

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

What is Kata?

- Kata is defined as a prearranged series of blocks, kicks and strikes against one or more opponents in a fighting situation.
- Kata is a way for an already competent practitioner to remember the principal techniques when practicing alone.
- Repetition is the key to success in katas.



Sullivan's Karate School

Purple belt rank book

4th Kyu

Name: _____

Age: _____ Phone Number: _____

Stances	Taught	Stripe	Home
Sanchin Stance			
Duck Feet Stance			

Strikes

Double Punch			
Extended Fingers			
Extended First Knuckle			
Wrist Bone			
Extended Middle Knuckle			
Lunge Punch			

Blocks

Hammer Fist Block			
Cross Hand Blocks			
Elbow Block			

Kicks

Foot Sweep			
Side Knife Edge Kick			

Self Defense

Basic ground defense			
Mount			
Guard			
Side			

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

Kata

Gekisai Dai Ni (basic)			
Gekisai Dai Ichi (advanced)			
Second half Saifa Bunkai			

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: _____