



TEEN & ADULT KARATE-JITSU BELT PROGRAM

YELLOW – 6 th KYU	ORANGE – 5 th KYU	GREEN – 4 th KYU	GREEN – 3 rd KYU	BROWN – 2 nd KYU	BROWN – 1 st KYU
<ul style="list-style-type: none"> ➔ Physical requirements ➔ Etiquette, martial history, terms 	<ul style="list-style-type: none"> ➔ Physical requirements ➔ Etiquette, martial history, terms 	<ul style="list-style-type: none"> ➔ Physical requirements ➔ Japanese terms written exam (50) 	<ul style="list-style-type: none"> ➔ Physical requirements ➔ Japanese terms written exam (50) 	<ul style="list-style-type: none"> ➔ Physical requirements ➔ Japanese terms written exam (100) 	<p style="text-align: center;">PHASE #1</p> <ol style="list-style-type: none"> Physical requirements All previous belt level Kata's Kata Happiken Kumite Sankakutobi Nidan Ichi Gokyo Te Waza Nage Waza – Throwing forms (#1-9) Double ankle sweep: <ul style="list-style-type: none"> (A) Standard variation (B) Kick var. Koshiki fights with Bogu & Men - 3 Grappling fights - 3 Technical challenge - # in 45 seconds Assist in children's class: 1 trimester
Break fall, Shrimp move	Rolls & Break falls	Rolls & Break falls	Punch Block Series (6)	Positional control, sweep & pass (4)	
<p><u>Break fall – Right & Left side</u></p> <ol style="list-style-type: none"> Side/lateral break fall Backward break fall Push up, roll, break fall <p><u>Shrimp</u></p> <ol style="list-style-type: none"> Forward shrimp Backward shrimp 	<p><u>Roll & Break fall – Right & Left side</u></p> <ol style="list-style-type: none"> Front roll, break fall Back roll, break fall <p><u>Rolls & Cart wheel</u></p> <ol style="list-style-type: none"> Aikido roll, no break fall Roll ➔ ↑ Cart Wheel 	<p><u>With partner</u></p> <ol style="list-style-type: none"> Roll over partner, break fall Slide off backward, break fall <p><u>Alone</u></p> <ol style="list-style-type: none"> Fall forward, break fall Roll backwards, stand up 	<ol style="list-style-type: none"> Punch block series stage #1, 2, 3, 4, & 5 Roll over technique 	<ol style="list-style-type: none"> Take the back when in your guard Elevator sweep: Standard variation Elevator sweep: Head lock variation Double under hook guard pass 	
Positional controls (5)	Escapes & positional controls (5)	Positional control & Chokes (5)	Locks & chokes (2)	Locks & chokes (2)	
<ol style="list-style-type: none"> Trap & Roll: Standard variation Trap & Roll: Punch block variation Trap & Roll: Head lock variation Hook removal, Trap & roll to top pos. Anchor & base: Low & high swim 	<ol style="list-style-type: none"> Elbow knee escape: Standard variation Elbow knee escape: Fish hook Elbow knee escape: Heel drag Taking back: Modified 'S' position Remount technique: Loosing back 	<ol style="list-style-type: none"> Head lock counter: Prevent get up Head lock counter: Back Mount finish Head lock counter: Arm lock finish Rear Naked Choke: Strong side Rear Naked Choke: Weak side 	<ol style="list-style-type: none"> Leg ▲ choke: Stage 1.5 variation Cross arm bar: Low variation 	<ol style="list-style-type: none"> Leg ▲ choke: Giant killer Cross arm bar: High variation 	
Arm Locks (2)	Arm Locks (2)	Twisting Arm Control (2)	Kenkoku Basics	Kenkoku Basics	
<ol style="list-style-type: none"> Americana lock: Standard variation Straight arm lock: Standard variation 	<ol style="list-style-type: none"> Americana lock: Neck hug variation Straight arm lock: Side 'S' variation 	<ol style="list-style-type: none"> Twisting arm control <ul style="list-style-type: none"> (A) Back mount finish, Rear Choke (B) Arm lock finish 	<ol style="list-style-type: none"> All Kenkoku basics (A) Fake back round kick to round kick (B) Step in back kick (C) Axe kick 	<p>All Kenkoku basics</p> 	
Kenkoku Basics	Kenkoku Basics	Kenkoku Basics / Bogu	Kenkoku Kumite	Kenkoku Kumite	
<ol style="list-style-type: none"> All Kenkoku Basics Combinations performed on Bogu Tic-Toc basics performed on Bogu 	<ol style="list-style-type: none"> Kenkoku basics + Jumping front kick Escapes # 1 – 5 <u>Side to side</u> <ul style="list-style-type: none"> (A) Chop (B) Elbow (C) Round kick (D) Back round kick (E) Side kick 	<ol style="list-style-type: none"> All Kenkoku basics (A) Hook kick (B) Jumping side kick (C) Two level round house kick Escapes & counter #1 – 5 on Bogu 	<ol style="list-style-type: none"> All previous belt level Kumite's Randori Go Sankakatobi Shodan Ichi Go Kyono Te Waza 	<ol style="list-style-type: none"> All previous belt level Kumite's Randori Ni Nage Waza (Throwing forms #1 - 9) Go Kyono Ashi Waza 	
Kenkoku Kata (1)	Kenkoku Kata (2)	Kenkoku Kata (4)	Kenkoku Kata (6)	Kenkoku Kata (7)	
<p>Nai Han Chin, Right & Left side</p>	<p>Naihanchin Ni Ju Shi Ho</p>	<ol style="list-style-type: none"> All yellow & orange belt Kata's Heian Ichi Heian Yon 	<ol style="list-style-type: none"> All previous belt level Kata's San Chin Koshiki Nai Han Chin – one side 	<ol style="list-style-type: none"> All previous belt level Kata's Sankakatobi Shodan Ichi Koshiki Nai Han Chin – Both sides 	
Other requirements (3)	Other requirements (3)	Other requirements (3)	Other requirements (4)	Other requirements (4)	
<ol style="list-style-type: none"> Koshiki fights with Bogu & Men - 2 Grappling fights - 2 Participate in 1 Koshiki tournament 	<ol style="list-style-type: none"> Koshiki fights with Bogu & Men - 2 Grappling fights - 2 Participate in 1 Koshiki tournament 	<ol style="list-style-type: none"> Koshiki fights with Bogu & Men - 2 Grappling fights - 2 <ul style="list-style-type: none"> (A) Side control (B) In his guard Participate in 1 Koshiki tournament 	<ol style="list-style-type: none"> Assist in children's class: 1 trimester Koshiki fights with Bogu & Men - 3 <ul style="list-style-type: none"> (A) Use weak side only (B) Opponent standing, you on floor (C) Anything goes – stand & ground Grappling fights - 3 <ul style="list-style-type: none"> (A) Both start standing (B) He is in your ½ guard (C) Both can strike Participate in 1 Koshiki tournament 	<ol style="list-style-type: none"> Assist in children's class: 1 trimester Koshiki fights with Bogu & Men - 3 <ul style="list-style-type: none"> (A) Legs only (B) Hands only (C) 2 opponent's vs. 1 Grappling fights - 3 <ul style="list-style-type: none"> (A) He has side control (B) He has your back (C) He mounted you Participate in 1 Koshiki tournament 	
Sept. 2016. G. Manoli 5th Dan					<p style="text-align: center;">PHASE #2</p> <ol style="list-style-type: none"> Physical requirements All previous belt level Kumite's Kumite Sankakutobi Nidan Gokyo Ashi Waza Kata Nai Han Chin Ichi Goshin Jitsu (Self-defense #1 – 8) <ul style="list-style-type: none"> 1 hand lapel grab (6); Head lock (4) Front 2 hand choke (4); Full Nelson (2) Back forearm choke (2) 2 & 1 wrist grab (4 e) Fr/Rear: Hair pull (2 e); Bear hug (4 e) Hook sweep <ul style="list-style-type: none"> (A) Stands, hook sweep (B) Stands, side mount Koshiki fights with Bogu & Men - 3 Grappling fights - 3 Tech. challenge: Strike moving ball Assist in children's class: 1 trimester <p style="text-align: center;">PHASE #3</p> <ol style="list-style-type: none"> Physical requirements Kata Koshiki Bassai Tanto Jitsu (Knife defense #1 – 9) 2 vs. 1 (Grabbed #1 – 6) Jiu-jitsu: (A) Cross arm bar: ▲ var. (B) Kimura: Rider & forced variation Koshiki fights with Bogu & Men - 3 Grappling fights - 3 Technical challenge: Put out candle (s) Assist in children's class: 1 trimester <ul style="list-style-type: none"> ➔ Essay & Martial exploits ➔ Physical endurance & Mind set