

PACE INSTITUTE OF KARATE

Achievers (11-15 YR.) PROMOTION REQUIREMENTS

Rev. 11/05

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.