



Stronger You Karate Curriculum

White Belt Requirements



Technique


Japanese


1st Stripe


Stances	Attention stance Ready stance Horse stance De-escalation stance (Juniors > Safety stance)	Heisoku Dachi Hachiji Dachi Kiba Dachi
Skills	First 10 Hand Movements	
SD Adult	Wrist Escapes (Basic Wrist Circles) Violence Continuum Use of Force Continuum	


2nd Stripe

Stances	Fighting Stance	Moro Ashi Dachi
Skills	27 Hand Techniques	Te Waza
Kicks	Knee Kick Groin Kick Front Kick Back Kick	Hittsui Geri King Geri Mae Geri Ushiro Geri
SD Adult	Break Falls (Back, Front, Side)	
SD Junior	Break Falls (Back, Front)	


3rd Stripe

Stances	Front Stance	Zenkutsu Dachi
Kata	San Ten No Kata	Sho
SD Adult	Ground 1: Leg takedown Ground 2: Leg takedown to control	
SD Junior	Think Yell Run Fight Tell	


Black Stripe

	Minimum of 20 classes Complete review	
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Yellow Belt Requirements




1st Stripe


2nd Stripe


3rd Stripe


Black Stripe

Technique

Japanese

Basics	Palm Strike	Teisho
Kata	First Cause	Taikyoku Shodan
SD Adult	Basic Choke Escape Intuition and Perception Colour Codes of Awareness	
Kicks	Side Kick Hook Kick (Follow through) (Retracting) Round Kick	Yoko Geri Ura Ushiro Mawashi Geri Mawashi Geri
SD Adult	Kihon Kumites 1 and 2 Ground 3: Headlock escape Think Yell Run Fight Tell	
SD Junior	Kihon Kumites 1 and 2 Side Break falls	
Kata	San Ten No Kata	Ni
Stances	Back Stance L Stance	Kokutsu Dachi Renoji Dachi
Kata	First Peaceful Mind	Heian Shodan
SD A/J	Pencil Roll Escape	
	Minimum of 40 classes Complete review	





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Orange Belt Requirements



	Technique	Japanese
 1 st Stripe	Stances Hook Stance Crane Stance	Kosa Dachi Gankaku Dachi
	Basics	Morote Uke
	Kata	San Ten No Kata
	Kicks	San
	SD Adult	Skipping Back Kick Spinning Back Kick
	SD Junior	Outer Reaping Throw Advanced Choke Escape
 2 nd Stripe	Kata	A Battle on Four Fronts Shi Ho Hai
	SD Adult	Kihon Kumites 3 and 4 Ground 4: Standard rape defense Ground 5: High low defense Ground 6: Striking defense Confrontation and De-escalation
	SD Junior	Kihon Kumites 3 and 4
 3 rd Stripe	Kata	Second Peaceful Mind Heian Nidan
	Kicks	Double Kicks
	SD Adult	Specific Target Striking Non-Verbal Tactics
	SD Junior	"Put me down" – Physical tactics against an adult attacker Beginning Sparring
 Black Stripe	Minimum of 60 classes Complete review	









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Green Belt Requirements



	Technique	Japanese
 1 st Stripe	Stances Cat Stance Hourglass Stance Inward Ready Stance	Niko Ashi Dachi Sanchin Dachi Uchi Hachiji Dachi
	Kicks Crescent Kick Inside Snapping Block	Mikazuki Geri Nami Ashi
	Kata First Iron Horse	Tekki Shodan
	SD A/J Hip Throw with Sweep	
 2 nd Stripe	Kicks Spinning Hook Kick	
	Kata Third Peaceful Mind	Heian Sandan
	SD Adult Kihon Kumites 5 and 6 Ground 7: Outside the guard to armbar Ground 8: Outside the guard reversal to armbar Relationship and Known Attacker Violence	
	SD Junior Kihon Kumites 5 and 6	
 3 rd Stripe	Kata 24 Steps	Ne Si Shi Sho
	SD Adult Advanced Wrist Escapes (including from Inverted Grab) Bear Hug	
	SD Junior Wrist Circles	
 Black Stripe	Minimum of 80 classes Start Teaching Complete review	









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Purple Belt Requirements



	Technique	Japanese
 1 st Stripe	Kicks	Shin Rake Kick Fumikomi
	Kata	Thirteen Hands Seisan
	SD Adult	Verbal Assertiveness Push Push to Takedown (2) Lapel Escapes
	SD Junior	Getting off the track
 2 nd Stripe	Kata	Second Iron Horse Tekki Nidan
	SD Adult	Kihon Kumites of your own Headlock Escapes (4)
	SD Junior	Kihon Kumites of your own
 3 rd Stripe	Kata	Fourth Peaceful Mind Heian Yondan
	SD Adult	Ground 9: Turtle from the side Ground 10: Turtle from the back Ground 11: Turtle from the front Rear Mugging Escapes
	SD Junior	Using my voice (Doormats/Meanies)
 Black Stripe	Minimum of 100 classes Minimum of 35 teaching hours Complete review	





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Brown Belt Requirements



Technique


Japanese


1st Stripe


Kata	San Ten No Kata To Storm a Fortress	Yon Bassai Dai
SD Adult	Wrist Lock Takedowns	
SD Junior	Critical Observation	


2nd Stripe

Kata	Third Iron Horse	Tekki Sandan
SD Adult	Defense Against Weapons	
SD Junior	"Hands Off" – Evading grabs and chokes	


3rd Stripe

Kata	Fifth Peaceful Mind	Heian Godan
SD Adult	Ground 12: Armbar reversal	
SD Junior	Intro to ground	
History of Karate		


Red Stripe

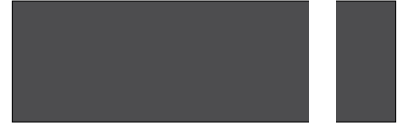
Minimum of 120 classes Minimum of 100 teaching hours Complete review		
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Shodan Requirements



Technique

Japanese

Kata	Required	Look to the Sky A City	Kanku Dai Choksan
	One of	Polished Mirror Flying Swallow	Meikyo Empi
Breakdown Sets		First Peaceful Mind A Battle on Four Fronts Second Peaceful Mind Third Peaceful Mind 24 Steps	Heian Shodan Shi Ho Hai Heian Nidan Heian Sandan Ne Si Shi Sho
Kicks		Flying Front Kick (Rear leg) Jump Pump Front Kick (Front leg) Flying Side Kick	Mae Toby Geri Yoko Toby Geri
Self Defense		Critical Observation Quick Lock Come Alongs: Finger Locks 1. Come Along 2. Slingshot 3. Palm to Floor Wrist Lock Take Down Ground 13: Finger Lock Ground 14: Z Bend	
Red Stripe 		Essay Minimum of 120 classes per year Minimum of 2 years Minimum age of 14 Consistent Teaching Complete review	






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Nidan Requirements



Technique

Japanese

Kata	Required	The Temple To Pull Off Balance San Ten No Kata	Jion Seiyunchin Go
	One of	To Part the Clouds A Shipwrecked Sailor	Unsu Chinto
	Kata of own choosing	May be created or historical	
Self Defense	Rendering Assistance		
Research	Application and History Submit a paper on or teach a class on the application of movements of or the history of a particular kata from our system. The paper should be no less than 500 words or the class should be an hour.		
Red Stripe 	Minimum of 120 classes per year Minimum of 3 years Minimum age of 18 Consistent Teaching Complete review		






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Technique

Japanese

Kata	Incredible Hands Crane on a rock	Chinte Gankaku
Seminar	Must present a seminar or series of classes not less than 3 hours on a subject of own choosing for the Karate student body (children or adults). The seminar must be well researched and taught in a clear and thoughtful manner. Please have the topic approved by Sensei.	
Red Stripe 	Minimum of 120 classes per year Minimum of 4 years Minimum age of 22 Consistent Teaching Complete review	




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Technique

Japanese

Kata	King's Crown 54 Moves (Major)	Wankan Gojushiho Dai
Research	Read and review a martial arts book.	
Red Stripe 	Minimum of 120 classes per year Minimum of 5 years Minimum age of 30 Consistent Teaching Complete review	






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Godan Requirements



Technique

Japanese

Kata	Nijushiho Jitte
Red Stripe 	Minimum of 120 classes per year Minimum of 6 years Consistent Teaching Complete review




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6th Dan Requirements



Technique

Japanese

Kata	Hangetsu Sochin
Red Stripe 	Minimum of 120 classes per year Minimum of 7 years Consistent Teaching Complete review




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7th Dan Requirements



Technique

Japanese

Kata	Bassai Sho Kanku Sho
Red Stripe 	Minimum of 120 classes per year Minimum of 8 years Consistent Teaching Complete review

