

White-Yellow Belt Adult Student Manual



Student name: _____

Date: _____

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EQUIPMENT BY BELT RANK

Equipment may be purchased on RedTigerKarate.com Store or from your instructor.

WHITE BELT – Last name on back of uniform, jump rope

YELLOW BELT – Sparring gear (head, face shield, hand, foot, shin, mouthpiece, cup/supporter (men). Gear must be NASKA approved gear (available on our website).

ORANGE BELT – Focus mitt.

GREEN BELT – Safety practice gun, knife, club.

1st BLUE BELT – Forearm shield.

2nd BLUE BELT – Blue tape, stop watch, whistle.

1ST PURPLE – First aid kit, cold compress.

2nd PURPLE – Small towel.

3rd PURPLE – Martial art shoes.

ADULT STUDENTS - WELCOME TO RED TIGER KARATE

ABOUT US: Our passion is to provide high quality programs that promote character development, physical fitness, and life skills for children and adults through the study of martial arts. We offer a complete white through black belt system taught in an upbeat and positive atmosphere. The adult classes focus on fitness, self-defense, and personal development. We teach at community facilities in a number of North Texas cities.

ABOUT THE DIRECTOR: Robert Margach began his martial arts training in 1973. He is a Certified Master Black Belt in various martial arts and Chief Instructor with over 20 years of teaching experience. His goal is to help each student develop life skills and reach their personal best. Feel free to contact him or your instructor about any individual issues as training progresses. **Email: director@RedTigerKarate.com Tel: 817-845-1557**

NEW STUDENTS - This manual has step-by-step descriptions of the techniques, katas, and self-defense requirements. It also has a Signature Sheet for attendance, which must be signed by a Brown Belt in the beginning of each class. We will use a speed rope for warm-ups. Many new students do not know how to jump rope. We've all been there and we'll be happy to teach you. Simply start with jumping-jacks during warm-ups.

As you progress in rank, additional equipment will be required as outlined in the manual. The most expensive equipment to purchase will be red sparring gear at the yellow to orange belt level. Feel free to ask your instructor about prices and specs when you consider this purchase.

UNIFORM: Before the fifth week of class, adult students must have their LAST NAME IN ALL CAPITAL, two inch black, block style letters on the back of their uniform top (in between shoulder blades). As an optional convenience for you, we provide this service for a minimal fee. Of course, you are free to use a professional shop of your choice. No hand printing, no computer letters, and no photos on the uniform. Please wash the uniform in cold water, no bleach.

IMPORTANT INFO: (1) Your safety and your partner's safety is the top priority. (2) Always practice with respect toward others. Students should always address instructors and fellow students as Mr., Sir, or Ms., Ma'am as appropriate. (3) Please arrive about ten minutes before class. Children may accompany adult students to class. Please bring appropriate material to keep them occupied and quiet (homework, coloring books, quiet games, etc). (4) Please check our "Newsletter" page on our web site. Information will also be announced in class. (5) Please ensure safety:

- No food or gum allowed in the dojo.
- No jewelry, no watches, and no rings of any kind. Please keep finger and toe nails trimmed.
- When first learning a self-defense technique, be cooperative partners with little or no resistance.
- If you have any special circumstances (medical or otherwise), please let the Head Instructor know before class.

ACTIVITIES: Tournaments, belt tests, self-defense camps, and seminars are integrated into the curriculum to enhance learning and enthusiasm. These events also develop positive traits that will carry over to other aspects of your life. There are additional fees to participate in these activities.

- **Tournaments** are held once per semester. The purpose of a tournament is to practice your kata, sparring techniques, and sportsmanship in a friendly competitive setting. White belts will perform their kata (pre-arranged fighting movements against an imaginary opponent) at their first tournament. Yellow belts and above will perform kata as well as spar (a game of tag using karate techniques). First and second place awards are given for each division. Tournaments are not a requirement for class but are required for belt test.

- **Belt Tests** occur at the end of the session – usually two weeks after the tournament. The week after the tournament we will have a belt test review and answer any questions. This manual outlines the testing curriculum at each belt level. The purpose of the belt test is to show proficiency and progress toward meeting your martial art goals.
- **Camps** are held periodically throughout the year. The purpose of camps is to practice self defense in a realistic setting as well as learn additional martial art curriculum. This training includes gun and knife self defense, ground defense, multiple attackers, and more.
- **Martial Art Events and Seminars** take place periodically to learn weapons, judo, jiu-jitsu and other skills not covered in class on a regular basis.

Welcome and remember – Safety First!

Congratulations to you as you begin your martial arts journey. The physical conditioning aspect of training progresses gradually at each belt level. It's important to go at your own pace. Always stretch and warm-up before and after exercising. You are responsible for your own safety. If you are uncomfortable doing an activity in class because you feel it is unsafe, don't do it. Let the instructor know or call the director (Robert) 817-845-1557.

Always feel free to contact your Instructor or the Director with any individual issues during training.

Adult students are welcome to train more than once a week or attend other locations during the week for makeup classes. Should any personal training issues arise, please discuss them with your instructor.

BELT TESTING AND REQUIREMENTS

All belt tests are cumulative tests. You must know the curriculum from the previous ranks.

Each belt test will consist of knowledge, conditioning, techniques, kata, and an equipment check. Students must also meet attendance requirements for class, tournaments, and camps.

- A minimum of one camp is required before or at the rank of Orange Belt to test to Green.
- A minimum of two camps is required before or at the rank of 2nd Degree Blue Belt to test to 1st Purple.
- A minimum of three camps is required before or at the rank of 3rd Degree Purple Belt to test to 3rd Brown.

MARTIAL ART CAMPS

Please note that adult camps are held periodically throughout the year. It's a good idea to get ahead on camp requirements in case no camp is offered the semester you need it. Sometimes camps are cancelled due to severe weather. Camp dates are listed on our "Newsletter" page.

RED TIGER KARATE Sign-In Sheet – Print your name in large letters on the back of this page.

Place this sheet on instructor’s table with this side up before every class.

Name: _____ **Instructor:** _____

BELT TESTING AND REQUIREMENTS

All belt tests are cumulative tests. You must know the curriculum from the previous ranks. Each belt test will consist of knowledge, conditioning, techniques, kata, and an equipment check. Students must also meet attendance requirements for class, tournaments, camps, and setups at karate events.
 - A minimum of one camp is required before or at the rank of Orange Belt to test to Green.

P=Prep participation. T=Tournament participation and breakdown.
 C=Camp or Course. E=Event or seminar in martial arts (judo, sparring, traditional weapons, etc).

Write the date in the box before putting on Instructor’s table. The format for Date is: mo/day/yr (4/30/19).
 “Initials” will be filled out by the instructor.

WHITE to Yellow Belt Reminder: 1 camp required before or at Orange Belt.

Date										
Initials	1	2	3	4	5	6	7	8	9	T:
Date										
Initials	10	11	12	13	14	15	16	17	E:	C:

YELLOW to Orange Belt Reminder: 1 camp required before or at Orange Belt.

Date										
Initials	1	2	3	4	5	6	7	8	P:	T:
Date										
Initials	9	10	11	12	13	14	15	16	E:	C:

ORANGE to Green Belt Reminder: 1 camp required before or at Orange Belt to rank to Green.

Date										
Initials	1	2	3	4	5	6	7	8	P:	T:
Date										
Initials	9	10	11	12	13	14	15	16	E:	C:

GREEN to 1st Degree Blue Belt Reminder: 2 total camps before or at 2nd Blue Belt.

Date										
Initials	1	2	3	4	5	6	7	8	P:	T:
Date										
Initials	9	10	11	12	13	14	15	16	E:	C:

GENERAL ETIQUETTE

General

- Line up according to belt rank for bowing in the beginning and ending of class.
- Address instructors and other students by “Mr.” or “Ms.” and their last name.
- Respond to an Instructor’s request with “Yes sir/ma’am” or “osu.” Osu is a Japanese word pronounced as “os.” It literally means perseverance - a statement of commitment to continue striving towards perfection or CANI (Constant And Never-ending Improvement). However, the word is used in general to acknowledge respect toward an individual. It’s typically used at our classes when bowing at the end of class to show respect for each other. It can also be used when greeting or saying goodbye to another student or instructor, and in some dojos is said when entering and leaving the dojo. Proper etiquette is always reply “os” if someone says it to you.
- You will frequently be doing “kiai” during your training techniques in class. Literally translated, kiai means “spirit breath.” It is a shout used when extra effort or emphasis is brought to a karate technique. The kiai occurs at the moment of maximum physical and mental exertion. It also aids in focusing the mind. More than merely a scream, it originates from the diaphragm and is generated by exhaling sharply and tensing the abdomen. Do not kiai from the throat but from the abdomen. Do not say the word “kiai” but rather a guttural noise such as “eeya.”
- For attendance, please ask a Brown Belt to initial your Sign-In Sheet in this manual.

For Safety

- Safety is the #1 priority in class. We want to have fun but we must also be focused.
- No gum – choking hazard.
- No jewelry except for medical bracelets - Especially, do not wear rings of any kind! No earrings, toe rings, finger rings. No watches or necklaces. Please help enforce this important safety policy by politely reminding students if you happen to notice. Or, tell the Head Instructor and they’ll take care of it. We have several students that wear medical bracelets – of course it’s ok that these stay on.
- Keep your finger and toe nails trimmed.
- Men – please wear your cup/supporter. The cup/supporter can be purchased from your instructor.
- Mouthpiece and sparring gear must be worn during sparring. These items may be purchased from your instructor.

Self-Defense

- When first learning a self defense technique, be cooperative partners and do not resistance.
- During gun self-defense, do not put your finger in the trigger hole.
- If you’re the uke (receiver) during a submission technique in self-defense, tap your partner, yourself, or floor with your hand or foot when you feel choking or joint pressure. If you tap yourself or the mat, make sure you tap loud enough so your partner hears it.
- If you’re the tori (giver) during a submission technique in self-defense, apply the technique slowly and smoothly. Listen and look for the tap out from your partner. Immediately let go of the hold when your partner taps out.
- If you have any special circumstances (medical or otherwise), please let the Head Instructor know about it before class.

DRESS ETIQUETTE

CHANGING

Many martial art schools do not allow students to wear uniforms outside the dojo. Because we do not have locker rooms, students can wear the uniform from the house to the dojo and back. Please do not wear the uniform in any other public place. You may wear a plain white t-shirt under the karate top, but please tuck it in.

FOOTWEAR

Students should wear sneakers or martial art shoes from car to dojo - no flip-flops or sandals. All students, all belt levels, should be in bare feet or martial art shoes (available from your instructor) during the adult class. While on the dojo floor helping with the junior class, it's preferred that assistants go barefoot or wear martial art shoes. Plain white sneakers are acceptable.

COATS & HEADWEAR

It's acceptable to wear a coat over the uniform during cold weather. Hats should be worn only while an outdoor jacket is over the karate top.

Certain approved sports headbands can be worn during class to keep sweat out of your eyes when sparring. But as a general rule, no headbands or headwear allowed during class. Just so you know, some junior students wear a headband to cover their hair while wearing the sparring headgear – which is fine.

UNIFORM COLORS

White – 3rd Purple Belt adult and junior students can wear all white uniform or white karate top with black karate pants (black pants are available from your instructor).

Brown Belt students can wear above or an all black karate uniform or Team Red Tiger Uniform.

Junior Red Belt students can wear complete red uniform or a white uniform with white or black pants.

Team Red Tiger students can wear Team Red Tiger uniform or black sport karate top (with black, white, or demo team pants) during regular class.

Senior Black Belt students can wear above or any color combination with approved uniforms.

THE UNIFORM (gi - pronounced “gee”)

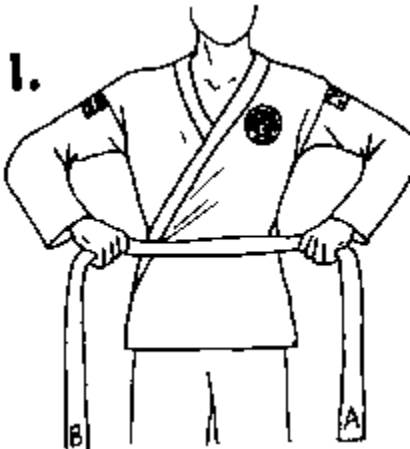
- Please wear a complete uniform in class.
- Please tie your belt correctly. Should your gi become undone during practice, turn to the back of the room or away from your partner when fixing your gi.
- Wash the uniform in cold water and avoid bleach.
- No markings or unauthorized patches allowed on gi.
- Before the fifth class, your LAST NAME should be embroidered on the back of the gi in 2” black plain (block) capital letters in between the shoulder blades. See your instructor for inexpensive vendors.

How to Put on Jacket:

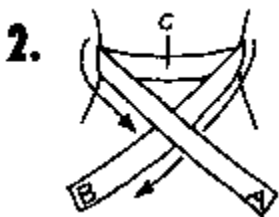
Left lapel over right lapel.

Tie hip strings of jacket together.

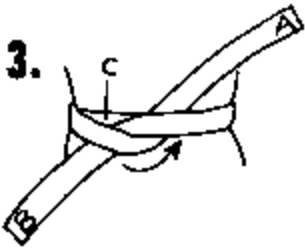
How to Tie the Belt:



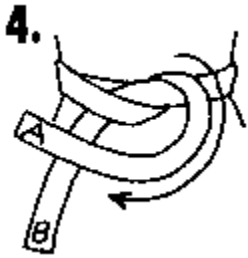
Hold your belt in front of you with both ends even (left side A and right side B).



Wrap both ends of your belt around you, cross in the back. Keep both sides even. Holding ends in front of you, cross right over left (as in diagram above, side A over side B).



Tuck right (side A) under both (side B and C) and pull up. Pull on both ends to tighten the belt. Now side A is on the left, side B is on right.



Left over right (side A over side B).



Tie in square knot. (Side B comes up over A then tucks through A.) Pull both ends to tighten Knot.



After tying, both ends of the belt should be even (within an inch or so).

WHITE TO YELLOW BELT REQUIREMENTS

WHITE BELT EQUIPMENT: manual, speed jump rope, last name on uniform. Speed rope available on our website or from your instructor.

SIGNATURES: 8 classes/1 tournament.

WHITE BELT TECHNIQUE DESCRIPTIONS:

1. **Back Fist** – Chamber by lifting front elbow to target, palm of fist facing chin, strike out, chamber back.
2. **Punch** – Double cover, pivot, punch with backhand, palm of fist facing floor. Strike with first two knuckles, double cover.
3. **Side Kick** – Chamber front knee with toes up. Kick straight out with side of foot. Kicking foot parallel to floor. Chamber back.
4. **Check Hi** – Step back and lean back sideways. Back hand comes to front shoulder to block.
5. **Roundhouse Kick** – Chamber front knee and kick around with top of foot. Chamber back.
6. **Check Hi / Roundhouse Kick** – Step back, lean back, check high, knee up, roundhouse kick. Do not let back hand to go passed front shoulder when checking. Do not step up on roundhouse kick.
7. **Middle Block / Roundhouse Kick** – Step back, bring elbows together to block. Keep back hand up even with face, front hand in front of groin. Knee up, roundhouse kick. Do not step up on roundhouse kick.
8. **Low-High Roundhouse Kicks** – Toes pointing away from body, chamber back between kicks with good balance.

KATA: H form #1

WHITE BELT KATA

H-FORM #1

The H-Forms are katas that will teach basic karate techniques. H-Forms are called “Taikyoku” in Japanese karate styles like Shotokan Karate. The Taikyoku series of kata were created by Mr. Funakoshi. Taikyoku means “first cause.”

On "Ready" Look straight to the left then forward.

1. Looking to the left, bring left foot to right and cross arms.
2. Turn 90 degrees to the left and execute a left forward stance.
3. Execute a right lunge punch. Cross arms and look over right shoulder.
4. Turn 180 degrees clockwise into right forward stance.
5. Execute a left lunge punch. Cross arms and look over left shoulder.
6. Turn 90 degrees counterclockwise into a left forward stance.
7. Execute a right lunge punch.
8. Execute a left lunge punch
9. Execute a right lunge punch KIAI! Cross arms and look over right shoulder, then left shoulder.
10. Spin 270 degrees counter clockwise into a left forward stance.
11. Execute a right lunge punch. Cross arms and look over right shoulder.
12. Turn 180 degrees clockwise into a right forward stance.
13. Execute a left lunge punch. Cross arms and look over left shoulder.
14. Turn 90 degrees counterclockwise into a left forward stance.
15. Execute a right lunge punch.
16. Execute a left lunge punch
17. Execute a right lunge punch KIAI! Cross arms and look over right shoulder, then left shoulder.
18. Spin 270 degrees counter clockwise into a left forward stance.
19. Execute a right lunge punch. Cross arms and look over right shoulder.
20. Turn 180 degrees clockwise into a right forward stance.
21. Execute a left lunge punch KIAI! Punch out with right hand. Left foot moves to attention stance while facing front.

WHITE BELT KNOWLEDGE STUDY TERMS

The most important aspect of your training is having a **GOOD ATTITUDE**. The style of karate that you will be studying is called **AMERICAN KARATE**. The goal of karate is to train your **MIND, BODY, AND SPIRIT**. The most important part of karate is **CONDITIONING**. Karate is a Japanese word that means **EMPTY HANDS**. Karate is made up of different types of **KICKS, PUNCHES, STRIKES, AND BLOCKS**.

Karate began in the country of **INDIA IN THE YEAR 500 A.D.** The founder of modern day karate was a man from Asia named **MR. FUNAKOSHI**. The father of American Karate in the United States is **ED PARKER**. Karate is divided into three groups: **ART, SPORT, AND SELF-DEFENSE**. The art part of karate is **TECHNIQUES** and **FORMAL EXERCISES** called **KATA**. The sport part of karate is called **SPARRING**. The most important part of sparring is **TIMING AND DISTANCE**. The self-defense part of karate includes **PERSONAL SAFETY** and **AVOIDING BAD SITUATIONS**.

The belt order for adults is **WHITE, YELLOW, ORANGE, GREEN, 1ST BLUE, 2ND BLUE, 1ST PURPLE, 2ND PURPLE, 3RD PURPLE, 3RD DEGREE BROWN, 2ND DEGREE BROWN, 1ST DEGREE BROWN, 1ST DEGREE BLACK BELT, THEN 2ND, 3RD, 4TH, 5TH, 6TH, 7TH, 8TH DEGREE BLACK BELT**.

Adult black belt rank is signified by the **NUMBER OF STARS** on the instructor's uniform patch.

Junior ranks (ages 5-12) are the same as adult except after 3rd Purple, the ranks are as follows:

1st Red, 2nd Red, 3rd Red, 1st Jr Black Belt, 2nd Jr Black Belt. At 13 years old, the juniors go into the adult program.

SELF-DEFENSE

The most important guidelines for self-defense is to listen to your intuition, be aware of your surroundings, and do not go to the second location with the attacker. Anticipation and prevention are the best ways to avoid a negative encounter. To overcome fear or freezing up in a life threatening scenario one must practice to make responses an automatic reflex. With practice an individual will be able to react instantly with effective responses.

Self-defense combines elements of common sense and no-rules fighting. The only time methods of physical confrontation should be utilized is when one's life/health or the life/health of loved ones is seriously endangered. However, the best way to defend one's self is to use common sense to avoid potentially dangerous situations.

Common Guidelines:

1. There are no rules in a life/death situation.
2. Be aware of your surroundings even when doing everyday mundane tasks.
3. Develop self confidence. Practice so that you will know what to do.
4. Be willing to act. If someone has to be hurt, let it be the attacker.
5. Do not panic. If you cannot control yourself, you cannot control the situation.
6. Keep it simple. Utilize those techniques you can use easily and quickly.
Avoid flashy techniques.
7. Do not hesitate. Once you are forced to defend yourself use everything available to you. If you start a defense - finish it. Do not expect to fight gently as an attacker is no gentleman.

Natural Weapons:

The body contains several natural weapons. However, your brain is the most important natural weapon as it controls your actions. The four most vulnerable parts of the body are:

1. Eyes
2. Throat
3. Knees
4. Groin

Use of weapons:

Keys, purses, books, etc. are good weapons to use for self-defense. However, the problem with weapons is that it provides a false sense of security. How capable are you of defending yourself if your defense method calls for gouging the attacker's eyes with your car keys and your keys are at the bottom of your purse? By being conditioned to use such items as weapons your chances of defending yourself are greatly reduced if your attacker takes them away or you cannot get to them in time. Of course there is nothing wrong with using weapons if they are available to you but your body (hands, feet, elbows, knees, and teeth) can be very devastating weapons as well.

Use of appropriate force:

Not all self-defense situations are life threatening. It is very important to remain calm in a confrontation so one can use good judgment on the amount of force, if any, in a given situation. Many confrontations can be diverted by avoidance, verbal reasoning, or posturing in a confident manner. Body language, verbal communication, and running away from the confrontation are all tools that should be used in many situations. In addition, many of the self-defense techniques listed in this manual can be modified to impose less damage to the attacker's body. For example, instead of kicking the knee, one can sweep the attacker's leg to take them to the ground. Try to avoid escalating a negative situation and be prepared through practice. Role-playing at self-defense camps will allow for practice scenarios and aid in using good judgment. Red Tiger Karate self-defense camps will allow you to practice with a partner in realistic "what-if" scenarios. Power striking, empty hand grabs, gun / knife / club, ground fighting, multiple attackers and more are all topics included at most camps.

SPARRING REGULATIONS

Adult students generally begin to spar at the yellow belt level. Sparring is the sport aspect of karate. Sparring is divided into different groups; point no-contact (or focus), point-contact, continuous-sparring, and full contact. The sparring we practice is point-contact and continuous. It is a game of tag. The objective is to tag your opponent with light to moderate contact to the target areas. The first person to score a certain number of points wins the match for point-sparring.

Points to remember

Point contact sparring is a game of tag. The object is to score points **not** to hurt the person. Remember you and your opponent have to get up, and go to work or school the next day. The keys to successful sparring competition are: good condition, mental preparation, and timing & distance.

Sparring Ring Officiating Rules and Regulations

General

1. Rings officials may not officiate a relative or spouse or when the competitor is someone with whom a conflict of interest may exist. Disqualification of the competitor is mandatory in a sparring match that involves an official that is a relative or spouse.
2. Officials may vote only on what they actually see.
3. Any problems with spectators or unusual problems with competitors should be referred to the Tournament Director.
4. Mouthpieces and cups (male competitors) are mandatory in all sparring divisions.
5. Full face shield head gear and hand gear are required in all junior sparring divisions.
6. Full face head gear, hand gear, and foot gear are required in all senior sparring divisions. All foot gear must be taped in place with athletic tape when the toes are exposed.
7. Coaching is not allowed by any person inside the sparring ring areas. This includes time keepers, score keepers, ring helpers, and officials. Competitors lined up around the ring waiting to compete may coach and encourage fighters in the ring.

Sparring Rules

1. The size of the sparring ring is a minimum of a 15 X 15 foot square and a maximum of a 20 X 20 foot square.
Starting lines for the competitors are 4 feet apart.
2. Matches are 2 minutes long.
3. The end of a sparring match is determined as follows:
 - A. The first fighter to score 5 points wins the match.
 - B. The fighter ahead in points when the match time runs out wins the match.
 - C. If the score is tied when the match time runs out, the competitors will go into overtime with the winner being the first fighter to score a point.
 - D. If a competitor is disqualified, the other fighter wins.
4. Points are scored when a controlled punch, strike, or kick contacts a legal target area. Legal hand technique on legal target area is worth one point. Legal kicking technique on legal target area is worth two points.
5. Both ring referees have equal votes to verify a point or foul.
6. Legal Target areas for juniors are Top of the Head, Side of the Head, Back of the Head, Face, Back of the Neck, Chest, Abdomen, Ribs, and Kidneys.
Contact is light in all junior divisions. There is face contact in all divisions with a face shield. Excessive contact to the face will result offending fighter being disqualified. Contact to the groin is considered a foul and is not allowed in any junior match. Light contact to the groin will result in a point awarded to the other fighter. Excessive contact to the groin or any area of the body, whether in a legal point area or not will result in the offending competitor being disqualified from the match.
7. Legal target areas for senior sparring are Top of the Head, Side of the Head, Back of the Head, Face, Back of the Neck, Chest, Abdomen, Ribs, Kidneys and Groin – depending on the tournament circuit.
There is face contact in all divisions with a face shield. Excessive contact to the face will result offending fighter being disqualified.
Contact is light to moderate in underbelt senior divisions. Excessive contact whether to a legal target area or not will result in the offending fighter being disqualified.
8. All competition ceases when a ring official yells "STOP". Fighters should return immediately to their starting positions.
9. Competitors are disqualified for any actions constituting obvious unsportsmanlike conduct such as intentional hitting or shoving after the break command has been issued.
10. Intentional holding or catching an opponent's foot is illegal.
11. Sweeps, take-downs, and throws are not allowed and disqualification will result. No warning is required.
12. The use of threatening or abusive language will result in an immediate disqualification.
13. If a competitor does not stop fighting after the "STOP" command has been issued, the result will be disqualification.

Referees

1. There are two referees in every sparring match, the head referee, (or head ring referee), and the judging referee. The head referee is in complete charge of the ring and the match. They promote the safety of the competitors, enforce rules, and ensure fair play. To this end they start and stop the match, vote on points, fouls, disqualifications, and call out of bounds. Only the head referee is allowed to actually award points and issue fouls and warnings to the competitors.
2. The head referee is the only one who can officially stop the match by calling for a "time out". (A competitor calls time out running out of bounds and making a "T" with their hands). The referee will then yell STOP, and call time out to the time keeper.
3. The head referee begins a match by calling competitors into position with "Fighting Stance", followed by "Ready -- Go". The official match time then begins.
4. The head referee should announce in a loud clear voice all official decisions, and shall indicate with voice and gestures, the competitor affected by any decisions made by the head referee.
5. Only the head referee may call an "Out of Bounds". Opponents are awarded 1 point when a competitor runs out of bounds three times during a match. Competitors must be warned the first and second time for running out of bounds.

Judging Referee

1. The judging referee (or ring judge) has basically two responsibilities: to call points and to call fouls.
2. The judging referee and head referee must stay on their side of the ring. They can follow the ring action by moving from side to side with the competitors.
3. When a point or foul has been committed, the judging referee should yell "STOP" in a loud clear voice. When the head referee says "JUDGES CALL" the judging referee votes for a fighter to receive a point by quickly extending the arm out head high towards that particular competitor. To vote for a foul, the above position is attained except when the head referee says "JUDGES CALL", the extended arm is pointed down towards the floor and in the direction of that particular competitor. The vote for a disqualification is the same as a foul, except that the referee says "DISQUALIFICATION" in a loud, clear voice while pointing to the floor in the direction of that particular competitor.
4. The judging referee should hold their voting position until the head referee has acknowledged their call.
5. If the judging referee feels a mistake has been made by the head referee, a time out is called and a "REVOTE" asked to be taken. To call "TIME", the judging referee, first calls "STOP", and then calls "TIME" to the head referee, who will then call "TIME OUT" to the ring time keeper.

YELLOW TO ORANGE BELT REQUIREMENTS

YELLOW BELT EQUIPMENT: NASKA approved sparring gear (available on our website or from your instructor).

SIGNATURES: 8 classes/1 tournament. 1 tournament prep.

YELLOW BELT TECHNIQUE DESCRIPTIONS:

1. **Jab** – Front arm chamber. Jab with front hand using first two knuckles (arm goes in straight line) Chamber back.
2. **Back Leg Front Kick** – Lift heels up to go on ball of foot, pivot toward target, back leg chamber, kick with ball of foot (toes to ceiling), chamber back, fighting stance.
3. **Hook Punch** – Step up, bend arm 90 degrees and shift weight to back leg. Pivot with front leg, hook punch across palm down, chamber arm back, fighting stance.
4. **Hook Kick** – Step up, chamber toes up and side kick at angle. Hook kick with bottom of foot and chamber back.
5. **Check Low, Backfist** – Step back, palm heel strike down, step up, backfist strike, step back to fighting stance.

YELLOW BELT KATAS:

H-Form #2 -- The pattern is the same as H-Form #1 except that each time a down block is executed it is followed by a high riser block with the same arm.

H-Form #3 -- The pattern is the same as H-Form #2 except that each time a high riser block is executed it is followed by a front kick with the back leg. H-Form #3 is the kata you will be doing at the tournament as a yellow belt.

H-Form #4 -- The pattern is the same as H-Form #1 except that instead of a down block forward stance, execute a back stance / back fist block, then lunge punch in a forward stance.

SPARRING COMBINATIONS:

Low – High Roundhouse Kick / High Backfist Strike

Low – High Roundhouse Kick / High Backfist Strike / Low Punch

Low – High Roundhouse Kick / High Backfist Strike / Low Punch / High Roundhouse Kick

YELLOW BELT KNOWLEDGE HISTORY OF KARATE

As part of your belt test, you will be given a True or False test on the paragraphs below.

To fully understand karate, it is important to know of its historical development. The origin and development of today's karate will be taught in a perspective that will enable one to better understand the purpose of karate and how its techniques became the art of today. Until the 1950's Karate was practiced mostly in the orient and Far East. It has now gained widespread attention throughout the entire world. In the United States, karate's popularity has been enhanced through movies, television, demonstrations, tournaments, books, and magazines.

Egypt

The oldest records of unarmed combat are the hieroglyphics from the Egyptian pyramids which depicted Egypt's military men using fighting techniques that resembled modern boxing.

India

The origin of karate as an organized system of self defense is undetermined. However, as a martial art, karate began in India thousands of years ago. Stories of warriors, princes, and gods who accomplished incredible battlefield feats with their bare hands are written in Indian folklore.

China

An Indian Buddhist monk named Bodhidharma first introduced karate and its techniques to China. Bodhidharma found the monks of the Shaolin Temple in poor physical condition due to hours of kneeling and meditation. Bodhidharma taught the monks a system that is known today as Shoalin Temple Boxing. Kung Fu, also called Chinese boxing, differs greatly from western styles of combat. The philosophy of Kung Fu has its roots in Zen Buddhism and Taoism.

SOUTHEAST ASIA

Karate techniques branched from China to neighboring Southeast Asia.

Okinawa

Okinawa was one of the most influential countries contributing to the development of modern day karate. The year 1609 is the most important date in the historical growth of karate. Okinawa failed to give Japan materials for its attack against China in 1592. In 1609 the militaristic Japanese Satsuma Clan of Southern Kyushu, marched into Okinawa. All Okinawan weapons were confiscated and a ban on the possession of all weapons, and metals was imposed. Bitterness arose from this severe action. As a result, fights often occurred between the islanders and foreigners. In these battles the Okinawans were forced to use primitive weapons or bare hands and feet.

Japan

Mr. Funakoshi, the founder of modern karate, first introduced karate to Japan in 1917 through a series of exhibitions. The demand for karate was great and Funakoshi began organizing karate teams and teaching hundreds of people in Japan.