



**OFFICAL JUNIOR
MANUAL**



OFFICAL JUNIOR MANUAL

Student: _____

Instructor: _____

Date: _____

Central Texas Karate

Central Texas Karate (CTK) is an organization developed to teach martial arts to the community at an affordable cost. The goal of CTK is to offer classes through community education programs, recreation centers, and other community-based centers.

- *Central Texas Karate is associated with the All American Society of Karate*, which has been teaching martial arts in Texas for more than 30 years with schools in Austin, Dallas, San Antonio, and Houston.
- *The founders of the CTK have been training in martial arts since 1990*
- *Central Texas Karate teaches American karate*, an evolving system with new ideas and fresh approaches to the art, sport and self-defense aspects of karate.

The CTK program is divided into junior classes and adult classes, both of which focus on basic techniques, sparring, and self-defense. Children from 5–12 participate in junior classes, taught with an emphasis on self-confidence, self-discipline, and physical fitness. CTK instructors focus on meeting the needs of their students in a supportive way.

Adult classes are offered for students beginning at age 13, and some students train into their 80s. Parents with students in the junior program often join the adult program after watching Central Texas Karate instructors teach in a fun, professional manner.

Classes run on a 9–12 week schedule and meet one night a week, with the opportunity for students to participate in tournaments and advance through belt tests. Central Texas Karate also offers additional camps and seminars to keep furthering the student's educational experience through the martial arts.

Welcome To Central Texas Karate

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 American Karate. Our year-round program focuses on the art, sport, and self-defense aspects of karate. We offer a complete white through black belt system taught in an upbeat and positive atmosphere.

Parents are responsible for knowing our weekly announcements. Please arrive about 15 minutes before class so your child can go to the restroom, tie belt, and take shoes off, etc. before class bow in. Your child will not receive the hour credit towards belt test if they are late. If small siblings are watching class, please try to keep them as quiet as possible and away from the training areas. Also, please take cell phone calls outside. Do not try to help your child during class and do not come out onto the dojo floor. This will enable the students to focus their attention on the instructor. We do encourage you to help your child practice at home.

Before sitting down in class you need to report to your instructor and sign in by stating your First Name, Last Name, Ma'am or Sir in a loud clear voice, followed by a good karate bow.

Tournaments, belt tests, ninja camps, and martial art shows are special optional events that make training exciting for the students. There are additional fees for these events. We have a tournament once per semester (four times per year). They are "winners' tournaments" where every contestant earns an award, which helps develop self-esteem and confidence. Please emphasize to your child that winning is not as important as good sportsmanship & doing his or her best. Tournaments are not a requirement for class participation, but are required to advance in rank. Belt tests usually take place two weeks after the tournament. To be eligible for belt test, the student must have the minimum class hours, tournament requirements, been doing well at home/school, and have a good attitude in karate class. Nominations are awarded to eligible students a week after each tournament. Belt tests are not a requirement for class.

Class Room Etiquette

Respect:

- Students should always address instructors as Mr., Sir, or Ms., Ma'am as appropriate.
- No horseplay before, during, or after class.
- Children should not run up and down the floor before or after class.

Before Class:

- Class starts on time, be early to be ready to begin class
- Have your complete uniform ready to go, you may wear your uniform pants and a t-shirt before class starts
- Uniform top is only worn with the belt and the pants

During Class:

- When entering class bow before entering the room
- Line up according to rank; highest to the left
- Do not wear jewelry or chew gum
- No talking
- Always practice with safety and respect toward your instructor and especially your classmates

After Class:

- Make sure that you leave your area clean
- Help instructor with any other clean up
- Bow when leaving the class

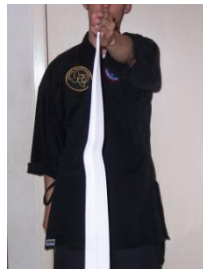
Uniform

HOW TO TIE

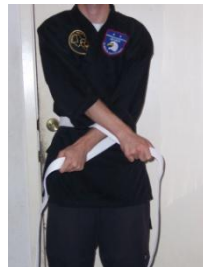
- Put jacket on, Left Lapel goes on top / Ties are at the hips



- Middle in front / Wrap behind back



- Make an 'X' / Tuck under both wraps / Make another 'X'



- Tuck under / Pull ends tight



UNIFORM REQUIREMENTS

- All **BLACK** uniform required
- **FRIST NAME IN 2" WHITE BLOCK LETTERING**
- CTK patch goes on the right chest / All-American patch goes on the left chest



- Wash uniform in cold water no bleach
- **DO NOT WASH THE BELT**

UNIFORM PATCHES

- Junior students who have earned straight A's or at the most two B's on their school report cards are eligible for an **"A-Team" patch** (worn on the left sleeve).
- Students who win first place tournament awards within one year will be eligible to wear a **Black Ace patch** (worn on the right sleeve).
- There is an additional cost for A-Team and Black Ace patches.

SPECIAL UNIFORMS

- **Red Belts** may wear an **all blue** uniform
- Demo team members may wear the demo uniform only at official demo practices and competitions
- No mix matching different uniform tops and bottoms
- No unauthorized patches
- Special permissions may be made for friends and family of CTK to wear special uniforms in classes, tournaments, etc.

Equipment Needed

White Belt

Mouth Piece & Cup (for boys only)

Yellow Belt

Orange Belt

Foot Gear

Green Belt

Blue Belt

*Hand Gear

1st Purple Belt

Jump Rope

2nd Purple Belt

3rd Purple Belt

*Head Gear w/ Shield

1st Red Belt

Blue Uniform

2nd Red Belt

Bo Staff

3rd Red Belt

See Instructor to obtain Items

*Optional gear not required but suggested

BELT TEST STUDY SHEET

Junior student requirements for advancement in belt rank are listed below. Advancing in rank is optional. There is an additional fee to Belt Test. A Rank Test Announcement will be passed out to eligible students the week after the tournament. Each student will need a parent's permission to test. Eligible students must have exhibited a good attitude at home, school, and in karate class.

Study Terms:

The founder of modern day karate was a man named **Funakoshi**. Karate began in the country of **India** in the year **500 A.D.** Karate is a Japanese word that means **empty hands**. The style of karate you study is **American Karate**. The father of American Karate was **Ed Parker**. Karate is divided up into three groups: **Art**, **Sport**, and **Self-Defense**. The art part is made up of formal exercises called **Katas**. The most important characteristics in katas are **breathing** and **tension**. The most important parts of sparring are **timing** and **distance**. The goal of karate is to train your **mind**, **body**, and **spirit**. The belt ranking system is: **White**, **Yellow**, **Orange**, **Green**, **Blue**, **three degrees of Purple**, **three levels of Red**, **Black**. Karate techniques are made up of **kicks**, **punches**, **strikes**, and **blocks**. **Judo** is made up of different types of **throwing techniques**. The most important part of your training is **conditioning**. The most important aspect of your training is having a **good attitude**.

CTK CURRICULUM

White Belt:

Fighting Stance	Backfist Strike
Side Kick	Roundhouse Kick
Check-High	Punch

Yellow Belt:

Knife-Hand Strike	Front Kick
3 Roundhouse Kicks	
Body Block	Back Ridge-Hand Strike

Orange Belt:

Lead Ridge-Hand Strike	Back Kick
5 Roundhouse Kicks	
Check-Low	Hook Kick

Green Belt:

Jab	Jump Front Kick
7 Roundhouse Kicks	
Back-Leg Side Kick	Hook / Roundhouse Kick

Blue Belt:

Hook Punch	Jump Side Kick
9 Roundhouse Kicks	
Back-Leg Roundhouse Kick	Crescent Kick

1st Purple Belt:

Spinning Backfist Strike	Jump Back-Leg Roundhouse kick
2 Sets of Side / Round	Hook Kick
Back-Leg Hook Kick	Lead Reverse Crescent

2nd Purple Belt:

Inside Roundhouse Kick	Jump Hook Kick
3 Sets of Side / Roundhouse / Hook Kick	
Spinning Side Kick	Lead Reverse Crescent

3rd Purple Belt:

Axe Kick	Flying Side Kick
4 Sets of Side / Roundhouse / Hook Kick	
Spinning Roundhouse Kick	Spinning Reverse Crescent Kick

1st Level Red

Jump-Spinning Reverse Crescent Kick	Turning-Jump Crescent Kick
5 Sets of Side / Roundhouse / Hook Kick	
Spinning Hook Kick	Sliding Low / High Roundhouse Kick / Backfist / Punch

2nd Level Red:

Jump-Spinning Side Kick	Turning-Jump Roundhouse Kick
6 Sets of Side / Roundhouse / Hook Kick	
Spinning Hook Kick / Back-Leg Roundhouse Kick	Sliding Side / Hook Kick Back Ridge-Hand / Lead-Ridge Hand Strike

3rd Level Red:

Reverse Turning-Jump Side Kick	Jump-Spinning Hook Kick
7 Sets of Side / Roundhouse / Hook Kick	
Spinning Crescent / Crescent / Turning-Jump Crescent Kick	Axe / Sliding Roundhouse Kick / Jab / Back-Ridge Hand Strike

WHITE									
Backfist Strike	8	slide up	step in	raise elbow	strike out	snap back	fighting stance	slide back	step back
Side Kick	7	slide up / pivot foot		raise knee	kick out	snap back	foot down	step back	
Roundhouse Kick	7	slide up / pivot foot		raise knee	kick out	snap back	foot down	step back	
Check-High	4	step back	lean back	check	return				
Punch	8	slide up	step in	cover / pivot / punch			fighting stance	slide back	step back
YELLOW									
Knife-Hand Strike	8	slide up	step in	raise elbow	strike out	snap back	fighting stance	slide back	step back
Front Kick	7	turn foot / pivot		raise knee	kick out	snap back	foot down	step back	
Body Block	3	roll arms	touch elbows	return					
Back Ridge-Hand Strike	8	slide up	step in	cover / pivot / strike			fighting stance	slide back	step back
ORANGE									
Lead Ridge-Hand Strike	7	slide up	step in	raise arm	pivot / snap		slide back	step back	
Back Kick	8	pivot back	slide up	look	raise knee	kick out	snap back	foot down	step back
Check-Low	4	step back	chamber	check	return				
Hook Kick	7	slide up / pivot foot		raise knee	kick out	snap back	foot down	step back	
GREEN									
Jab	7	slide up	step in	chamber	punch out	fighting stance	slide back	step back	
Jump Front Kick	7	turn foot / pivot		raise knee	jump / kick		foot down	step back	
Back-Leg Side Kick	7	turn foot / pivot		raise knee	pivot / kick out		snap back	step back	
Hook/Roundhouse Kick	8	slide up / pivot foot		raise knee	hook kick / chamber / roundhouse kick			foot down	step back
BLUE									
Hook Punch	7	slide up	step in	raise arm	pivot	fighting stance	slide back	step back	
Jump Side Kick	6	slide up	bend knees	jump / kick out		land	step back		
Back-Leg Roundhouse Kick	7	turn foot / pivot		raise knee	pivot / kick out		snap back	step back	
Crescent Kick	8	hand out / turn foot / pivot			raise knee	kick out	snap back	foot down	step back
1ST PURPLE									
Spinning Backfist Strike	8	cover	pivot back	spin / raise elbow		strike out	snap back	pivot back	step back
Jump Back-Leg Roundhouse Kick	7	slide up	bend knees	jump / pivot / kick out			land	step back	
Back-Leg Hook Kick	8	turn foot / pivot		raise knee		pivot / kick out	snap back	step back	
Reverse Crescent Kick	8	turn foot / pivot / cover / back hand out				raise knee	kick out	snap back	foot down

2ND PURPLE									
Inside Roundhouse Kick	7	slide up	pivot	raise knee	kick out	snap back	foot down	step back	
Jump Hook Kick	6	slide up	bend knees	jump / kick out		land	step back		
Spinning Side Kick	7	pivot back	spin / raise knee		kick out	snap back	spin back	step down	
Lead Reverse Crescent Kick	8	slide up	hand out / pivot		raise knee	kick out	snap back	foot down	return
3RD PURPLE									
Axe Kick	6	slide up	raise knee	kick out	swing down	foot down	step back		
Flying Side Kick	7	step / step / step pivot			jump	kick out	land	return	
Spinning Roundhouse Kick	7	pivot back	spin / raise knee		kick out	snap back	spin back	step down	
Spinning Reverse Crescent Kick	7	pivot back	spin / raise knee / hand out			kick out	snap back	step down	
1ST RED									
Jump-Spinning Reverse Crescent Kick	5	slide up	jump / spin		kick out	land			
Turning-Jump Crescent Kick	6	pivot back	spin / raise knee		jump	kick out	land		
Spinning Hook Kick	7	pivot back	spin / raise knee		kick out	snap back	spin back	step down	
Sliding Low/High Roundhouse Kick / Backfist/ Punch	7	slide feet together	low / high roundhouse kick		step down	backfist	punch	return	
2ND RED									
Jump-Spinning Side Kick	6	slide up	jump / spin		kick out	land	return		
Turning-Jump Roundhouse Kick	7	pivot back	spin / raise knee		jump	kick out	land		
Spinning Hook Kick/ Back-Leg Roundhouse	8	pivot back	spin / hook kick		step down	pivot	back-leg roundhouse kick		step down
Sliding Side / Hook Kick Back Ridge-Hand / Lead Ridge-Hand Strike	8	slide feet together	side kick / hook kick		step down	back ridge-hand / lead ridge-hand			return
3RD RED									
Reverse Turning-Jump Side Kick	7	pivot	raise knee	jump / spin		kick out	land		
Jump-Spinning Hook Kick	5	slide up	jump / spin		kick out	land	return		
Spinning Crescent / Crescent / Turning-Jump Crescent Kick	6	pivot back	spinning crescent		step down	crescent kick	step down	turn-jump crescent kick	
Axe / Sliding Roundhouse Kick / Jab / Back Ridge Hand Strike	6	slide up	axe kick	sliding roundhouse		step down	jab	back ridge-hand	

BELT TESTING GUIDELINES

- Grading
 - 5 = Excellent Technique
 - 4 = Satisfactory Technique
 - L = Looked at partner
 - B = Balance
 - T = Too Fast
 - S = Sloppy
 - H = Hesitate
 - 3 = Making one of the above mistakes
 - Jab vs. Punch / Side kick vs. Hook kick
 - 2 = Using the wrong hand or foot, but the technique is similar
 - 1 = Wrong Technique = W

Yellow Belt – Blue Belt Tests

- Graded on the best attempt
- Will be asked one or two study questions
- Graded only on current rank techniques

Purple Belt – Red Belt Test

- Test are cumulative starting from White Belt to current rank
- Graded on first attempt
- Balance drill will determine passing or failing
- Extra conditioning : increased push-ups and sit-ups, jump rope, shadow sparring
- Jump Rope
 - Student must jump a specified number of times
 - Jump rope will be timed
 - Goal is to complete each round in 1 minute
- Shadow Sparring
 - Each round will be 2 minutes
 - Round will be pre arranged combinations or free form
 - Goal is to kick at least 50 times
 - Multiple kicking combinations will be counted as individual kicks

JUNIOR YELLOW BELT TEST

NAME: _____
 GRADE: _____

HISTORY	1 2 3 4 5	1 2 3 4 5
TECHNIQUES	LEFT	RIGHT
FIGHTING STANCE	1 2 3 4 5	1 2 3 4 5
BACKFIST STRIKE	1 2 3 4 5	1 2 3 4 5
SIDE KICK	1 2 3 4 5	1 2 3 4 5
ROUNDHOUSE KICK	1 2 3 4 5	1 2 3 4 5
CHECK-HIGH	1 2 3 4 5	1 2 3 4 5
PUNCH	1 2 3 4 5	1 2 3 4 5

SCORE KEY

A = (1 – 7) B = (8 – 14) C = (15 – 21)
 (GRADE DETERMINED BY POINTS MISSED)

JUNIOR ORANGE BELT TEST

NAME: _____
 GRADE: _____

HISTORY	1 2 3 4 5	1 2 3 4 5
TECHNIQUES	LEFT	RIGHT
KNIFE-HAND STRIKE	1 2 3 4 5	1 2 3 4 5
FRONT KICK	1 2 3 4 5	1 2 3 4 5
3 ROUNDHOUSE KICKS	1 2 3 4 5	1 2 3 4 5
BODY BLOCK	1 2 3 4 5	1 2 3 4 5
BACK RIDGE-HAND STRIKE	1 2 3 4 5	1 2 3 4 5

SCORE KEY

A = (1 – 6) B = (7 – 12) C = (13 – 18)
 (GRADE DETERMINED BY POINTS MISSED)

JUNIOR GREEN BELT TEST

NAME: _____
 GRADE: _____

HISTORY	1 2 3 4 5	1 2 3 4 5
TECHNIQUES	LEFT	RIGHT
LEAD- RIDGE HAND STRIKE	1 2 3 4 5	1 2 3 4 5
BACK KICK	1 2 3 4 5	1 2 3 4 5
5 ROUNDHOUSE KICKS	1 2 3 4 5	1 2 3 4 5
CHECK-LOW	1 2 3 4 5	1 2 3 4 5
HOOK KICK	1 2 3 4 5	1 2 3 4 5

SCORE KEY

A = (1 – 6)

B = (7 – 12)

C = (13 – 18)

(GRADE DETERMINED BY POINTS MISSED)

JUNIOR BLUE BELT TEST

NAME: _____
 GRADE: _____

HISTORY	1 2 3 4 5	1 2 3 4 5
TECHNIQUES	LEFT	RIGHT
JAB	1 2 3 4 5	1 2 3 4 5
JUMP FRONT KICK	1 2 3 4 5	1 2 3 4 5
7 ROUNDHOUSE KICKS	1 2 3 4 5	1 2 3 4 5
BACK LEG SIDE KICK	1 2 3 4 5	1 2 3 4 5
HOOK KICK /	1 2 3 4 5	1 2 3 4 5
ROUNDHOUSE KICK		

SCORE KEY

A = (1 – 6)

B = (7 – 12)

C = (13 – 18)

(GRADE DETERMINED BY POINTS MISSED)

1st PURPLE BELT TEST

Name: _____

Date: _____

Conditioning: 6 – 8 – 10 _____

Techniques: 123 – 141 – 158 – 176 _____

Balance Drill: 6 – 8 – 10 Pass Fail

OVERALL GRADE: _____

Conditioning

20 Push-ups 1 2 3 4 5

20 Sit-ups 1 2 3 4 5

Techniques

Left Side

Right Side

Fighting Stance	1	2	3	(4)	5			1	2	3	(4)	5		
Backfist Strike	1	2	3	(4)	5			1	2	3	(4)	5		
Side Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Roundhouse Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Check-High	1	2	3	(4)	5			1	2	3	(4)	5		
Punch	1	2	3	(4)	5			1	2	3	(4)	5		
Knife-Hand Strike	1	2	3	(4)	5			1	2	3	(4)	5		
Front Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Body Block	1	2	3	(4)	5			1	2	3	(4)	5		
Back Ridge-Hand Strike	1	2	3	(4)	5			1	2	3	(4)	5		
Front Ridge-Hand Strike	1	2	3	(4)	5			1	2	3	(4)	5		
Back Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Check-Low	1	2	3	(4)	5			1	2	3	(4)	5		
Hook Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Jab	1	2	3	(4)	5			1	2	3	(4)	5		
Jump Front Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Back-Leg Side Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Hook / Roundhouse Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Hook Punch	1	2	3	(4)	5			1	2	3	(4)	5		
Jump Side Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Back-Leg Roundhouse Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Crescent Kick	1	2	3	(4)	5			1	2	3	(4)	5		

Balance Drill

9 Roundhouse Kicks 1 2 3 (4) 5 ☐ ☐ 1 2 3 (4) 5 ☐ ☐

Total: _____

A: 1 – 17 B: 18 – 34 C: 35 – 51

Tested by: _____

Comments: _____

2nd PURPLE BELT TEST

Name: _____

Date: _____

Conditioning: 6 – 8 – 10 _____

Techniques: 145 – 166 – 187 – 208 _____

Balance: 6 – 8 – 10 Pass _____

Fail _____

OVERALL GRADE: _____

Conditioning

30 Push-ups 1 2 3 4 5

30 Sit-ups 1 2 3 4 5

Jump Rope: _____

60

Time

Shadow

Sparring

Kicks

Techniques

Left Side

Right Side

Fighting Stance	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Backfist Strike	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Side Kick	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Roundhouse Kick	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Check-High	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Punch	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Knife-Hand Strike	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Front Kick	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Body Block	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Back Ridge-Hand Strike	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Front Ridge-Hand Strike	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Back Kick	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Check-Low	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Hook Kick	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Jab	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Jump Front Kick	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Back-Leg Side Kick	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Hook / Roundhouse Kick	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Hook Punch	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Jump Side Kick	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Back-Leg Roundhouse Kick	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Crescent Kick	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Spinning Backfist Strike	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Jump Back-Leg Roundhouse Kick	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Back-Leg Hook Kick	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>
Reverse Crescent Kick	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>	1	2	3	(4)	5	<input type="text"/>	<input type="text"/>

Balance Drill

2 Sets of Side / Roundhouse / Hook Kick 1 2 3 (4) 5

1 2 3 (4) 5

Total: _____

A: 1 – 21 B: 22 – 43 C: 44 – 64

Tested by: _____

Comments: _____

3rd PURPLE BELT TEST

Name: _____

Date: _____

Conditioning: 6 – 8 – 10 _____

Techniques: 168 – 192 – 216 – 240 _____

Balance: 6 – 8 – 10 _____

Pass _____

Fail _____

OVERALL GRADE: _____

Conditioning						Jump Rope:	Time	Shadow Sparring	Kicks
40 Push-ups	1	2	3	4	5	90			
40 Sit-ups	1	2	3	4	5	90			

Techniques	Left Side					Right Side				
Fighting Stance	1	2	3	(4)	5			1	2	3 (4) 5
Backfist Strike	1	2	3	(4)	5			1	2	3 (4) 5
Side Kick	1	2	3	(4)	5			1	2	3 (4) 5
Roundhouse Kick	1	2	3	(4)	5			1	2	3 (4) 5
Check-High	1	2	3	(4)	5			1	2	3 (4) 5
Punch	1	2	3	(4)	5			1	2	3 (4) 5
Knife-Hand Strike	1	2	3	(4)	5			1	2	3 (4) 5
Front Kick	1	2	3	(4)	5			1	2	3 (4) 5
Body Block	1	2	3	(4)	5			1	2	3 (4) 5
Back Ridge-Hand Strike	1	2	3	(4)	5			1	2	3 (4) 5
Front Ridge-Hand Strike	1	2	3	(4)	5			1	2	3 (4) 5
Back Kick	1	2	3	(4)	5			1	2	3 (4) 5
Check-Low	1	2	3	(4)	5			1	2	3 (4) 5
Hook Kick	1	2	3	(4)	5			1	2	3 (4) 5
Jab	1	2	3	(4)	5			1	2	3 (4) 5
Jump Front Kick	1	2	3	(4)	5			1	2	3 (4) 5
Back-Leg Side Kick	1	2	3	(4)	5			1	2	3 (4) 5
Hook / Roundhouse Kick	1	2	3	(4)	5			1	2	3 (4) 5
Hook Punch	1	2	3	(4)	5			1	2	3 (4) 5
Jump Side Kick	1	2	3	(4)	5			1	2	3 (4) 5
Back-Leg Roundhouse Kick	1	2	3	(4)	5			1	2	3 (4) 5
Crescent Kick	1	2	3	(4)	5			1	2	3 (4) 5
Spinning Backfist Strike	1	2	3	(4)	5			1	2	3 (4) 5
Jump Back-Leg Roundhouse Kick	1	2	3	(4)	5			1	2	3 (4) 5
Back-Leg Hook Kick	1	2	3	(4)	5			1	2	3 (4) 5
Reverse Crescent Kick	1	2	3	(4)	5			1	2	3 (4) 5
Inside Roundhouse Kick	1	2	3	(4)	5			1	2	3 (4) 5
Jump Hook Kick	1	2	3	(4)	5			1	2	3 (4) 5
Spinning Side Kick	1	2	3	(4)	5			1	2	3 (4) 5
Lead Reverse Crescent Kick	1	2	3	(4)	5			1	2	3 (4) 5

Balance Drill

3 Sets of Side / Roundhouse / Hook Kick	1	2	3	(4)	5			1	2	3 (4) 5		
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Total: _____

A: 1 – 24 B: 25 – 48 C: 49 – 72 _____

Tested by: _____

Comments: _____

1st LEVEL RED TEST

Name: _____

Date: _____

Conditioning: 6 – 8 – 10 _____

Techniques: 190 – 218 – 245 – 272 _____

Balance: 6 – 8 – 10 _____

Pass

Fail

OVERALL GRADE: _____

Conditioning						Jump Rope	Time	Shadow Sparring	Kicks
50 Push-ups	1	2	3	4	5	120			
50 Sit-ups	1	2	3	4	5	120			
						120			

Techniques	Left Side					Right Side				
Fighting Stance	1	2	3	(4)	5			1	2	3 (4) 5
Backfist Strike	1	2	3	(4)	5			1	2	3 (4) 5
Side Kick	1	2	3	(4)	5			1	2	3 (4) 5
Roundhouse Kick	1	2	3	(4)	5			1	2	3 (4) 5
Check-High	1	2	3	(4)	5			1	2	3 (4) 5
Punch	1	2	3	(4)	5			1	2	3 (4) 5
Knife-Hand Strike	1	2	3	(4)	5			1	2	3 (4) 5
Front Kick	1	2	3	(4)	5			1	2	3 (4) 5
Body Block	1	2	3	(4)	5			1	2	3 (4) 5
Back Ridge-Hand Strike	1	2	3	(4)	5			1	2	3 (4) 5
Front Ridge-Hand Strike	1	2	3	(4)	5			1	2	3 (4) 5
Back Kick	1	2	3	(4)	5			1	2	3 (4) 5
Check- Low	1	2	3	(4)	5			1	2	3 (4) 5
Hook Kick	1	2	3	(4)	5			1	2	3 (4) 5
Jab	1	2	3	(4)	5			1	2	3 (4) 5
Jump Front Kick	1	2	3	(4)	5			1	2	3 (4) 5
Back-Leg Side Kick	1	2	3	(4)	5			1	2	3 (4) 5
Hook / Roundhouse Kick	1	2	3	(4)	5			1	2	3 (4) 5
Hook Punch	1	2	3	(4)	5			1	2	3 (4) 5
Jump Side Kick	1	2	3	(4)	5			1	2	3 (4) 5
Back-Leg Roundhouse Kick	1	2	3	(4)	5			1	2	3 (4) 5
Crescent Kick	1	2	3	(4)	5			1	2	3 (4) 5
Spinning Backfist Strike	1	2	3	(4)	5			1	2	3 (4) 5
Jump Back-Leg Roundhouse Kick	1	2	3	(4)	5			1	2	3 (4) 5
Back-Leg Hook Kick	1	2	3	(4)	5			1	2	3 (4) 5
Reverse Crescent Kick	1	2	3	(4)	5			1	2	3 (4) 5
Inside Roundhouse Kick	1	2	3	(4)	5			1	2	3 (4) 5
Jump Hook Kick	1	2	3	(4)	5			1	2	3 (4) 5
Spinning Side Kick	1	2	3	(4)	5			1	2	3 (4) 5
Lead Reverse Crescent Kick	1	2	3	(4)	5			1	2	3 (4) 5
Axe Kick	1	2	3	(4)	5			1	2	3 (4) 5
Flying Side Kick	1	2	3	(4)	5			1	2	3 (4) 5
Spinning Roundhouse Kick	1	2	3	(4)	5			1	2	3 (4) 5
Spinning Reverse Crescent Kick	1	2	3	(4)	5			1	2	3 (4) 5

Balance Drill

4 Sets of Side / Roundhouse / Hook Kick	1	2	3	(4)	5			1	2	3 (4) 5		
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Total: _____

A: 1 – 27 B: 28 – 55 C: 56 – 84

Tested by: _____

Comments: _____

2nd LEVEL RED TEST

Name: _____

Date: _____

Conditioning: 6 – 8 – 10 _____

Techniques: 212 – 243 – 273 – 304 _____

Kata: 15 – 21 – 27 _____

Balance: 6 – 8 – 10 Pass Fail

OVERALL GRADE: _____

Conditioning					Jump Rope	Time	Shadow Sparring	Kicks
50 Push-ups	1	2	3	4 5	135			
50 Sit-ups	1	2	3	4 5	135			
					135			
Techniques					Left Side		Right Side	
Fighting Stance	1	2	3	(4) 5			1	2 3 (4) 5
Backfist Strike	1	2	3	(4) 5			1	2 3 (4) 5
Side Kick	1	2	3	(4) 5			1	2 3 (4) 5
Roundhouse Kick	1	2	3	(4) 5			1	2 3 (4) 5
Check-High	1	2	3	(4) 5			1	2 3 (4) 5
Punch	1	2	3	(4) 5			1	2 3 (4) 5
Knife-Hand Strike	1	2	3	(4) 5			1	2 3 (4) 5
Front Kick	1	2	3	(4) 5			1	2 3 (4) 5
Body Block	1	2	3	(4) 5			1	2 3 (4) 5
Back Ridge-Hand Strike	1	2	3	(4) 5			1	2 3 (4) 5
Front Ridge-Hand Strike	1	2	3	(4) 5			1	2 3 (4) 5
Back Kick	1	2	3	(4) 5			1	2 3 (4) 5
Check-Low	1	2	3	(4) 5			1	2 3 (4) 5
Hook Kick	1	2	3	(4) 5			1	2 3 (4) 5
Jab	1	2	3	(4) 5			1	2 3 (4) 5
Jump Front Kick	1	2	3	(4) 5			1	2 3 (4) 5
Back-Leg Side Kick	1	2	3	(4) 5			1	2 3 (4) 5
Hook / Roundhouse Kick	1	2	3	(4) 5			1	2 3 (4) 5
Hook Punch	1	2	3	(4) 5			1	2 3 (4) 5
Jump Side Kick	1	2	3	(4) 5			1	2 3 (4) 5
Back-Leg Roundhouse Kick	1	2	3	(4) 5			1	2 3 (4) 5
Crescent Kick	1	2	3	(4) 5			1	2 3 (4) 5

Total: _____

Techniques**Left Side****Right Side**

Spinning Backfist Strike	1	2	3	(4)	5			1	2	3	(4)	5		
Jump Back-Leg Roundhouse Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Back-Leg Hook Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Reverse Crescent Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Inside Roundhouse Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Jump Hook Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Spinning Side Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Lead Reverse Crescent Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Axe Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Flying Side Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Spinning Roundhouse Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Spinning Reverse Crescent Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Jump-Spinning Reverse Crescent Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Turning-Jump Crescent Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Spinning Hook Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Sliding Low / High Roundhouse Kick	1	2	3	(4)	5			1	2	3	(4)	5		
Backfist / Punch														

Balance Drill

5 Sets of Side / Roundhouse / Hook Kick	1	2	3	(4)	5			1	2	3	(4)	5		
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Total:

A: 1 – 30 B: 31 – 60 C: 61 – 90

Kata

H – Form 1	1	2	3	4	(5	6	7	8	9)	10
H – Form 2	1	2	3	4	(5	6	7	8	9)	10
H – Form 3	1	2	3	4	(5	6	7	8	9)	10

Tested by:**Comments:**

3rd LEVEL RED TEST

Name: _____

Date: _____

Conditioning: 6 – 8 – 10 _____

Techniques: 235 – 268 – 302 – 336 _____

Kata: 15 – 21 – 27 _____

Balance: 6 – 8 – 10 Pass Fail

OVERALL GRADE: _____

Conditioning					Jump Rope	Time	Shadow Sparring	Kicks
50 Push-ups	1	2	3	4 5	150			
50 Sit-ups	1	2	3	4 5	150			
					150			
Techniques					Left Side		Right Side	
Fighting Stance	1	2	3	(4) 5			1	2 3 (4) 5
Backfist Strike	1	2	3	(4) 5			1	2 3 (4) 5
Side Kick	1	2	3	(4) 5			1	2 3 (4) 5
Roundhouse Kick	1	2	3	(4) 5			1	2 3 (4) 5
Check-High	1	2	3	(4) 5			1	2 3 (4) 5
Punch	1	2	3	(4) 5			1	2 3 (4) 5
Knife-Hand Strike	1	2	3	(4) 5			1	2 3 (4) 5
Front Kick	1	2	3	(4) 5			1	2 3 (4) 5
Body Block	1	2	3	(4) 5			1	2 3 (4) 5
Back Ridge-Hand Strike	1	2	3	(4) 5			1	2 3 (4) 5
Front Ridge-Hand Strike	1	2	3	(4) 5			1	2 3 (4) 5
Back Kick	1	2	3	(4) 5			1	2 3 (4) 5
Check-Low	1	2	3	(4) 5			1	2 3 (4) 5
Hook Kick	1	2	3	(4) 5			1	2 3 (4) 5
Jab	1	2	3	(4) 5			1	2 3 (4) 5
Jump Front Kick	1	2	3	(4) 5			1	2 3 (4) 5
Back-Leg Side Kick	1	2	3	(4) 5			1	2 3 (4) 5
Hook / Roundhouse Kick	1	2	3	(4) 5			1	2 3 (4) 5
Hook Punch	1	2	3	(4) 5			1	2 3 (4) 5
Jump Side Kick	1	2	3	(4) 5			1	2 3 (4) 5
Back-Leg Roundhouse Kick	1	2	3	(4) 5			1	2 3 (4) 5
Crescent Kick	1	2	3	(4) 5			1	2 3 (4) 5

Total: _____

Techniques**Left Side****Right Side**

Spinning Backfist Strike	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Jump Back-Leg Roundhouse Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Back-Leg Hook Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Reverse Crescent Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Inside Roundhouse Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Jump Hook Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Spinning Side Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Lead Reverse Crescent Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Axe Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Flying Side Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Spinning Roundhouse Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Spinning Reverse Crescent Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Jump-Spinning Reverse Crescent Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Turning-Jump Crescent Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Spinning Hook Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Sliding Low / High Roundhouse Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Backfist / Punch														
Jump-Spinning Side Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Turning-Jump Roundhouse Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Spinning Hook Kick / Back-Leg	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
Roundhouse Kick														
Sliding Side / Hook Kick / Back Ridge-Hand	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
/ Lead Ridge Hand Strike														

Balance Drill

6 Sets of Side / Roundhouse / Hook Kick	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	(4)	5	<input type="checkbox"/>	<input type="checkbox"/>
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Total:

A: 1 – 33 B: 34 – 36 C: 37 – 96

Kata

H – Form 1	1	2	3	4	(5	6	7	8	9)	10
H – Form 2	1	2	3	4	(5	6	7	8	9)	10
H – Form 3	1	2	3	4	(5	6	7	8	9)	10
H – Form 4	1	2	3	4	(5	6	7	8	9)	10
Tokumine no Kon	1	2	3	4	(5	6	7	8	9)	10

Tested by:**Comments:**

Instructor: _____

1. All students are personally responsible for obtaining signatures at the end of class.
2. Any hours not initials at class man be forfeited
3. To be eligible for rank test students must have the required amount of classes and tournaments
4. Students must also be able to pass all parts of their test: Techniques, Conditioning, and Kata.

[illegible]

1ST LEVEL RED BELT

[illegible]

2ND LEVEL RED BELT

[illegible]

3RD LEVEL RED BELT

[illegible]

JUNIOR BLACK BELT

[illegible]