

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			
Extended First Finger			
Extended Two Fingers			

Blocks

Foot Block (Sole)			
Hammer Fist Block			
Cross Hand Block			
Elbow Block			

Kicks

Crescent Kick			
Side Knife Edge Kick			
Heel Kick			

Self Defense

Basic ground defense			
Perform patterns on both sides			

Kata

Gekisai Ichi			
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Previous techniques			
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Pattern	Taught	Stripe	Home
<ol style="list-style-type: none"> 1. Palm hand block 2. Punch to ribs 3. Punch to head 4. Ridge hand to face 5. Cover 			

<ol style="list-style-type: none"> 1. Palm hand block 2. Reverse punch 3. Knife hand strike 4. Palm hand strike 5. Elbow 6. Cover 			
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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: _____
