

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
1st Degree Brown belt rank book

1st Kyu

Characteristics of a leader

- Know yourself and seek self-improvement.
- Seek responsibility and take responsibility for your actions.
- Make sound and timely decisions.
- Set the example.
- Be a good loser.
- Be a good winner.
- Be there when people need you.

Name: _____

Age: _____ Phone Number: _____

Kata

Sepai		
Bunkai of Saifa		

Self defense

2 man self defense		
Continual self defense		
Can add extensions to patterns		
Can add prefixes to patterns		
Can insert techniques into the middle of patterns		
Can defend against "what ifs"		

Sparring

Can center a sparring match		
Can breakdown fighters		

Takedowns

Hip throw		
Shoulder throw		
Foot sweep		
Single leg takedown		

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.sullivan-skarateschool.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: _____
