

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	Stripe	Home
Formal Attention Green Belt			
Get Ready To Kick Stance			
Crane Stance			

Strikes

Hook Punch			
Vertical Fist			
Palm Hand Strike			
Elbow (5)			
Extended Knuckles			
Knife Hand			
Back fist			

Blocks

Palm Hand Block			
Knife Hand Block			
Roundhouse Block			

Kicks

Front Snap Kick			
Roundhouse Kick			
Knee			

Self Defense

Hair Grab Defense			
Head-lock Defense			

Previous techniques			
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Pattern	Taught	Practiced	Stripe
1. Knife hand block 2. Front snap kick 3. Extended Knuckles 4. Reverse punch 5. Forward punch 6. Cover			

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: _____
