



MU KYU—9th Kyu White Belt Requirements		
Requirement	Description	
Hand Strikes	Front, Reverse Punch and Back Fist	
Kicking	Front Kick and Side Kick	
Stances	Horse and Kumite Stances	
Blocks	Down and Rising Block	
Kata	Tora Ichi Kata	
Self Defense	Lapel Grab I	
	Double Wrist Grab I	
Red Stripe	Complete Requirements	
Blue Stripe	Complete Requirements	
Black Stripe	Complete Requirements	
Training Time	2 Months Since 10th Kyu	



HACHI KYU—8th Kyu Yellow Belt Requirements		
Requirement	Description	
Hand Strikes	Hammer Fist, Over Head Knife Hand	
Kicking	Roundhouse and Crescent Kicks	
Stances	Front and Back Stance	
Blocks	Middle Outside Block	
Kata	Kihon ni Kata	
Self Defense	Cross Wrist Grab I	
	Straight Wrist Grab I	
Red Stripe	Complete Requirements	
Blue Stripe	Complete Requirements	
Black Stripe	Complete Requirements	
Training Time	2 Months Since 9th Kyu	



SHICHI KYU—7th Kyu Yellow Belt Requirements		
Requirement	Description	
Hand Strikes	Cross Elbow Strike, Drop Elbow Strike	
Kicking	Hook and Axe Kicks	
Stances	Back Stance	
Blocks	Middle Inside Block and Palm Heel Blocks	
Kata	Terigoku no Kata	
Self Defense	Hair Grab	
	Bear Hug	
Red Stripe	Complete Requirements	
Blue Stripe	Complete Requirements	
Black Stripe	Complete Requirements	
Training Time	2 Months Since 8th Kyu	



ROKU KYU—6th Kyu Yellow Belt Requirements		
Requirement	Description	
Hand Strikes	Uppercut and Quick Jab	
Kicking	Back Kick and Double Round Kick	
Stances	Cat Stance, Sochin Stance	
Blocks	All Basic Karate Blocks	
Kata	Shiawase no Kata	
Self Defense	Rear Choke & Head Lock	
	Proper Falling & Osoto Gari Throw	
Red Stripe	Complete Requirements	
Blue Stripe	Complete Requirements	
Black Stripe	Complete Requirements	
Training Time	2 Months Since 7th Kyu	