

Belt Test Requirements

Junior Gold Belt (5 – 7 Years-Old)

Regular Class Hours: 20

Clean Uniform with Kiyobukan Patch

Waza

10 Stance Drill

5 Keri Waza

Ukemi: Back Fall, Front roll

Kata

Animals Blocking Powers

Partner Drills

Upper Hand Take Off

Lower Hand Take Off

Kenjutsu 1

Kobudo

Hanbo Combinations 1 - 3

Lower Belt Vocabulary

Gold Belt

Regular Class Hours: 20

Clean Uniform with Kiyobukan Patch

Waza

10 Stance Drill

5 Keri Waza

Ukemi: Back Fall, Front roll

Kata

Animals Blocking Powers
Animals Striking Powers
Itsutsuke
Uke Waza Shodan
Kihon Kata 1 – 3

Partner Drills

Upper Hand Take Off
Lower Hand Take Off
Kenjutsu 1

Lower Belt Vocabulary

Kobudo

Hanbo Combinations 1 - 3

Orange Belt

Regular Class Hours: 50

Clean Uniform with Kiyobukan and NRK patch

Demonstrate Ability to Tie Belt

1 In-House Tournament since last test

Waza

10 Kihon Dachi Drill
Te Waza

Kata

Keri Waza Shodan
Fukyu Dai Ichi, Ni
Kihon Ippon, Nihon, Sanbon

Partner Drills

Kenjutsu 1 – 2
Kotegaeshi, Ai hanmi – omote
Ukemi with Partner: Back Fall, Front Roll, Front Fall
Ashi Barrai – Sweep Combos #1 – 3

Kumite

Kumite Kamae: Combination A – B

Kobudo

Hanbo Combinations 1 – 6

Japanese Greetings

Purple Belt – 10th Kyu

Regular Class Hours: 50

Clean Uniform with Kiyobukan and NRK patch

Waza

All Kihon Dachi by command alone across mat forward and backward

Demonstrate full and snapping hip action

Demonstrate proper execution of Seiken zuki

Te Waza: Yoko Zuki, Spinning Testtsui, Tesiho Uchi, Nukite

Tobi geri: Mae geri, mawashi geri

Spinning ushiro geri

Uke Waza with all stances and gyaku zuki

Kata

Empi Uchi Waza Shodan

Kihon Ippon, Nippon, Sanbon

Taikyoku Ichi, Ni

Fukyu Dai Ichi, Ni

Partner Drill

Kihon Kumite Dai Ichi, Ni, San

Mae geri to combination A

Mawashi geri to gyaku zuki

Kenjutsu 1 - 3

Ashi Barrai – Sweep Combos #1 – 3

Kobudo

Hanbo Combinations 1 – 9

Vocabulary

Bowing procedure

Blue Belt – 9th Kyu

Regular Class Hours: 50

Clean Uniform with Kiyobukan and NRK patch

1 In-House Tournament since last test

Conditioning

1 ½ Mile Run

Waza

All Kihon Dachi by command alone across mat forward and backward

Demonstrate full and snapping hip action

Demonstrate proper execution of Seiken zuki

All Te Waza by command alone across the mat and backwards

All Uke Waza by command alone across the mat and backwards

Tobi Geri: mae geri, mawashi geri

Spinning ushiro geri

Kata

Keri Waza Shodan

Taikyoku 1 – 5

Fukyu Dai Ichi, Ni, San

Partner Drills

Kihon Kumite Dai Ichi, Ni, San

Kenjutsu 1 - 3

Mae geri to combination A

Mawashi geri to gyaku zuki

Yoko geri to gyaku zuki

Ushiro geri to gyaku zuki

Kenjutsu 1 – 4
Tae Sabaki Aiki 1

Kumite

Sweep Combo #1 – 3

Kobudo

Hanbo Waza Shodan

Vocabulary

Blue Belt (One Stripe) – 8th Kyu

Regular Class Hours: 50

Clean Uniform with Kiyobukan and NRK patch

Conditioning

1 ½ Mile Run

Waza

All Kihon Dachi by command alone across mat forward and backward

Kumite Kamae by command alone across mat forward and backward

All Te Waza by command alone across the mat and backwards

All Uke Waza by command alone across the mat and backwards

Combinations of Te Waza and Uke Waza by command alone across the mat and backwards

Tobi Geri: mae geri, mawashi geri

Kata

Kihon Kumite Dai Ichi, Ni, San

Keri Waza Shodan

Kihon Ippon, Nihon, Sanbon

Taikyoku 1 – 5

Fukyu Dai Ichi, Ni, San

Partner Drills

Kenjutsu 1 – 4

Mae geri combinations: mawashi, yoko, ushiro

Mawashi geri combinations: yoko, ushiro

Mawashi geri to gyaku zuki

Yoko geri to gyaku zuki

Ushiro geri to gyaku zuki

Kenjutsu 1 – 5

Tae Sabaki Aiki 1

Kumite

Kumite Kamae: Combination A – C

Sweep Combo #1 – 3

Kobudo

Hanbo Waza Nidan

Kumite

1 minute

Vocabulary

Blue Belt (Two Stripes) – 7th Kyu

Regular Class Hours: 50

Clean Uniform with Kiyobukan and NRK patch

1 In-House Tournament since last test

Conditioning

1 ½ Mile Run

Waza

“Master Barrera” Kicks – mae geri, maewashi geri, yoko geri

Thrusting Kicks - mae geri, maewashi geri, yoko geri, ushiro geri

Bag Work – All Kicks

Kata

Kihon Ippon, Nihon, Sanbon

Taikyoku 1 – 5

Fukyu Dai Ichi, Ni, San
Naihanshi Shodan, Nidan, Sandan

Partner Drills

Kenjutsu 1 – 5
Bassai Kihon #1
Hanbo Kihon #1
Tae Sabaki Aiki 2

Kumite

Kumite Kamae: Combination A – D
Kumite – 1 minute

Vocabulary

Green Belt - 6th Kyu

Regular Class Hours: 50

Clean Uniform with Kiyobukan and NRK patch

Artwork and Kanji: Nature Symbol

Conditioning

2 Mile Run, 50 push-ups, 50 sit-ups

Waza

Tobi geri – Mae geri, spinning maewashi geri, spinning yoko geri, yoko geri,
spinning ushiro geri
Bag Work – All Kicks

Kata

Kihon Ippon, Nihon, Sanbon
Taikyoku 1 – 5
Fukyu Dai Ichi, Ni, San
Naihanshi Shodan, Nidan, Sandan
Pinan Shodan, Nidan, Sandan

Partner Drills

Kenjutsu 1 – 5
Bassai Kihon #2
Tae Sabaki Aiki 2
One step fighting (improvised) – 3 left, 3 right

Kumite

Kumite Kamae: Combination A – E
Kumite – 1 minute

Kobudo

Hanbo Kihon #2
Bo Waza Shodan

Vocabulary

Green Belt (One Stripe) - 5th Kyu

Regular Class Hours: 50
Clean Uniform with Kiyobukan and NRK patch
Dojo Soji: 4 hours
One In-House Tournament since last test

Conditioning

2 Mile Run, 50 push-ups, 50 sit-ups

Waza

Review basics at random
Tobi geri – Mae geri, spinning maewashi geri, spinning yoko geri, yoko geri,
spinning ushiro geri
Bag Work – All Kicks

Kata

Kihon Ippon, Nihon, Sanbon
Taikyoku 1 – 5
Fukyu Dai Ichi, Ni, San
Naihanshi Shodan, Nidan, Sandan
Pinan Shodan, Nidan, Sandan, Yondan, Godan

Partner Drills

Kenjutsu 1 – 5

Bassai Kihon #3

Ukemi with partner: backfall, roll

One step fighting (improvised) – 5 left, 5 right

Kumite

Kumite Kamae: Combination A – F

Kobudo

Hanbo no Kata Shodan

Bo Waza Nidan

Free Fighting: 1 attacker

Vocabulary

Green Belt (Two Stripes) - 4th Kyu

Regular Class Hours: 50

Clean Uniform with Kiyobukan and NRK patch

Community Service: 10 Hours

4 Page Reaction Paper: Zen in the Art of Archery

Conditioning

2 Mile Run, 100 push-ups, 100 sit-ups

Waza

Review basics at random

Tobi geri – Mae geri, spinning maewashi geri, spinning yoko geri, yoko geri,
spinning ushiro geri

Bag Work – All Kicks

Kata

Kihon Ippon, Nihon, Sanbon

Taikyoku 1 – 5

Fukyu Dai Ichi, Ni, San
Naihanshi Shodan, Nidan, Sandan
Pinan Shodan, Nidan, Sandan, Yondan, Godan
Rohai

Partner Drills

Kenjutsu 1 – 5
Bassai Kihon #3
Tae Sabaki Aiki 3
One step fighting (improvised) – 5 left, 5 right

Kumite

Kumite Kamae: Combination A – G
Sparring: Demonstrate in match A – G, jamming, side stepping, sweeping, counters

Kobudo

Hanbo no Kata Shodan
Shushi no kun or Suji no Kon

Free fighting: 1 attacker

Vocabulary

Brown Belt – 3rd Kyu

Regular Class Hours: 50

Teaching Hours under Sensei direction: 40

Clean Uniform with Kiyobukan and NRK patch

5 Page Character Symbol Essay

One In-House Tournament since last test

One Camp since last test

Conditioning

3 Mile Run, 100 push-ups, 100 sit-ups

Waza

Review basics at random

Tobi geri – Mae geri, spinning maewashi geri, spinning yoko geri, yoko geri,
spinning ushiro geri

Bag Work – All Kicks

Kata

Kihon Ippon, Nihon, Sanbon

Taikyoku 1 – 5

Fukyu Dai Ichi, Ni, San

Naihanshi bunkai

Pinan Shodan, Nidan, Sandan, Yondan, Godan

Rohai

Passai Sho

Partner Drills

Kenjutsu 1 – 5

Bassai Kihon #4

Goshino #1

Tae Sabaki Aiki 4

One step fighting (improvised) – 7 left, 7 right

Kobudo

Hanbo no Kata Sandan

Shushi no kun or Suji no Kon

Kumite

Kumite Kamae: Combination A – F

Sparring: Demonstrate A – F, jamming, side stepping, sweeping, counters

Free fighting: 1 attacker

Vocabulary: Test on all previous vocabulary

Recite the motto

Brown Belt (One Stripe) – 2nd Kyu

Regular Class Hours: 60

Teaching Hours under Sensei direction: 60

Clean Uniform with Kiyobukan and NRK patch

5 Page Reaction: Zen in Japanese Culture (Swordsmanship Chapters)

One In-House Tournament since last test

One Camp since last test

Conditioning

3 Mile Run, 200 push-ups, 200 sit-ups

Waza

Review basics at random

Tobi geri – Mae geri, spinning maewashi geri, spinning yoko geri, yoko geri,
spinning ushiro geri

Bag Work – All Kicks

Partner Drills

Kenjutsu 1 – 5

Kihon Ippon, Nihon, Sanbon

Taikyoku 1 – 5

Fukyu Dai Ichi, Ni, San

Naihanshi bunkai

Pinan Shodan, Nidan, Sandan, Yondan, Godan

Rohai

Passai Sho

Kusanku Sho

Bassai Kihon #5

Goshino #2

Hanbo no Kata Yodan

Tae Sabaki Aiki 5

One step fighting (improvised) – 7 left, 7 right

Kumite

Kumite Kamae: Combination A – G

Sparring: Demonstrate A – G, jamming, side stepping, sweeping, counters

Kobudo

Ryubi no Kun

Free fighting: 1 attacker

Vocabulary: Test on all previous vocabulary

Recite the code

Brown Belt (Two Stripes) – 1st Kyu

Regular Class Hours: 60

Teaching Hours under Sensei direction: 75

Clean Uniform with Kiyobukan and NRK patch

Photo Essay: Brown Belt Kata Bunkai

One In-House Tournament since last test

One Camp since last test

Conditioning

3 Mile Run, 250 push-ups, 250 sit-ups

Waza

Review basics at random

Tobi geri – Mae geri, spinning maewashi geri, spinning yoko geri, yoko geri,
spinning ushiro geri

Bag Work – All Kicks

Kata

Kihon Ippon, Nihon, Sanbon

Taikyoku 1 – 5

Fukyu Dai Ichi, Ni, San

Naihanshi bunkai

Pinan Shodan, Nidan, Sandan, Yondan, Godan

Rohai

Passai Sho

Kusanku Sho

Partner Drills

Kenjutsu 1 – 5

Passai Sho bunkai

Bassai Kihon #6

Goshino #3

Tae Sabaki Aiki 6

One step fighting (improvised) – 7 left, 7 right

Kumite

Kumite Kamae: Combination A – H

Kumite (3 minutes): Demonstrate A – H, jamming, side stepping, sweeping, counters

Kobudo

Matsu Higa no Tonfa

Hanbo Kihon #3, #4

Free fighting: 1 attacker, 2 attacker

Vocabulary: Test on all previous vocabulary

Breaking

One Board

Recite the creed

Shodan – Black Belt 1st Degree

Pass: 5 Pretests

Teaching Hours under Sensei direction: 75

Clean Uniform with Kiyobukan and NRK patch

One In-House Tournament since last test

One Camp since last test

Current students: 3.0 or higher GPA

Current students: Letter of recommendation from principal, vice principal, or guidance counselor

Completed dojo project

Identifiable leadership role in dojo

5 Page Paper: My Karate Journey and Meaning of Black Belt

Conditioning

5 Mile Run, 500 push-ups, 500 sit-ups, 1000 jumping jacks, 1000 kicks

Waza

Review basics at random

Tobi geri – Mae geri, spinning maewashi geri, spinning yoko geri, yoko geri, spinning ushiro geri, spinning crescent, spinning hook

Bag Work – All Kicks

Kata

Kihon Ippon, Nihon, Sanbon

Taikyoku 1 – 5

Fukyu Dai Ichi, Ni, San

Naihanshi bunkai

Pinan Shodan, Nidan, Sandan, Yondan, Godan

Rohai

Passai Sho

Kusanku Sho

Chinto

Kusanku Dai

Partner Drills

Kenjutsu 1 – 5

All kata bunkai

Bassai Kihon 1 - 7

Goshino 1 - 5

Tae Sabaki Aiki 1 - 7

One step fighting (improvised) – 8 left, 8 right

Kumite

Kumite Kamae: Combination A – J

Sparring (3 minutes): Demonstrate A – H, jamming, side stepping, sweeping, counters, ippon techniques

Kobudo

Hanbo Kihon 1 - 5

Shushi no kon or Suji no Kon

Ryubi no Kon

Matsu Higa no Tonfa

Free fighting: 1 attacker, 2 attacker, 3 attacker

Breaking

2 Different Board Breaking or 1 Brick breaking

Vocabulary: Test on all previous vocabulary

Recite the code, the creed