

## White to Orange belt requirements for testing

### Earn your first stripe:

1. \_\_\_ Know the ready position.
2. \_\_\_ Know how to properly **bow**, and also to who and where.
3. \_\_\_ Know how to properly sit in class.
4. \_\_\_ **Basic stances:** horse, front, and side stance.
5. \_\_\_ **Basic blocks:** down, up, inside, and outside block.
6. \_\_\_ **Basic strikes:** front punch, fore-fist punch, front chop, palm-heel strike, and ridge-hand strike.
7. \_\_\_ **Basic kicks:** front, side, front and back leg round house kick.

### Earn your second stripe:

1. \_\_\_ **White belt “basic drill”:** From a horse stance position, (2) up blocks, (2) down blocks, (2) inside blocks, (2) outside blocks, drop right leg back into a front stance with the guards up, step up with a front kick and land into a front stance with the guards up, step up with a front kick land into a front stance and follow-up with a front punch, kiay!
2. \_\_\_ Know the proper **karate walk**.
3. \_\_\_ First kata, **“RYUU-ICHI”**

### Earn your third stripe:

1. \_\_\_ Know how to properly tie your belt.
2. \_\_\_ Know your opening creed.
3. \_\_\_ Must know how to count from 1 to 5 in Japanese.
4. \_\_\_ Know how to properly come up and return when called up by your sensei.
5. \_\_\_ Know how to properly give and receive your belt when earning your new belt.

\* \_\_\_\_\_, has completed the requirements and is eligible to be tested for his/her orange belt, good luck and practice, practice, practice!

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Sensei Jordan C. Diaz