

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

Martial arts etiquette

- Students should arrive to class on time.
- When entering and leaving the dojo students should bow.
- Students should bow before and after practice with a partner.
- Jewelry should not be worn during training.
- Students should wear their full training uniform at all times during class unless otherwise instructed.
- Always respond "Yes, Sensei / No, sensei " when answering.



Sullivan's Karate School
Yellow belt rank book
7th Kyu

Name: _____

Age: _____ Phone Number: _____

Stances	Taught	Practiced	Stripe
Formal Attention Stance			
Get Ready Stance			
Side Fighting Stance			
Forward Fighting Stance			

Strikes

Forward Punch			
Reverse Punch			
Hammer Fist			
Split Fingers			

Blocks

High Rising Block			
Middle Block			
Low Block			

Kicks

Front Instep Kick			
Side Thrust Kick			

Self Defense

One-handed Wrist Grab			
Two-handed Wrist Grab			
Bunkai first half			
Foot work Forward and back			

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

Fundamentals

Proper Bow			
Proper Fist			
Chambering			

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

Sensei	Instructor
Senpai	Senior student
Karate	Empty hands
Dojo	Martial arts school
Gi	Uniform
Obi	Belt

Session: _____