

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

Guidelines for weapons defense

- It should be noted that armed weapons defense is extremely dangerous and should only be used in a life or death situation.
- Try to talk to the person.
- Give into their demands.
- Try to walk away peaceably.
- If that does not work you must be prepared to defend yourself.



Sullivan's Karate School
3rd Degree Brown Belt Rank Book

3rd Kyu

Name: _____

Age: ____ Phone Number: _____

Self Defense

Full Nelson		
Shirt Grabs		
Arm locks		
Wrist locks		
Choke Holds		

Kata

Gekisai Ni		
Bunkai of Gekisai Ichi		

Footwork

Step through center		
Replacement Step		
Cross step		
Hip Rotation		

Techniques

Importance of Breathing		
Why we chamber our hand		
Rules of blocking		
Proper punching technique		
Rules of pressure points		

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: _____
