

| 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   |

**Martial arts etiquette**

- Students should arrive to class on time.
- When entering and leaving the dojo students should bow.
- Students should bow before and after practice with a partner.
- Jewelry should not be worn during training.
- Students should wear their full training uniform at all times during class unless otherwise instructed.
- Always respond "Yes, Sensei / No, sensei " when answering.



**Sullivan's Karate School**  
**Yellow belt rank book**  
**7<sup>th</sup> Kyu**

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Phone Number: \_\_\_\_\_

[www.sullivanskarateschool.com](http://www.sullivanskarateschool.com)

| Stances                 | Taught | Stripe | Home |
|-------------------------|--------|--------|------|
| Formal Attention Stance |        |        |      |
| Get Ready Stance        |        |        |      |
| Side Fighting Stance    |        |        |      |
| Forward Fighting Stance |        |        |      |

### Strikes

|               |  |  |  |
|---------------|--|--|--|
| Forward Punch |  |  |  |
| Reverse Punch |  |  |  |
| Hammer Fist   |  |  |  |
| Split Fingers |  |  |  |

### Blocks

|                   |  |  |  |
|-------------------|--|--|--|
| High Rising Block |  |  |  |
| Middle Block      |  |  |  |

### Kicks

|                   |  |  |  |
|-------------------|--|--|--|
| Front Instep Kick |  |  |  |
| Side Thrust Kick  |  |  |  |

### Self Defense

|                       |  |  |  |
|-----------------------|--|--|--|
| Rear Shoulder Grab    |  |  |  |
| One-handed Wrist Grab |  |  |  |
| Two-handed Wrist Grab |  |  |  |

### Pattern

|  |  |  |  |
|--|--|--|--|
| <ol style="list-style-type: none"> <li>1. High rising block</li> <li>2. Front instep kick</li> <li>3. Hammer fist to shoulder</li> <li>4. Reverse punch to chest</li> <li>5. Forward punch to chest</li> <li>6. Cover</li> </ol> |  |  |  |
|--|--|--|--|

| Basics      | Taught | Stripe | Home |
|-------------|--------|--------|------|
| Proper Bow  |        |        |      |
| Proper Fist |        |        |      |
| Chambering  |        |        |      |

### 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](http://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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_