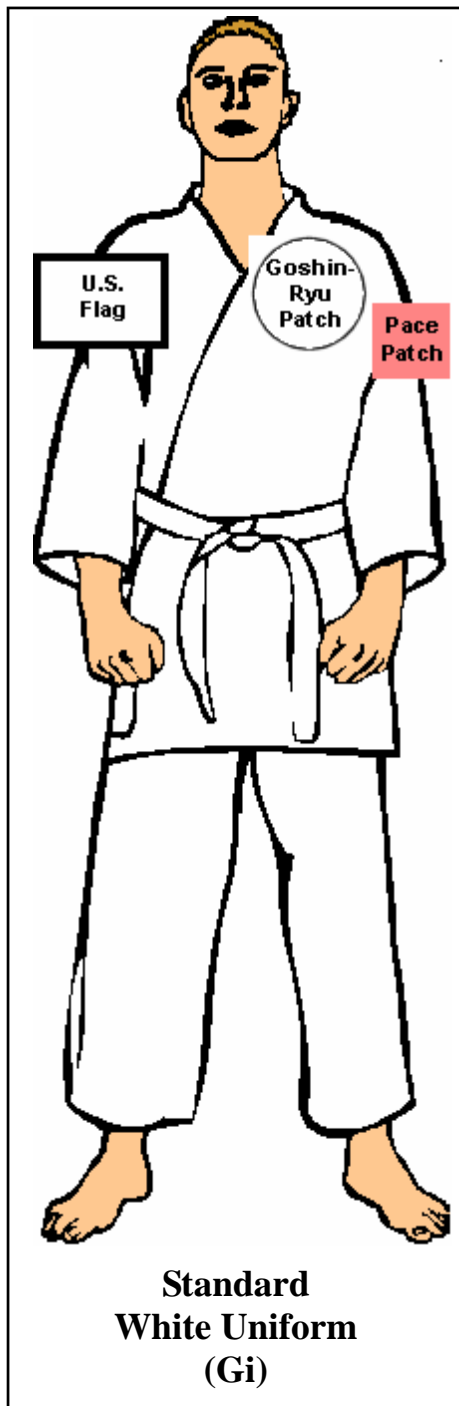


Take the end of the belt on top up through the hole.



Pull both ends out to the sides. This ties the belt in a square knot.

## Uniform Patch Placement



Fist Patches

**School Patch:** Worn on left arm facing to the side, high on arm by shoulder seam.

**Association Patch:** Worn on left breast area.

**US Flag Patch:** Worn on right arm facing to the side, high on arm by shoulder seam.

**Fist Patches:** Fist patches are awarded for competition participation and are worn on the right sleeve with the knuckles up (toward the shoulder) on standard uniform. On the black, Little Ninja uniform, the fist patches are worn on the right pant pocket.

# **Pace Institute of Karate**

## **Student Creed**

1. I will develop and keep a positive attitude which will help me learn from my failures and grow from my successes.
2. I will develop self discipline so that I can stay on the right track to reach my goals.
3. I will only use my karate skills for self defense and I will never purposely hurt or bully anyone.

## **School Motto**

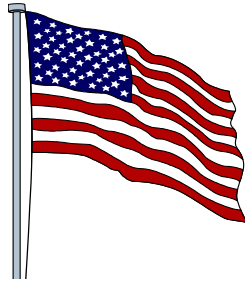
“We are a Black Belt School, we are motivated, we are dedicated, we’re on a quest to be our best. Asah!”

## **Principles of the Black Belt**

“As a dedicated student of the martial arts, I will develop the principles of the Black Belt, which are:

- |                        |                              |                         |
|------------------------|------------------------------|-------------------------|
| <b>1. Courtesy</b>     | <b>2. Honesty</b>            | <b>3. Integrity</b>     |
| <b>4. Perseverance</b> | <b>5. Self control</b>       | <b>6. Humility</b>      |
| <b>7. Loyalty</b>      | <b>8. Indomitable spirit</b> | <b>9. Sportsmanship</b> |

# FLAG TEST



# STUDY SHEET

In order to wear our Country's Flag on your uniform you must first know some background about it. Please study the following history of our Flag and then make arrangements to take the Flag test. If you qualify you may display the patch on your right arm. The test and patch are free like our country, wear it with pride and appreciation, for there is no other place in the world like it.

**Designer:** The recognized designer of the Flag was *Francis Hopkinson* a delegate from *New Jersey* to the Continental Congress and also a signer of the Declaration of Independence.

**Stars and Stripes:** The Continental Congress resolved on June 14, 1777, that thirteen United States be *thirteen stripes* alternating red and white; that the union be thirteen stars, white in a field of blue, representing a new constellation. No given star on the Flag corresponds to a specific state. The stars represent the states collectively.

**Flag Colors:** The red, white and blue colors and their arrangement in the flag are often interpreted as expressing the very character of our nation. George Washington described the white of the Flag as symbolizing our desire for liberty in the land of the free. The virgin white stripes represent *purity and serenity* of the nation. In contrast, the white stars represent purity and liberty, and freedom within the nation, which in turn symbolizes the purity, liberty and freedom of each individual American citizen.

The crimson red stripes symbolize the *courage and vigilance* of the American citizen who is not afraid to stand up and fight for the peace of the American way of life. That's why there are six white stripes bordered by seven red stripes which says that there cannot be peace and liberty and freedom within this nation without the American citizen willing to make the ultimate sacrifice, in order to preserve the freedom and peace of this great country for future generations.

The royal blue field stands for *freedom and justice*. Thomas Jefferson once said that justice is almost one fourth of the things that we as American citizens hold near and dear to our hearts. Without justice we cannot have peace and freedom in our way of life. Therefore, if you measure the flag, the blue field will be almost *one-fourth* of the area of the flag no matter how it is measured.

The United States of America's Flag has changed more often than any other nation's flag in the history of the world, 27 times since 1776. To date there are 50 stars representing the 50 states of our great nation.

We ask that you take the time to think about what it means to be an American and what the Flag means to you.

## **Attention: Parents**

There are ten questions in the Flag Test. They are all multiple choice. Younger children do not have to read as the receptionist will read the questions and the possible answers. Seventy percent (7 of 10) is passing. Please help your child prepare for the test and encourage them to take it when they are ready. If they don't pass the first time they can just take it over until they pass. We will award their flag in class. The flag is to be worn on the upper right arm, just below the shoulder seam.

## **Belt Ranking System**

The Pace Institute of Karate uses four separate ranking systems. One for each of the class types.

Little Ninjas (Ages 4-5) - The Little Ninja program uses a unique belt system which consists of belts and stripes that are awarded based on time in grade. As an incentive to the young students and a boost to their self esteem, we do not make them aware that promotions are tied to time as opposed to proficiency.

Karate Kids (Ages 6-10) - The Karate Kids program uses the same belts as our adult program with a few others added. The strategy is to break down all the technical maneuvers and techniques into small bite sized chunks. All belts have steps in between that are recognized by the use of stripes on the belt. Students are tested and promoted based on proficiency. At times they may advance a stripe at a time and in some rare cases go directly to the next belt.

The Karate Kids belt rank system is as follows:

White belt

Yellow belt

Yellow/Orange belt

Orange belt

Blue belt

Purple belt

Purple/Green belt

Green belt

Green/Brown belt

Green/Black belt

Brown belt

Brown/Red belt

Black belt (the Karate Kids Black Belt (Jr. Black Belt) has a white stripe down the center)

Once a student reaches Black Belt in the Karate Kids program they work their way to the Teen Black Belt by testing for each of the progressive Junior Black Belts. They are

Black/Gold

Black/Orange

Black/Green

Black/Brown

Teen Black Belt (the teen Black Belt is solid black with white ends)

Achievers (Ages 11-15) - The Achievers program uses the same belts as our adult program with a few others added. All belts have steps in between that are recognized by the use of stripes on the belt. Students are tested and promoted based on proficiency. At times they may advance a stripe at a time and in some rare cases go directly to the next belt.

The Achiever belt rank system is as follows:

White belt

Yellow belt

Orange belt

Blue belt

Purple belt

Purple/Green belt

Green belt

Green/Brown belt

Green/Black belt

Brown belt

Brown/Red belt

Black belt (the Achiever Black Belt (Teen Black Belt) is solid black with white ends.

Once a student reaches Black Belt in the Achievers program they work their way to the Adult Black Belt by testing for each of the progressive Teen Black Belt ranks. These ranks are designated by stripes at each end of the belt. The stripe colors in the order earned are:

Gold

Orange

Green

Brown

*(Belt Ranking System continued on the next page)*

## Adults

The adult belt rank system is as follows:

White - Nyumon-sha (meaning “new man entering”)

White - stripe 10th kyu

Yellow - 9th kyu ho (ho means half grade or provisional grade)

Yellow -stripe 9th kyu

Orange - 8th kyu ho

Orange -stripe 8th kyu

Blue - 7th kyu ho

Blue - stripe 7th kyu

Purple - 6th kyu

Purple -stripe 5th kyu

Green - 4th kyu

Green -stripe 3rd kyu

Brown - 2nd kyu

Brown -stripe 1st kyu

Black - Shodan (First Dan or 1st degree black belt)

## Dan Ranks (black belt degrees)

<u>Rank</u>	<u>Dan grade</u>	<u>Title</u>	<u>Ceremonial belt</u>
2nd Dan	Ni-Dan	Sensei	
3rd Dan	San-Dan	Sensei	
4th Dan	Yo-Dan	Sensei	Red/white/black**
5th Dan	Go-Dan	Sensei	Red/white panels
6th Dan	Roku-Dan	Sensei/Shihan*	Red/white panels***
7th Dan	Shichi-Dan	Sensei/Shihan*	Red/white panels***
8th Dan	Hachi-Dan	Sensei/Shihan*	Red/black panels
9th Dan	Ku-Dan	Sensei/Shihan*	Red/black panels****
10 Dan	Ju-Dan	Shihan/Hanshi	Red

\*Shihan title is not earned by rank. Title is awarded by Instructor/Association

\*\*4th Dan belt is red & white on one side and black on the other.

\*\*\*6th Dan belt has gold stripe on each side. 7th Dan belt has two gold stripes on each side.

\*\*\*\*9th Dan belt has two gold stripes on each side.

## Japanese Terms

Dojo	- Training hall (area)
Sensei	- Martial arts teacher (title)
Shihan	- Master Instructor (title)
Karateka	- Student of karate
Gi	- Karate uniform
Obi	- Belt
Kata	- Pre-arranged training drill
Hagime	- Begin
Yame	- Stop
Yosh	- Continue
Yoi ste	- Prepare
Mukso	- Meditation
Kioske	- Attention
Rei	- Bow
Dachi	- Stance
Heiko Dachi	- Open ready
Shuto	- Knife hand strike
Kia	- Spirit yell
Kako nate	- Assemble
Uchi	- Strike
Uke	- Block
Geri	- Kick

## Counting

Ichi	(Itch-ee)	One
Ni	(Knee)	Two
San	(Saan)	Three
Shi	(She)	Four
Go	(Go)	Five
Roku	(Roe-kew)	Six
Shichi	(She-chee)	Seven
Hachi	(Ha-chee)	Eight
Ku	(Kew)	Nine
Ju	(Jew)	Ten

## **Goshin-Ryu Karate**

Goshin-Ryu Karate (self defense way) is an eclectic Okinawan/American art which is made up of the four major Okinawan styles.

The Goshin-Ryu system of karate taught at the Institute is an Okinawan style comprised of the four major styles: Shorin-Ryu, Goju-Ryu, Uechi-Ryu and Isshin-Ryu. *Goshin* means self-defense and *ryu* means way or style. The system utilizes techniques from the hard styles (hard blocks and one or two very hard counter attacks) and the so called soft styles (more finesse type parries, evasive maneuvers followed up with multiple counter attacks).

The system also features a huge assortment of self-defense techniques. Elements of modern and ancient Ju-Jutsu, Judo and Aikido throws, pressure points and joint locking maneuvers are taught. Ground fighting ( Ne-Jitsu ) is also part of the self-defense training.

### **Training Methods**

Some of the training methods used at the Institute include: Kata ( forms ), Kumite (sparring ), various drills, mat work ( including breakfalls ), heavy bag training and self defense execution drills. We teach over twenty empty hand katas ( forms ) with elements from all four of the classical styles as well as many Okinawan weapons katas.

### **Goshin-Ryu Karate Association**

The Pace Institute of Karate is a member of the Goshin-Ryu Karate Association. All rank awarded by the school is governed by and through the Association. Membership in the Association is required of all students. Membership dues are currently \$25 per year and are paid to the school when you join and each January thereafter.

The Goshin-Ryu Karate Association is one of the oldest Associations in the United States. Although small in size the number of excellent black belt instructors, students and competitors that the system has turned out over the years is almost incredible.

The Association is headed up by Grandmaster Hanshi John Stellingwerf. Hanshi Stellingwerf is a tenth degree black belt (10th Dan). The Association website is [www.goshinryukarate.com](http://www.goshinryukarate.com).

# **Belt Rank Testing**

## **Karate Kids & Achievers**

Testing is done in class, usually the first Monday and Tuesday in the months of February, April, June, August, October and December. There are some exceptions to this however and they will be announced in advance. It is sometimes necessary to change test dates during the winter or spring so that we can align our testing to coincide with our Annual Awards Banquet. Each year during the awards banquet we conduct promotions for the Spring or late Winter testing.

Testing is a requirement for advancement. Beginner students should never skip testing without discussing it with Shihan. Our program is built around the premise of a series of successes. This is vital to a student's self esteem.

As a student progresses into the Advanced classes it will require more time in between each rank test to properly learn the materials.

We do provide a **makeup** test date each test period. It is usually scheduled for the Wednesday after the Monday/Tuesday test date. The normal time for makeup testing is 6:30 pm. Please confirm the time when requesting a make up date.

Makeup testing is **not an alternate** test date. Permission to test on makeup days is required and will only be granted for special situations such as sickness, family emergencies or special family functions.

Students testing for **green belt and up** (not stripe tests) **must** test on the **regular Saturday test date**. Tests for belt ranks at this level require too much time and personnel to be done on a Wednesday makeup day.

All students must turn in a **test form** each time they test. Test forms should be turned in prior to testing along with the applicable **test fee**.

All **classes** with exception of the Little Ninja class are **cancelled** on the Saturday test day.

### **Adults**

Adult testing is usually done during regularly scheduled classes during the first week of test months (see above). Please read the test form to be sure that you have the proper amount of time in grade. Actual test dates will be announced in class with plenty of notice. Under some circumstances alternate test dates can be provided.

# Promotion Requirements

## Karate Kids

### Grade 1 White Belt (one blue stripe)

- \* Basic stances
- \* Student creed #1

### Grade 2 White Belt (two blue stripes)

- \* Basic punches
- \* Student creed #2

### Grade 3 White Belt (three blue stripes)

- \* Basic kicks
- \* Student creed #3

### Grade 4 White Belt (four blue stripes)

- \* Basic blocks

### Yellow Belt

- \* Punches - Lunge, Reverse
- \* Stances - Ready, Open Ready, Front

- \* Kicks - Front, Side

- \* Flag test

- \* Blocks- High, Low

- \* School Motto

### Grade 1 Yellow Belt (one blue stripe)

- \* Kicks - Roundhouse

- \* Strikes - Backfist

- \* Technique review

### Grade 2 Yellow Belt (two blue stripes)

- \* Kicks - Back

- \* Strikes - Hammerfist

- \* Technique review

### Yellow/Orange Belt

- \* Strikes - Shuto (inside)
- \* Principles of the Black Belt

- \* Technique review

### Grade 1 Yellow/Orange Belt (one blue stripe)

- \* Stepping - U-stepping

- \* Stances - Horse stance

- \* Technique review

### Grade 2 Yellow/Orange Belt (two blue stripes)

- \* Stances - Straddle

- \* Blocks - Middle

- \* Technique review

### Orange Belt

- \* Blocks - Bar Guard
- \* Kicks - Front foot kicking

- \* Technique review

- \* Strikes - Shuto (outside)

### Grade 1 Orange Belt (one blue stripe)

- \* Kicks - Knee kick

- \* Stepping - Front cross, Rear cross

- \* Technique

review

### Grade 2 Orange Belt (two blue stripes)

- \* Stepping - Shuffle (from side horse stance)

- \* Review of all stepping

- \* Technique

review

### Blue Belt

- \* S.D. Double Lapel Grab (from front stance)
- \* Stances - Cat and T stances

- \* Breakfalls - Front roll

- \* Technique review

- \* Stepping - Shuffle

### Grade 1 Blue Belt (one green stripe)

# PACE INSTITUTE OF KARATE

## Karate Kids Grade Promotion Requirements

Rev. 04/07

### Grade 1 White Belt (one blue stripe)

- \* Basic stances
- \* Student creed #1

### Grade 2 White Belt (two blue stripes)

- \* Basic punches
- \* Student creed #2

### Grade 3 White Belt (three blue stripes)

- \* Basic kicks
- \* Student creed #3

### Grade 4 White Belt (four blue stripes)

- \* Basic blocks

### Yellow Belt

- \* Punches - Lunge, Reverse
- \* Stances - Ready, Open Ready, Front

- \* Kicks - Front, Side
- \* Blocks- High, Low

- \* Flag test
- \* School Motto

### Grade 1 Yellow Belt (one blue stripe)

- \* Kicks - Roundhouse

- \* Strikes - Backfist

- \* Technique review

### Grade 2 Yellow Belt (two blue stripes)

- \* Kicks - Back

- \* Strikes - Hammerfist

- \* Technique review

### Yellow/Orange Belt

- \* Strikes - Shuto (inside)
- \* Principles of the Black Belt

- \* Technique review

### Grade 1 Yellow/Orange Belt (one blue stripe)

- \* Stepping - U-stepping

- \* Stances - Horse stance

- \* Technique review

### Grade 2 Yellow/Orange Belt (two blue stripes)

- \* Stances - Straddle

- \* Palm heel strikes

- \* Technique review

### Orange Belt

- \* Blocks - Bar Guard
- \* Kicks - Front foot kicking

- \* Technique review
- \* Strikes - Shuto (outside)

### Grade 1 Orange Belt (one blue stripe)

- \* Kicks - Knee kick
- \* turning to the rear (from horse)

- \* Stepping - Front cross, Rear cross

- \* Technique review

### Grade 2 Orange Belt (two blue stripes)

- \* Stepping - Shuffle (from side horse stance)

- \* Review of all stepping

- \* Technique review

### Blue Belt

- \* S.D. Double Lapel Grab
- \* Technique review

- \* Stepping - Shuffle (from front stance)
- \* Blocks - Middle

- \* Stances - Cat and T stances
- \* Stances - Fighting

### Grade 1 Blue Belt (one green stripe)

- \* Breakfalls - Chigari Rolls
- \* Blocks - Open high, low

- \* Combination - double front kick
- \* Combination - high block/rear punch face

- \* Technique review
- \* Self Defense # 1&2

### Grade 2 Blue Belt (two green stripes)

- \* Combination - front kick/roundhouse
- \* Combination Low Block/Rear Punch s/p

- \* Combination High Block/Palm Heel face
- \* Breakfalls - Back
- \* Self Defense # 3

- \* Technique review
- \* Blocks - Open middle

### Grade 3 Blue Belt (three green stripes)

- \* Combination Mid. Block/Vertical Punch s/p
- \* Combination -Double roundhouse kick

- \* Technique review
- \* Self Defense # 4

- \*Breakfalls - Front
- \*Blocks - Ridgehand

### Purple Belt

- \* Breakfalls - side to side
- \* Self Defense # 1-6

- \*Combination - high block - pull in uppercut
- \* Technique review

- \*Spinning back kick
- \*Combination - Jab/Rear punch/front kick

### Grade 1 Purple Belt (one green stripe)

- \* Self Defense #7
- \*Breakfalls - side
- \*Combination - Jab/Rear punch/roundhouse
- \*Ne-Jitsu positions - seated, side

- \* Strikes - Flatfist
- \* Combination - roundhouse/spin back kick

### Grade 2 Purple Belt (two green stripes)

- \* Kicks - Step up side kick
- \*Breakfalls - rear roll

- \* Strikes - Ridge Hand
- \* Ne-Jitsu positions - back, crab

- \*Self Defense # 8
- \* Ne-Jitsu basics

- \* Ne-Jitsu techniques -single & double leg grabs
- \* Kicks - Step up roundhouse kick
- \* Self defense #1-9
- \* Strikes - Elbow (empi) - inside, outside, rising
- \* Heavy bag test 2 1/2 minutes

**Grade 1 Purple/Green Belt (one green stripe)**

- \* Strikes - Elbow (empi) rear low & high
- \* Combination - outside empi/outside empi/knee kick
- \* Ne-Jitsu techniques -side attack, rear attack (spin & takedown)
- \* Self Defense #10

**Grade 2 Purple/Green Belt (two green stripes)**

- \* Grappling basics
- \* Self Defense #11
- \* Rear leg turn
- \* Combination - Roundhouse/back fist
- \* Turn to rear
- \* Ne-Jitsu techniques -getting up, mule kick
- \* Strikes - Elbow (empi) - downward

**Green Belt**

- \* Self Defense 1-12
- \* Strikes- Nukite, Driving shuto, Palm heel
- \* Kumite Proficiency (10 opponents x 1 min.)
- \* Hook kick
- \* Axe kick
- \* Step up roundhouse kick
- \* Ne-Jitsu techniques -leg takedowns, high roundhouse
- \* Kicks - Crescent, Reverse crescent
- \* Heavy Bag Test 3 minutes
- \* Ippon ken
- \* Ippon nukite

**Grade 1 Green Belt (one brown stripe)**

- \* Taikyoku Dai Ichi
- \* Basic club defense
- \* Self Defense #13

**Grade 2 Green Belt (two brown stripes)**

- \* Taikyoku Dai
- \* Self Defense #14

**Grade 3 Green Belt (three brown stripes)**

- \* Pinan Shodan - moves only.

**Green/Brown Belt**

- \* Self defense techniques 1-15
- \* Pinan Shodan kata -technique, form, power, speed, focus.
- \* Kata review (all)
- \* Heavy bag test 4 minutes
- \* Kumite Proficiency (15 opponents x 1 min.)

**Grade 1 Green/Brown Belt (one brown stripe)**

- \* Fuku dai ichi

**Grade 2 Green/Brown Belt (two brown stripes)**

- \* Fuku kata - moves only.

**Green/Black Belt**

- \* Fuku kata -technique, form, power, speed, focus.
- \* Heavy bag test 4 1/2 minutes
- \* Kumite Proficiency (17 opponents x 1 min.)

**Grade 1 Green/Black Belt (one brown stripe)**

- \* Gekesai kata - first half moves only.

**Grade 2 Green/Black Belt (two brown stripes)**

- \* Gekesai kata - moves only

**Brown Belt**

- \* Self defense techniques 1-20
- \* Gekesai kata - technique, form, power, speed, focus.
- \* Review all techniques
- \* Heavy bag test 5minutes
- \* Kata review (all)
- \* Kumite Proficiency (20 opponents x 1 min.)

**Grade 1 Brown Belt (one black stripe)**

- \* Saifa kata - first half moves only.

**Grade 2 Brown Belt (two black stripes)**

- \* Saifa kata - moves only.

**Grade 3. Brown Belt (three black stripes)**

- \* Saifa kata technique, form, power, speed, focus.

**Brown/Red Belt**

- \* Self defense techniques 1-25
- \* Kumite Proficiency (22 opponents x 1 min.)
- \* Kata review (all)
- \* Anaku kata - moves only
- \* Heavy bag test 5 1/2 half minutes

**Grade 1 Brown/Red Belt (one black stripe)**

- \* Anaku kata - technique, form, power, speed, focus

**Grade 2 Brown/Red Belt (two black stripes)**

- \* Seisan kata - moves only.

**Grade 3 Brown/Red Belt (three black stripes)**

- \* Seisan kata - technique, form, power, speed, focus.

**Junior Black Belt \*\***

- \* Kata review (all)
- \* Self defense techniques 1-30
- \* All breakfalls
- \* Kumite Proficiency (25 opponents x 1 min.)
- \* Kata review (all)
- \* Ne-jitsu
- \* Heavy bag test 6 minutes
- \* Grappling

**NOTE**

This promotion requirements chart is designed as an overall guide. The master instructor reserves the right to advance or restrict promotions based upon his evaluation of a students general proficiency, attendance, attitude and overall ability.

**All students testing on all grades from green belt and up must have approval from their instructor.**

**\*\* Instructor will advise when ready for Black Belt test.**

# PACE INSTITUTE OF KARATE

## Achievers (11-15 YR.) PROMOTION REQUIREMENTS

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### GRADE 1 WHITE BELT (ONE BLUE STRIPE)

- \* Basics
- \* Conditioning 10 pushups & 30 crunches
- \* Basic stances - (ready, open ready, front, fighting)
- \* Student Creed #1

### GRADE 2 WHITE BELT (TWO BLUE STRIPE)

- \* Basic punches
- \* Student Creed #2
- \* Rear leg turn

### GRADE 3 WHITE BELT (THREE BLUE STRIPES) GRADE 4 WHITE BELT (FOUR BLUE STRIPES)

- \* Basic kicks
- \* Student Creed #3

- \* Basic blocks
- \* School motto

### YELLOW BELT

- \* Review proficiency
- \* Conditioning 12 pushups & 36 crunches
- \* Flag test
- \* Heavy bag test one minute

- \* Taikyoku Dai - moves only.
- \* Tanshiki kumite drills
- \* Principles of the Black Belt
- \* U - stepping

### GRADE 1 YELLOW BELT (ONE BLUE STRIPE)

- \* Shuto ( inside & outside )
- \* Rolls ( Chigari )
- \* Stances ( T, Cat, Horse, Straddle )
- \* Breakfalls ( Back, Front )
- \* Inside, outside, rising, downward & rear elbows

- \* Taikyoku Dai - Technique, form, power, speed, focus
- \* Bar guard blocks
- \* Strikes ( Backfist, Hammerfist )
- \* Front foot kicking

**One tournament participation in past 12 months from time of test is required for all ranks from orange belt and up.**

### ORANGE BELT

- \* Review proficiency
- \* Pinan Shodan Kata - moves only.
- \* Heavy bag test 2 minutes
- \* Kicks ( Crescent & Reverse Crescent )
- \* Self defense #1-5
- \* Tournament participation

- \* Ridge hand block
- \* Knee kick
- \* Strikes ( Flat fist, Ridge hand )
- \* Stepping ( Front & Rear Cross, Shuffle )
- \* Conditioning 15 pushups & 45 crunches

### GRADE 1 ORANGE BELT (ONE BLUE STRIPE)

- \* Pinan Shodan Kata - Technique, form, power, speed, focus
- \* Blocks ( Open Low, Mid., High )
- \* Tournament participation

- \* Strikes ( Nukite, Ippon nukite )
- \* Ippon ken

### BLUE BELT

- \* Review proficiency
- \* Conditioning 18 pushups & 54 crunches
- \* Fuku Dai Ichi Kata
- \* Tournament participation

- \* Self defense #1-8
- \* Heavy bag test 3 minutes
- \* Kicks ( Hook )

### GRADE 1 BLUE BELT (ONE GREEN STRIPE)

- \* Fuku Kata - moves only
- \* Tournament participation

- \* Shuffle stepping (front stance)

### GRADE 2 BLUE BELT (ONE GREEN STRIPES)

- \* Fuku Kata - Technique, form, power, speed, focus.
- \* Kicks ( Spinning back )

- \* Strikes ( Palm heel, driving shuto )
- \* Tournament participation

### PURPLE BELT

- \* Review proficiency
- \* Gekesai Dai Ni Kata (up to second sweep/chop)
- \* Self defense #1-12
- \* Tournament participation

- \* Conditioning 20 pushups & 60 crunches
- \* Heavy bag test 4 minutes
- \* Kicks ( Axe )

GRADE 1 PURPLE BELT (ONE GREEN STRIPE)

- \* Gekesai Kata - form only.
- \* Tournament participation

- \* Kicks ( step up roundhouse )

PURPLE/GREEN BELT

- \* Gekesai Kata - Technique, form, power, speed, focus.
- \* Heavy bag test 4 1/2 minutes

- \* Self defense #1-15
- \* Tournament participation

GRADE 1 PURPLE/GREEN BELT (One Green Stripe)

- \* Saifa Kata - (first half - up to second hammerfist/ear clap)
- \* S.D. Hammer Lock

- \* Breakfalls ( side )
- \* Tournament participation

GREEN BELT

- \* Review all kata
- \* Heavy bag test 5 minutes
- \* Kumite proficiency (10 opponents x 1 min)
- \* Tournament participation

- \* Saifa Kata - moves only.
- \* Self defense #1-18
- \* Conditioning 25 pushups & 75 crunches

GRADE 1 GREEN BELT (ONE BROWN STRIPE)

- \* Saifa Kata - Technique, form, power, speed, focus.
- \* All breakfalls

- \* Tournament participation

GREEN/BROWN BELT

- \* Self defense #1-20
- \* Heavy bag test 5 1/2 minutes
- \* Kumite proficiency (15 opponents x 1 min)
- \* Tournament participation

- \* Review all kata
- \* Conditioning 28 pushups & 84 crunches
- \* Anaku kata - (first half - up to shuffle lunge punch)

GRADE 1 GREEN/BROWN BELT (ONE BROWN STRIPE)

- \* Anaku kata - moves only

- \* Tournament participation

BROWN BELT\*

- \* Review all kata
- \* Kumite proficiency
- \* 2 man kumite
- \* Kumite proficiency (18 opponents x 1 min)
- \* Tournament participation

- \* Self defense #1-25
- \* Conditioning 30 pushups & 90 crunches
- \* Heavy bag test 6 minutes
- \* Anaku Kata - Technique, form, power, speed, focus

GRADE 1 BROWN BELT (ONE BLACK STRIPE)\*

- \* Seisan kata - (first half - up to first cat stance) moves only

- \* Tournament participation

BROWN/RED BELT

- \* Review all kata
- \* Kumite Proficiency (20 opponents x 1 min.)
- \* Conditioning 33 pushups & 110 crunches
- \* Tournament participation

- \* Self defense #1-30
- \* Heavy bag test 6 1/2 minutes
- \* Seisan kata - moves only

GRADE 1 BROWN/RED BELT (ONE BLACK STRIPE)

- \* Seisan kata - Technique, form, power, speed, focus.

- \* Tournament participation

JUNIOR BLACK BELT

- \* Review all self defense techniques
- \* One and two man kumite
- \* Kumite Proficiency (25 opponents x 1 min.)
- \* Tournament participation

- \* Conditioning 35 pushups & 150 crunches
- \* Heavy bag test 7 minutes
- \* Kata review all kata

**This promotion requirements chart is designed as a general guide. The Master Instructor reserves the right to advance or restrict promotions based upon his evaluation of a students general proficiency, attendance, attitude and overall ability.**

**Testing is subject to one tournament in the past 12 months from test date from Orange belt to Black Belt.**

# GOSHIN-RYU KARATE ASSOCIATION

## ADULT PROMOTION REQUIREMENTS

### **Nyumon-sha to 10th kyu (white belt, blue stripe)**

- |  |                           |
|--|---------------------------|
| 1) Conditioning 15 push-ups, 45 crunches | 2) Basics                 |
| 3) Dai nihon ten no kata                 | 4) Tanshiki kumite drills |
| 5) Taikyoku Dai kata                     | 6) Flag test              |

### **9th kyu-ho (yellow belt)**

- |   |               |
|---|---------------|
| 1) Conditioning 20 pushups, 60 crunches | 2) Breakfalls |
| 3) Pinan Shodan kata                    |               |

### **9th kyu (yellow belt, blue stripe)**

- |  |                 |
|--|-----------------|
| 1) Conditioning 20 push-ups, 60 crunches | 2) Sanchin Kata |
|--|-----------------|

### **8th kyu-ho (orange belt)**

- |  |                        |
|--|------------------------|
| 1) Conditioning 23 push-ups, 70 crunches | 2) Fuku kata           |
| 3) Empi drill                            | 4) Self defense basics |
| 5) Heavy bag test 2 minutes              |                        |

### **8th kyu (orange belt, blue stripe)**

- |  |               |
|--|---------------|
| 1) Conditioning 23 push-ups, 70 crunches | 2) Saifa kata |
| 3) Fuku kumite                           |               |

### **7th kyu (blue belt)**

- |   |                                 |
|---|---------------------------------|
| 1) Conditioning 25 push-ups, 100 crunches | 2) Gekisai kata                 |
| 3) Kumite                                 | 4) Heavy bag test 2 1/2 minutes |

### **6th kyu (purple belt)**

- |   |                             |
|---|-----------------------------|
| 1) Conditioning 30 push-ups, 120 crunches | 2) Miyagi Seisan kata       |
| 3) Kumite                                 | 4) Self defense             |
| 5) Club defense                           | 6) Heavy bag test 3 minutes |

### **5th kyu (purple belt, green stripe)**

- |   |                                 |
|---|---------------------------------|
| 1) Conditioning 30 push-ups, 120 crunches | 2) Anaku kata                   |
| 3) Self defense                           | 4) Club defense                 |
| 5) Kumite                                 | 6) Heavy bag test 3 1/2 minutes |

#### **4th kyu (green belt)**

- |   |                                  |
|---|----------------------------------|
| 1) Conditioning 35 push-ups, 150 crunches | 2) Bojutsu Ichi                  |
| 3) Seisan kata                            | 4) Self defense                  |
| 5) Club defense                           | 6) Knife defense                 |
| 7) Self defense in the dark               | 8) 2 man kumite                  |
| 9) Kumite                                 | 10) Heavy bag test 4 1/2 minutes |

#### **3rd kyu (green belt, brown stripe)**

- |   |                       |
|---|-----------------------|
| 1) Conditioning 35 push-ups, 150 crunches | 2) Kunchaba kata      |
| 3) Grappling techniques                   | 4) Goshin Bojutsu Oru |
| 5) Weapons basics ( Tonfa & Sai drill)    | 6) 2 man kumite       |
| (7) Heavy bag test 5 minutes              |                       |

#### **2nd kyu (brown belt)**

- |  |                             |
|--|-----------------------------|
| 1) Conditioning 40 pushups, 170 crunches | 2) Seipai kata              |
| 3) Sai Saifa kata                        | 4) Kumite                   |
| 5) Self defense                          | 6) Knife defense            |
| 7) Club defense                          | 8) Self defense in the dark |
| 9) Heavy bag test 6 minutes              |                             |

#### **1st kyu (brown belt, black stripe)**

- |   |                           |
|---|---------------------------|
| 1) Conditioning 45 push-ups, 180 crunches | 2) Seienchin kata         |
| 3) Goshin Bojutsu ni                      | 4) Goshin Tonfa kata ichi |
| 5) Heavy bag test 7 minutes               |                           |

#### **Shodan (Black Belt)**

- |                              |   |
|------------------------------|---|
| 1) Conditioning 50 push-ups  | 2) Class instruction technique              |
| 3) 3 man kumite              | 4) Wansu kata                               |
| 5) Tensho kata               | 6) Gojushiho kata                           |
| 7) Ne-Jutsu & Grappling      | 8) Self defense                             |
| 9) Self defense in the dark  | 10) Club defense                            |
| 11) Knife defense            | 12) Kumite                                  |
| 13) Heavy bag test 8 minutes | 14) Heavy bag training (20 hours logged in) |

**\* This promotion requirements chart is designed as an general guide. The master instructor reserves the right to advance or restrict promotions based upon his evaluation of a students general proficiency, attendance, attitude and overall ability.**

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## **F.A.S.T. Defense Training**

F.A.S.T. Defense (Fear Adrenaline Stress Training) is the latest proven technology in self defense training today. This training simulates a real street situation yet still retains the safety of a controlled environment. The effects of adrenaline can be devastating to someone trying to protect themselves or a loved one in a real attack.

Each of us in our lives at one time or another have felt the effects of the fear induced adrenaline rush that is a natural reaction to aggression. Adrenaline “dumps” into our bloodstream to aid us in our fight or flight (primitive) reaction. This is instinctive and unavoidable.

Some of the effects are: tunnel vision, auditory exclusion, loss of fine motor coordination and limited cognitive recall (we cannot think very well or access much of the thinking part of our brain).

We have been working with Bill Kipp who is one of the most knowledgeable and experienced adrenal stress training instructors in the world. We have been receiving intense training in this area. We are now a certified F.A.S.T. Defense Regional Training Center. We have developed a series of two hour F.A.S.T. Defense seminars. Each seminar will reinforce the basic premises of adrenal stress training and cover one aspect of the actual self defense training.

### **Karate Kids and Achievers**

F.A.S.T. Defense seminars are open to all Karate Kids and Achievers. Our Master Black Belt Club Elite program includes F.A.S.T. Defense training as part of it’s curriculum. All other students will need to enroll into F.A.S.T. Defense Seminars as they are announced.

### **Adults**

Adult F.A.S.T. Defense seminars are open to all adults (and parents) regardless of training experience. F.A.S.T. Defense is considered the “*Fast Track To Self Defense*”. The skills taught can be quickly learned and applied. The key to adrenal stress response training is learning basic technique that can really be applied under the duress of the adrenaline dump. Then to practice these techniques while adrenalized. F.A.S.T. Defense seminars will be announce in class from time to time as they are scheduled.

## **In-House Tournaments**

Normally twice each year the Pace Institute of Karate holds In-House tournament for all children students between the ages of 4 to 15 years of age.

The tournament groups are set up in such a way that children only compete with other students of like age and ability. This gives each student a good chance to win a Grand Championship trophy.

The tournaments are set up with the goal in mind to increase each child's self esteem. Because of the system used, all children are winners. There are no losers. As such, our In-House tournaments have been very successful at building the children's self confidence as well as making them a very exciting and fun filled experience.

Each child wins a trophy and a fist patch to be worn on their sleeve as a recognition of their tournament participation.

Tournament events are scheduled throughout the day. The children are brought in, in groups. By setting the tournament up in this fashion there usually is a very minimum amount of waiting time.

Little Ninjas only compete in their group with other Little Ninjas. If we get a large participation which is usually the case, we break down this group even further by age and size. Little Ninjas and Beginner Karate Kids only compete in belt sparring (like we do in class).

The more experienced students compete in sparring, kata and weapons kata. Groups are broken down by age and belt rank.

## **Annual Awards Banquet**

Each year the Pace Institute of Karate holds our Annual Awards Banquet. The Banquet is a special time when the whole school comes together as a group to recognize students for their special effort and accomplishments.

Usually held in April, we are currently holding the Awards Banquet at the Wayne Manor on Route 23 in Wayne, NJ.

The event, a semi-formal one, includes a delicious dinner and an exciting world class demonstration by the Pace Institute of Karate's infamous demo team.

Over 60 awards are given to children and adults from the ages of 4 and up in all of our class groups. Many of the awards are not only for the most gifted students but also for students who have tried the hardest, made the most improvement or have added some special touch to their classes.

In the past few years our Banquet attendance has grown to well over 500 students, parents, grandparents and friends. It is a very special time. It is our hope that each and every student is able to attend.

Tickets for the Award Banquet usually go on sale shortly after the new year. Seating is set on a first come, first served basis so it is recommended that you purchase your tickets early. A seating chart will be available for families to choose their seating. Additionally an early bird discount is afforded.

We will announce the date when ticket sales will begin at least two weeks before. Please check the bulletin board and the small signs located in the reception area.

# S.U.P.E.R. STAR program.

A program designed to help our students become more self disciplined and responsible.

**S**ELF DISCIPLINE  
**U**TMOST RESPECT  
**P**ERSEVERANCE  
**E**NTHUSIASM  
**R**ESPONSIBILITY



**The Goal:** Is to help the children learn self discipline, responsibility and respect by having a practical monthly goal to be responsible at home, in school and at the karate school.

**This is how it works:** The goal is for the student (Karate Kids & Achiever classes) to make sure they attend eight classes each month. If they have to miss a class it must be made up before the month is over (there is a special exception to this below). During months in which the school is closed for a holiday, a snow day or a full week we will adjust the attendance requirement accordingly. The exact attendance requirement for those particular months will be posted on the monthly S.U.P.E.R. STAR approval form.

At the end of each month the S.U.P.E.R. STAR approval form will be available at the front desk for any student who feels they qualify. The form must be completed and signed by the student and a parent and turned into the school by the third Saturday of the following month.

Along with the attendance requirement will be a requirement that the student has demonstrated, both at home and in school, the responsibilities and self discipline required by the Pace Institute of Karate. A list of these requirements are as follows:

**The student keeps his/her room neat and tidy.**

**The student does his/her homework in a timely and responsible manner.**

**The student cooperates with his/her parents around the home.**

**The student is cooperative and shows a positive attitude in school.**

Each time a student qualifies they will receive a gold embroidered star to be worn on their upper right sleeve (below the flag patch). When a student has achieved twelve stars they will be entitled to wear a larger gold star on their left uniform lapel. If a student achieves a star for twelve consecutive months they will be entitled to a special S.U.P.E.R. STAR award and will also be recognized at the following year's award banquet.

\* **Special Attendance Exception** – If a child is sick during the last week of a month they must make up the classes during the first two weeks of the following month.