

# ACHIEVERS (TEEN) BLACK BELT GRADE LEVEL REQUIREMENTS

## GRADE 1 ( GOLD STRIPE )\*

- \* Sei Enchin Kata
- \* Bag test 7 min.
- \* Sai Saifa
- \* 35 pushups - 150 crunches
- \* Self Defense in the dark
- \*Tonfa drill

## GRADE 2 ( ORANGE STRIPE )\*

- \* Kunchaba kata
- \* Bag test 7 min.
- \* Goshin tonfa kata ichi
- \* 40 pushups - 170 crunches
- \* 3 man kumite

## GRADE 3 ( TEAL STRIPE )\*

- \* Wansu kata
- \* Club defense against adult
- \* 45 pushups - 180 crunches
- \* Tensho kata
- \* Bag test 7 min.
- \* Heavy bag - Log in 10 hours
- \* Ne-justu & grappling technique
- \* 5 sparring sessions in adult class

## GRADE 4 ( TAN STRIPE )\*

- \* Go Jushiho kata
- \* 3 man kumite
- \* Bag test 7 1/2 min.
- \* Goshin Bo-justsu ni
- \* Knife defense against adult
- \* 50 pushups - 200 crunches
- \* 10 sparring sessions in adult class
- \* Heavy bag - Log in 10 hours

## ADULT BLACK BELT\*

- \* All adult black belt requirements
- \* All sparring and self defense against adults

**\*One tournament participation in past 12 months from time of test is required for all grade levels.**

***NOTE: Minimum time in grade will be based on age and Master Instructors final approval.  
The guidelines for time and grade are as follows:***

### **Teen Black belt (white stripe) to Grade Level 1 (gold stripe)**

10 to 14 yrs. old - 6 to 12 months    15 to 16 yrs old - 4 to 6 months

### **Grade Level 1 (gold stripe) to Grade Level 2 (orange stripe)**

10 to 14 yrs. old - 6 to 12 months    15 to 16 yrs old - 4 to 6 months

### **Grade Level 2 ( orange stripe) to Grade Level 3 (teal stripe)**

12 to 14 yrs. old - 6 to 18 months    15 to 16 yrs old - 4 to 6 months

### **Grade Level 3 (teal stripe) to Grade Level 4 (tan stripe)**

13 to 14 yrs. old - 12 to 18 months    15 to 16 yrs old - 4 to 12 months

### **Level 4 (tan stripe) to Senior Black Belt**

14 to 16 yrs old - 4 to 18 months