

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

Sparring

- Point areas
 - Head
 - Chest
 - Ribs
 - 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.



**Sullivan's Karate School
Blue belt rank book**

5th Kyu

Name: _____

Age: _____ Phone Number: _____

Stances	Taught	Practiced	Stripe
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			
Bunkai Saifa (first half)			

Fitness	Taught	Practiced	Stripe
7 push-ups			
10 curl-ups			

Kata

Gekisai Dai Ichi (basic)			
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Fundamentals

Can tie own belt			
Target areas			

Term	Meaning	Term	Meaning
ichi	1	roku	6
ni	2	shichi	7
san	3	hachi	8
shi or yon	4	kyuu	9
go	5	juu	10

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

Session: _____