

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
Green belt rank book
6th Kyu

Strangers

- A stranger is NOT just someone who looks scary; a stranger is anyone you do not know!
- Strangers should ask adults for help, they should never ask kids!
- Do not talk to people you do not know!
- Stay away from strangers.
- Ask parents before you go with anyone.
- Never take anything from a stranger.
- Never tell a stranger your phone number or address.

Name: _____

Age: _____ Phone Number: _____

Stances	Taught	Practiced	Stripe
Get Ready to Kick			
Crane			
Cross Step			

Strikes

Hook			
Palm Hand			
Knife Hand			
Elbow			
Vertical Fist			
Backfist			
Extended Knuckles			

Blocks

Palm Hand			
Knife Hand			
Roundhouse			

Kicks

Knee			
Snap			
Roundhouse			

Self Defense

Hair Grab			
Headlock			
Bunkai second half			

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

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

Term

Meaning

Go	Hard
Ju	Soft
Goju Ryu	The Way of Hard and Soft
Rei	Bow
Hajime	Begin
Obi	Belt
Onegai shimasu	Please teach me
Arigato gozaimashita	Thank you for teaching me

Session: _____