

# 1<sup>ST</sup> RED TO JR. 2<sup>ND</sup> DEGREE BLACK BELT STUDY SHEET

## Minimum requirements

Eligible students must exhibit an excellent attitude inside and outside the classroom. Belt tests will consist of conditioning, techniques, combinations, kata demonstration, equipment bag check, and verbal knowledge of the study terms. All tests are cumulative. *Students must also meet attendance requirements for class, seminars, and tournaments.*

As a red belt, a minimum of 1 tournament per semester plus:

- A total of 1 seminar is required before or at the rank of 2<sup>nd</sup> Degree Red Belt.
- A total of 2 seminars are required before or at the rank of 3<sup>rd</sup> Degree Red Belt.
- A total of 3 seminars are required before or at the rank of Advanced 3<sup>rd</sup> Degree Red Belt.
- A total of 4 seminars and 1 volunteer project are required before or at the rank of Advanced 1<sup>st</sup> Jr BB to test to 2<sup>nd</sup> Degree Jr. Black Belt.

## 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 the belt order listed below. 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.

# RED BELT AND JR BLACK BELT EQUIPMENT CHECKLIST

Equipment may be purchased from your instructor or online (RedTigerKarate.com)

- Uniform, mouthpiece, cup/supporter (boys)
  
- Name professionally lettered on back of karate top.
  
- All-American Society of Karate Eagle & Red Tiger patches sewn on uniform.  
Affordable sewing services available from your instructor.
  
- Complete set of NASKA approved sparring gear including:
  - Head Gear with Faceshield
  - Hand Gear
  - Shin Gear
  - Foot Gear
  
- Speed jump rope

# 1<sup>ST</sup> RED TO JR. 2<sup>ND</sup> DEGREE BLACK BELT TECH & ESSAYS

**IMPORTANT:** Maintaining signature sheets, kata demonstration, seminar and tournament participation are essential to rank up in addition to the requirements below:

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

1 tournament or sparring event

- Lead Leg Outside Crescent Kick
- Jump Spinning Back Kick

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

*Essay: Bill Superfoot Wallace*

1 tournament or sparring event

- Inverted Roundhouse Kick
- Jump Front Crescent Kick

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

1 tournament or sparring event

1 seminar before or at 2<sup>nd</sup> Red

- Jump Back Leg Roundhouse Kick
- Tornado Kick

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

*Essay: Chuck Norris*

1 tournament or sparring event

- Back Leg Side Kick - Spinning Side Kick

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

NOTE: 2 semesters as 3<sup>rd</sup> Red

2 tournaments or sparring events

Total of 2 seminars before or at 3<sup>rd</sup> Red

- One Step Flying Side Kick
- Spinning Hook Kick

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

*Essay: How Karate has Affected my Life*

NOTE: 2 semesters as Advanced 3<sup>rd</sup> Red

2 tournaments or sparring events

Total of 3 seminars before or at Adv 3<sup>rd</sup> Red

- Three Step Flying Side Kick
- Spinning Hook Kick

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

1 semester as 1<sup>st</sup> Jr BB

1 tournament or sparring event

Total of 4 seminars before or at Adv 1<sup>st</sup> Jr BB

- Jump Spinning Hook Kick 360
- Reverse Spinning Backfist Strike

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

*Essay & Presentation on your Volunteer Project*

1 semester as Adv 1<sup>st</sup> Black Belt.

1 tournament or sparring event

Total of 4 seminars before or at Adv 1<sup>st</sup> Jr BB

- Spinning Roundhouse Kick
- Switch Kick Roundhouse

## **ESSAYS BY RANK:**

At Adv 1<sup>st</sup> Red – Bill “Superfoot” Wallace

At Adv 2<sup>nd</sup> Red – Chuck Norris

At Adv 3<sup>rd</sup> Red to 1<sup>st</sup> Degree Jr Black Belt  
*How karate has affected my life*

At Adv 1<sup>st</sup> Jr. BB to 2<sup>nd</sup> Degree Jr Black Belt  
*Essay & presentation on your volunteer project*