

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

Rules for multiple attackers

- Don't be there.
- Get into a fighting stance.
- Attack the most aggressive person.
- Exploding and cutting the circle.
- Keep moving.
- Take any opportunity for escape that presents itself.
- If an opportunity occurs to put one attacker in front of the other, take it.
- Do not fight everyone at once if possible.



Sullivan's Karate School **2nd Degree Brown belt rank book**

2nd Kyu

Name: _____

Age: _____ Phone Number: _____

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Self Defense

Ground Defense		
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Kata

Saifa		
Sanchin		
Bunkai of Gekisai Ichi		
Bunkai of Gekisai Ni		

Falls

Front break fall		
Back Break fall		
Side Break Fall		
Rolling Break fall		

Bonus Kicks

Spinning side kick		
Spinning crescent		
Spinning heel		
Spinning back kick		
Flying front snap kick		
Flying side thrust kick		
Flying roundhouse kick		

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: _____
