

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

Purple/Green Belt

- * 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.**