

Belt Order	
White	8th Kyu
Yellow	7th Kyu
Green	6th Kyu
Blue	5th Kyu
Purple	4th Kyu
Brown III	3rd Kyu
Brown II	2nd Kyu
Brown I	1st Kyu
Black I	Shodan
Black II	Nidan
Black III	Sandan
Black IV	Yondan
Black V	Godan



Sullivan's Karate School
Blue belt rank book
5th Kyu

Sparring

- Point areas
 - Head - Ribs
 - Chest - Groin
- Each technique is worth one point.
- 1st person to 3points or 5 points is the winner depending on belt level.
- It takes the majority of judges to agree on a point.
- Sparring is light contact.
- Points can be awarded to the other competitor if excessive contact is used.

Name: _____

Age: _____ Phone Number: _____

Stances	Taught	Stripe	Home
Narrow Back Stance			
Wide Back Stance			

Strikes

Bent Wrist			
Tiger Claw			
Forearm Strike			
Back Hand			
Uppercut			
Ridge Hand			
Bear Claw			

Blocks

Back Hand Block			
Forearm Block			
Hook Block			
Bent Wrist Block			

Kicks

Front Thrust kick			
Rear Kick			
Front Stomp Kick			

Self Defense

Bear Hug			
Push Defense			
Target Areas			

Can tie own belt			
Previous Techniques			

Patterns	Taught	Stripe	Home
<ol style="list-style-type: none"> 1. Hook block 2. Roundhouse kick 3. Double hammerfist 4. Knee 5. Cover 			

Life Skills

When the student is able to show a life skill, please sign your name for that life skill. During a stripe day students that have a life skill signed off by a parent will receive a stripe for that life skill.

Life Skill	Parent Signature
Academic	
Discipline	
Respect	

Checklists are found on our website
www.sullivanskarateschool.com/information

Goal Setting:

Without taking the time to think about success, one may or may not achieve it.

I will be ready to test for my next belt in _____ sessions.

I will practice: _____
