

# JUNIOR WHITE-YELLOW BELT STUDY SHEET

This sheet is also on our “Newsletter” page. Belt tests take place toward the end of the semester and dates are posted on the Newsletter page. There is an additional fee for belt test. A written Nomination will be texted or passed out to eligible students about two weeks before belt test. If you feel you or your child should qualify and did not receive a nomination, please text/call us at 817-845-1557.

Student requirements for promotion in belt rank are listed below. Note that parents will not be allowed in the testing room but will be welcomed in during the belt tying ceremony for pictures.

Belt tests will consist of conditioning, technique demonstration, and verbal knowledge of the study terms. It is also important students have shown a good attitude at home, school, and in class.

## DETAILS

Example of verbal quiz during belt test: An instructor will ask a student, “What is the most important part of your training?” The student should say, “To have a good attitude.” Students will answer the question with what is in bold caps below:

WHITE & YELLOW BELT KNOWLEDGE The most important part of your training is to have 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**.

In general, students demonstrate techniques as a group.

## WHITE BELT TESTING TO YELLOW

- 1 tournament or sparring seminar as a white belt. Know study terms above.
- At least 10 reps of each exercise.
- Techniques: Back Fist Strike, Punch, Side Kick, Roundhouse Kick, Check Hi, Middle Block, Check Low.
- Students should have uniform, mouthpiece and cup/supporter (boys). Available from instructor.

## YELLOW BELT TESTING TO ORANGE

- 1 tournament or sparring seminar as a yellow belt. Know study terms above.
- At least 20 reps of each exercise.
- Techniques: Jab, Back Leg Front Kick, Hook Punch, Hook Kick.
- Student should have name on back of uniform (see instructor for details).