

## RED BELT THROUGH JR BLACK BELT STUDY SHEET

Jr Red Belt & Jr Black Belt requirements for advancement in belt rank are listed below. Eligible students must exhibit a good attitude at home, school, and in karate class. At red belt level students will practice advanced techniques, self-defense, leadership skills, refereeing skills, kata, point-sparring, and continuous-sparring.

### KNOW 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**.

### KNOW BELT RANKS

For juniors, after 3<sup>rd</sup> Purple there are six degrees of red belt, then two degrees of Jr Black Belt. For seniors, after 3<sup>rd</sup> purple the ranks are as follows: **3<sup>RD</sup> DEGREE BROWN, 2<sup>ND</sup> DEGREE BROWN, 1<sup>ST</sup> DEGREE BROWN, 1<sup>ST</sup> DEGREE BLACK BELT, THEN 2<sup>ND</sup>, 3<sup>RD</sup>, 4<sup>TH</sup>, 5<sup>TH</sup>, 6<sup>TH</sup>, AND 7<sup>TH</sup> DEGREE BLACK BELT**. Adult black belt rank is signified by the **NUMBER OF STARS** on the instructor's uniform patch.

**EVENTS:** One tournament or sparring seminar at every rank. **Red Belts should also attend 3 self-defense seminars before ranking to 1<sup>st</sup> Degree Jr. Black Belt.**

**CONDITIONING:** Minimum 70 pushups & 70 leg ups. Three 2 minute rounds of jump rope. Three 2 minute rounds of shadow boxing.

**IMPORTANT:** Red Belts should attend at least 3 self-defense seminars before ranking to 1<sup>st</sup> Degree Jr. Black Belt.

#### 1<sup>st</sup> Red to Advanced 1<sup>st</sup> Red

1 tournament or sparring event

Know study terms & all previous techniques plus:

- Lead Leg Outside Crescent Kick - Jump Spinning Back Kick  
*Bo Staff. Available in class*

#### Adv 1<sup>st</sup> Red to 2<sup>nd</sup> Red

1 tournament or sparring event

Essay: Bill Superfoot Wallace

Know study terms & all previous techniques plus:

- Inverted Roundhouse Kick - Jump Front Crescent Kick

#### 2<sup>nd</sup> Red to Advanced 2<sup>nd</sup> Red

1 tournament or sparring event

Know study terms & all previous techniques plus:

- Jump Back Leg Roundhouse Kick - Tornado Kick

#### Advanced 2<sup>nd</sup> Red to 3<sup>rd</sup> Red

1 tournament or sparring event

Essay: Chuck Norris

Know study terms & all previous techniques plus:

- Back Leg Side Kick - Spinning Side Kick

#### 3<sup>rd</sup> Red to Advanced 3<sup>rd</sup> Red

1 tournament or sparring event

Know study terms & all previous techniques plus:

- One Step Flying Side Kick - Spinning Hook Kick

#### Advanced 3<sup>rd</sup> Red to 1<sup>st</sup> Degree Jr Black Belt

1 tournament or sparring event

Essay: How Karate has Affected my Life

Know study terms & all previous techniques plus:

- Three Step Flying Side Kick - Spinning Hook Kick

#### 1<sup>st</sup> Degree Jr Black Belt to Advanced 1<sup>st</sup> Degree Jr BB

1 tournament or sparring event

Know study terms & all previous techniques plus:

- Jump Spinning Hook Kick 360  
- Reverse Spinning Backfist Strike

#### Advanced 1<sup>st</sup> Degree Jr BB to 2<sup>nd</sup> Degree Jr Black Belt

1 tournament or sparring event

Essay & Presentation on your Volunteer Project

Know study terms & all previous techniques plus:

- Spinning Roundhouse Kick - Switch Kick Roundhouse