






CHILDREN'S KARATE-JITSU BELT PROGRAM

STRIPE 1	STRIPE 2	STRIPE 3	YELLOW	STRIPE 1	STRIPE 2	STRIPE 3	ORANGE
Etiquette, history, terms	Etiquette, history, terms	Etiquette, history, terms	→ Physical requirements → Etiquette, history, terms	→ Confrontational rule #1-2 → School principle #1-2	→ Confrontational rule #1-4 → School principle #3-5	→ Japanese #1 to 15 → Etiquette, history, terms	→ Physical requirements → Etiquette, history, terms
→ Tying belt & body gear	→ Kneeling & standing	→ Sitting position, stand up	Break fall	Break fall	Roll & Break fall	Rolls & Cart wheel	Roll
→ Entering & leaving Dojo	→ Kneel & Mokuso (meditate)	→ Lying down, stand in base	(1) Side (2) Back (3) Push up	(1) Slide off partner, BF back	(1) Front (2) Back (3) Off part.	(1) Aikido roll (2) Cart wheel	(1) Distance (2) Height
→ Rule of engagement #1 & 2	→ Rule of engagement #3 & 4	→ Rule of engagement # 1 - 5	Anti-bullying Controls	Controls	Locks	Mount escapes	Control & Locks
Rolls	Rolls	Shrimp Move	(1) Snake bite (2) Shark bite (3) Snake squeeze, top position	Trap & Roll (1) Remove hooks (2) Standard variation (3) Head lock variation (4) Punch block variation	Straight arm locks (1) Standard variation (2) Side 'S' variation	Elbow/Knee escapes (1) Standard variation (2) Heel drag variation (3) Fish Hook variation	1. Trap & Roll : # 1 - 4 2. Take the back : # 1 - 2 3. Straight-arm locks : # 1 - 2 4. Americana arm locks : # 1 - 2 5. Elbow/Knee escapes : # 1 - 3
Forward roll, 3 X	Backward roll, 3 X	(1) Forwards (2) Backwards	(4) Airplane to Spider hands (5) Bulldozer (6) Crazy horse (7) Guard monster, he gets up (8) Base battle (9) Sneaky hand (10) Duck/Shoot (11) Crazy legs (12) Croc control, top position	Take the back (1) Modified 'S' position (2) Loose back, remount tech.	Americana (1) Standard variation (2) Neck hug variation		
Anti-bullying Controls	Anti-bullying Controls	Anti-bullying Controls	Karate basics	Karate basics	Karate basics	Karate basics	Karate basics
Spider hands Right & Left side, 3 X each side (1) Low swim (2) High swim	Bulldozer Right & Left side, 3 X each side (1) Tries to grab your foot	Duck & Shoot (1) Get to mount position (2) Clap, duck/shoot, he resists	Zigzag Cat step (1) Front zigzag cat step (2) Backward zigzag cat step	Chop (1) Front chop (2) Back chop	Double hammer Right & Left side	Round house kick Front & Back leg	→ All Kenkokan basics → Side to side (1) Chop (2) Elbow (3) Round kick (4) Back kick (5) Side kick
Shark bite Right & Left side, 3 X each side (1) Hands ON you or floor (2) Hands NOT on you or floor	Crazy horse - 5 seconds (1) Stay on the crazy horse (2) Try to get on crazy horse	Crocodile control - 7 seconds Right & Left side (1) Get to mount position	Kicking form Phase 1 - Body motion Phase 2 - Segmented kick Phase 3 - Dynamic kick	Elbow strike Right & Left side	Knee kick #1: Cat step back, back knee #2: Hug, use front knee #3: Grab, circular knee	Back round kick Right & Left side	→ Escapes # 1 - 5
		Base battle - 5 seconds Right & Left side (1) Pushed (2) Pulled	Combo & Tic-Toc on Bogu	Side kick Right & Left side	Basic escapes # 1, 2 & 3	Jumping front kick Right & Left side	
Karate basics	Karate basics	Karate basics	Kata / Forms - Complete	Kata / Forms	Kata / Forms	Kata / Forms	Kata / Forms - Complete
Stances (1) Natural stance (2) Closed stance (3) Open stance	Turning form (1) Front right & left (2) Back right & left	Stances (1) Front stance (2) Back stance (3) Cat stance	Nai Han Chin, 1 side completed	Nijushiho - 1 st ¼	Nijushiho - ½	Nijushiho - 3 rd ¼	Nai Han Chin & Nijushiho
Walking form (1) Forward walking form (2) Backward walking form	Punching form Phase 1 - Both hands Phase 2 - One fist turn heel Phase 3 - All in one motion	Cat Step (1) Forward cat step (2) Backward cat step	Kumite	Kumite	Kumite	Kumite	Kumite - Both sides
Kata / Forms	Kata / Forms	Kata / Forms	Go Hono Ichi & Ni - Both sides	Go Hono San - Offensive	Go Hono San - Both sides	Renshu Ichi - Both sides	Go Hono 1, 2, 3 & Renshu Ichi
Nai Han Chin - 1 st ¼	Nai Han Chin - ½	Nai Han Chin - 3 rd ¼	Other requirements	Tournament	Tournament	Tournament	Other requirements
Kumite	Kumite	Kumite	→ Fights : 2 Koshiki & 2 ground	Participate 1 tournament	Participate 1 tournament	Participate 1 tournament	→ Fights : 2 Koshiki & 2 ground
Go Hono Ichi - Offensive side	Go Hono Ichi - Both sides	Go Hono Ni - Offensive side	→ Participate 1 tournament				→ Participate 1 tournament
Tournament	Tournament	Tournament					
Participate 1 tournament	Participate 1 tournament	Participate 1 tournament					Sept. 2016. G. Manoli 5 th Dan