

**Academy of Martial Arts & Fitness
Belt Test Requirements**

Executive Director

J. Pat Burleson

American Karate
Boxing

1st National Karate
Champion

Honorary Directors

Steve Armstrong

American Okinawa
Isshin Ryu – Judo

Jim Harrison

Karate – Aiki Jutsu
Judo – Kickboxing

Joe Lewis

Okinawan Karate
1st U.S. Kickboxer

Gene Le Bell

Boxing – Wrestling
Karate – Judo

Dr. Mounq Gyi

Bando – Burma Arts

Edmond Parker

Father of American
Kenpo

Chuck Norris

Tang – SooDo
American Karate – Judo
Ju-Jutsu

Bob Wall

Okinawan Martial Arts
Tang – SooDo

Ju-Jutso

Jhoon Goo Rhee

Father of American
Tae Kwon Do

Robert Trias

Father of
American Martial Arts

Bill Wallace

Karate – Boxing
Kickboxing



This book belongs to: _____

School or program location: _____

**GOAL SHEET
and
PROMOTION RECORD**

Started Karate Classes _____

	Goal	Promotion
<i>Yellow</i>	_____ -	_____
<i>Gold</i>	_____ -	_____
<i>Orange</i>	_____ -	_____
<i>Green</i>	_____ -	_____
<i>Blue</i>	_____ -	_____
<i>Purple</i>	_____ -	_____
<i>Brown</i>	_____ -	_____
<i>Red</i>	_____ -	_____
<i>Red/Black</i>	_____ -	_____
<i>Black</i>	_____ -	_____

ACADEMY OF MARTIAL ARTS & FITNESS



Dear Student,

Congratulations on joining the Academy of Martial Arts & Fitness. This testing requirements manual was designed exclusively for our students. Please take personal care of your manual by keeping it clean, neat, updated, and kept in a safe place.

The testing requirements manual enables you to record your Martial Arts training history. This should include goals, belt test scores (green belt and above only), documentation of seminars, tournaments, demonstrations, and/or other Martial Arts activities you participate in. Your testing booklet is an essential part of your training. You will be required to bring your booklet to all belt tests.

We appreciate you taking the responsibility of maintaining your booklet and your dedication to your Martial Arts training. Remember, you are an incredible individual and you can achieve anything you put your mind, body, and spirit into.

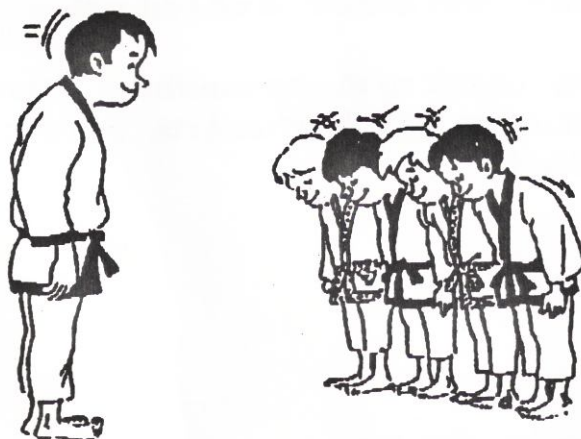
Sincerely,

A handwritten signature in black ink that reads "Calvin P. Shelby IV". The signature is written in a cursive style with a long horizontal flourish at the end.

**Calvin P. Shelby IV
Academy of Martial Arts & Fitness**

Japanese and Korean Terminology

- Chario** (Attention) – Stand up without moving, heels and toes together with arms and hands at side, looking straight ahead. Left foot moves toward stationary right foot.
- Gi** Uniform
- Goman** (End) – Command to conclude training at end of form or technique; students should then go to ready stance.
- Joonbee** (Ready) – Stance at beginning or conclusion of training; different positions for each form.
- Kata** (Form) – Predetermined, choreographed martial arts routine involving kicks, stances, punches, and blocks to build concentration through imagery and physical training.
- Kyungee** (Salute) – Bow 45 degrees at the hip while eyes are looking straight ahead.
- Shejak** (Begin) – Command to start training.
- Shio** (At Ease) – Both hands behind at low back with thumbs interlocked as at “Parade Rest” position, relax, feet in ready stance position moving only the foot.



Respect is fun!

STUDENT CREED

**To build true confidence through
knowledge in the mind,
honesty in the heart, and
strength in the body.**

To keep friendship with one another and

Help build a strong community.

Never fight to achieve selfish ends,

but to develop might for right.

CURRICULUM

A. ACADEMICS/VOCABULARY

The Academic/Vocabulary requirement encourages students to know and understand the descriptive words and meanings unique to Martial Arts training. Beginning at the Brown Belt level, a verbal presentation is required. The student is required to speak on any aspect of the Martial Arts for a designated period of time. A written copy of the presentation is required in the “Resume” portion of your Student Manual.

B. BASICS

Basics are the fundamental techniques and the primary skills to develop advanced techniques. Just as learning the alphabet is the foundation of learning to read and write, basic kicks, punches, etc. are the foundation of your Karate.

C. KATA (FORMS)

The KATA you are learning is essentially a routine with a theme. It consists of stances, blocks, punches, strikes, and kicks arranged in a meaningful order in response to attacks from multiple imaginary assailants attacking from several directions. The KATA was formerly the only means masters had to transfer the essence of Karate and their interpretation of the art to their students. Until the twentieth century, free sparring as we know it today, did not exist. KATA is the formal portion of your Martial Arts training and is very old and traditional. There are twenty-four TAE-KWON-DO KATA to represent the twenty-four hours in a day. We have selected five of the oldest and most traditional of the KATA: TOSAN, WON-HYO, YUL-KOK, HWA-RANG, and CHUNG-MU. The KATA pattern is representative of the circular earth, being that one begins and ends the KATA in the same place. KATA is based on the Yin-Yang principle (balance). Through seemingly endless repetition of the KATA, the student learns the true meaning of each KATA. Balance, focus, coordination, proper breathing, control, and self discipline emerge as benefits of continued practice.

D. SELF-DEFENSE

In self defense, a student learns how to free him/herself from grabs and holds by working against the attacker’s power and vulnerable points. These actions must be reflexive so that the defender “out-thinks” the attacker.

E. SPARRING

Sparring is the application of all the technical aspects of Karate exchanged between two or more partners. There are two levels of sparring; rhythm sparring and free sparring.

Rhythm Sparring...

- Introduction to sparring,
- Teaches offensive and defensive combinations (strikes and blocks),
- Prepares the student for free sparring.

Free Sparring...

- Develops reflexes for quicker movement of attack, block, counter attack and escape,
- Develops greater respiratory control,
- Improves eye/hand coordination,
- Improves endurance, balance, and flexibility.

Whenever you practice sparring, you must remember that your partner is not your enemy, your punching or kicking bag. You must show respect and cooperation through light contact and maximum control. During sparring, always remain in control of both your physical and mental strength. Losing control of yourself would mean defeating your mental discipline. Be patient and show friendly support for your partner.

In order to provide a safe training environment, we strictly adhere to the following rules:

1. Never try to injure an opponent.
2. Always keep fingernails and toenails trimmed and clean.
3. Headgear, mouthpiece, hand gear, footgear, and groin protectors (for males) are required equipment.
4. Light contact only is allowed to head and groin protective equipment. Light to medium contact is allowed to the body. Face contact is not permitted until Brown Belt level.
5. Always remember that control is the goal of a true Martial Artist.

NOTES:

Executive student's (thirty-five years or older) sparring requirements are cut in half.

BOARD BREAKING

The primary purpose of breaking a board is to build self-confidence. Board breaking is a physical demonstration (having mental and philosophical aspects) to measure one's progress in Karate. Successful breaking requires three elements; accuracy, speed, and power. Do not attempt to accomplish this without proper training from your Instructor.

A MARTIAL ARTS STUDENT *STRIVES* TO DEVELOP THESE QUALITIES:

RESPECT AND COURTESY

The utmost respect should be given to one's parents, family, country, flag, and Martial Arts Instructor. Courtesy and respect should be extended to all people.

MODESTY

Martial Artists are expected to be humble about their accomplishments. Bullies and people who brag have no place in the martial arts. One should have a quiet feeling of pride and confidence in his/her achievements, but not find it necessary to boast or show off.

SELF-CONTROL

One should never lose his/her temper. One's skills diminish when emotions control us rather than us controlling our emotions. Keeping a clear, level head in all aspects of life is essential in performing our very best.

PERSERVERANCE

It is normal to become discouraged occasionally, particularly when pursuing an activity sufficiently challenging to be worthwhile. One should persevere until mastery is accomplished.

**NEVER QUIT.
NEVER GIVE UP.
ALWAYS ENDURE.
ALWAYS PERSEVERE.**

INDOMITABLE SPIRIT

This represents what the martial arts are all about. A person knowledgeable of the martial arts should use his/her skill and education to be the best they can be in all they pursue.

Membership Requirements

- 1) Students must maintain good standards at school. School age students will not be allowed to graduate to a higher belt level without passing academic and citizenship grades in all grades.
- 2) Students are not allowed to test unless permission is given from their instructor.
- 3) It should be noted that the WMARA is a governing organization for the betterment and integrity of the Martial Arts.

Required Sparring Gear

Protective hand gear, foot gear, protective cup and supporter (male students) are required at the Gold Belt level. Head gear and mouth piece are required at Orange Belt level. Any additional gear (shin guards, chest protectors, abdominal protectors, etc.) are recommended but optional. This equipment is required to minimize the risk of injury to all students during sparring activities. Students will not be allowed to participate in any sparring activity without proper gear.

Testing Fees

\$35.00 Each belt up to 1st degree Black Belt

- A) Testing fee includes certification by the WMARA, belt and association patch.
- B) All re-testing is without additional charge if re-tested within 6 months.
- C) Testing fee and testing booklet must be presented before test.

***THIS BOOKLET IS YOUR TEST RECORD
BRING IT TO ALL EXAMS!**



The World Martial Arts Ranking Association is a body of Martial Art pioneers who have carefully selected Karate centers around the world to endorse and support. J. Pat Burleson Martial Arts and the Youth Clubs of America are one of the few locations in the southwest region whose curriculum, standards, and ethics meet with those of WMARA.

Any rank credentials received through the testing of the WMARA are subject to be revoked of at any time the student's actions or attitudes do not meet with the standards set by J. Pat Burleson's Martial Arts schools, and the WMARA (this includes negative attitudes or actions by the student or any abuse of self-defense skills).

The Chief Examiner may terminate a student's testing if at any time the following occurs:

- 1) The student's health is in jeopardy.**
- 2) The student will not follow the instructions of the board.**
- 3) The student intentionally uses excessive contact.**
- 4) The student is executing dangerous techniques (illegal techniques).**
- 5) The student or his/her parents show lack of courtesy or demonstrate poor sportsmanship.**

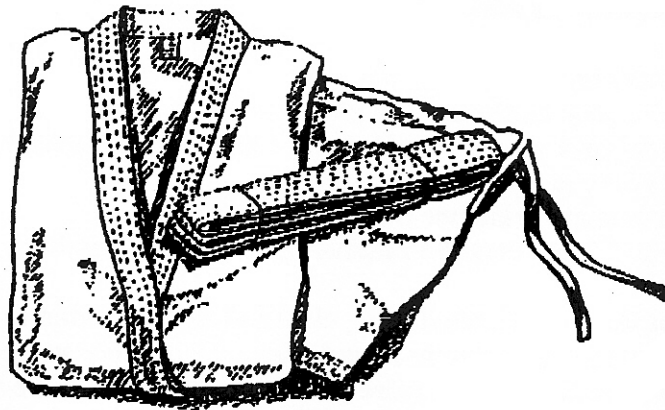
Each student will receive a WORLD MARTIAL ARTS RANKING ASSOCIATION "Certificate of Rank" after passing their first belt test. This certificate is maintained by the student and should be framed or kept in a safe place. Upon the completion of all First Degree Black Belt requirements, the original certificate will be verified and signed by the Chief Examiner of the Black Belt Board.



Safety First!

Sparring Gear Requirements

When testing for the rank of Gold Belt or higher, the student must wear protective equipment. This equipment is required to minimize the risk of injury to all students taking the belt examination, or in class. Students will not be allowed to participate in any sparring activity without proper gear – foam head, hands, and feet pads. Mouth pieces are also required as well as protective cups and supporter (for males).



Dress Code

- New Members must wear a traditional white uniform. White symbolizes purity.
- Brown Belts and above may wear different color uniforms.
- Qualified Club Members may wear a red uniform which symbolizes commitment.
- Traditional white uniforms must be worn at all formal events, such as graduation. NO EXCEPTIONS.

DOJO ETIQUETTE

Line Up

Line up is determined as follows: 1) Belt Rank
2) Stripes
3) Seniority (Age)

****Class will not be delayed due to discussions as to who lines up where. Line up neatly, in a SHIO position with all ten toes pointing forward. No talking. Be ready for class to begin.**

General Information

- *Students should address Black Belts and Instructors with a formal bow.**
- *Address all Instructor(s) and staff as Sir/M'aam, Mr./Ms.**
- *Always bow on and off the mat.**
- *Be on time.**
- *No food, drink, or gum on the mat.**
- *No shoes on the mat.**

- *No profanity.**
- *No horseplay on the mat or mat area.**
- *Speak to your parents and/or other adults with respect.**
- *Applauding is always welcome.**
- *Spectators are welcome during class sessions.**
- *Crying siblings must be removed during class sessions.**

- *Do not leave mat area during class unless instructed to do so.**
- *Respond to instructor in a loud, clear, leadership voice and always with respect.**
- *If you have a question, raise your hand and wait to be addressed.**
- *Never contradict or correct your instructor while on the mat. Discuss the issue privately after class.**
- *No jewelry allowed on the mat.**
- *Hair should be secured back for neatness and to prevent injury.**

- *You may test only when invited by your instructor. Please do not ask to test.**
- *Excellent behavior is expected at all times.**

BASIC SIX COUNTS

Basic Six Counts are required at each belt level. They are designed to introduce and apply various techniques and combinations. All Basic Six counts are accomplished from the same foundation: the techniques become more sophisticated at each belt level. The guidelines listed below are provided to assist you in learning your initial six counts (this information will vary beginning at the green belt level).

Count 1 – Turn to left guard stance and ki-yah,

Count 2 – Performed from a left guard stance and is a stationary strike/kick,

Count 3 – Performed from a left guard stance and is either a slide behind (on side kicks) or a slide up (on all front leg front kicks, front leg round kicks, front and back punches),

Count 4 – Turn to right guard stance and ki-yah,

Count 5 – Performed from a right guard stance and is a stationary strike/kick,

Count 6 – Performed from a right guard stance and is either a slide behind (on side kicks) or a slide up (on all front leg front kicks, front leg round kicks, front and back punches).

You will find additional Basic Six Count information on the following pages.

KAM SAH

KAM SAH means gratitude and respect. This form is taught in a formal 10 count using formal positions. The class will demonstrate *KAM SAH* as a group.

KAM SAH (Appreciation)

Chario

1. X-Block, Left Hand out.
2. Look West, Left Fold for Chop Block.
3. Left Step West, Left Chop Block.
4. Right Punch, Left Hand still controls opponent.
5. Look East, Left Step in with right, right fold for Chop Block.
6. Right Step East, Right Chop Block.
7. Left Punch.
8. Look North, Right Step in with Left, X-Block, Left Hand out.
9. Chario.
10. Kyungee, and say “Thank You Sir”.

YELLOW BELT BASIC SIX COUNT

- 1. Assume left guard stance with ki-yah**
- 2. Front leg side kick (L) – defensive**
- 3. Slide behind front leg side kick (L) – offensive**
- 4. Turn & ki-yah**
- 5. Front leg side kick (R) – defensive**
- 6. Slide behind front leg side kick (R) – offensive**

- 1. Turn & ki-yah**
- 2. Front leg front kick (L) – defensive**
- 3. Slide up front leg front kick (L) – offensive**
- 4. Turn & ki-yah**
- 5. Front leg front kick (R) – defensive**
- 6. Slide up front leg front kick (R) – offensive**

- 1. Turn & ki-yah**
- 2. Back leg front kick (R)**
- 3. Back leg front kick (L)**
- 4. Turn & ki-yah**
- 5. Back leg front kick (L)**
- 6. Back leg front kick (R)**

- 1. Turn & ki-yah**
- 2. Front leg round kick (L) – defensive**
- 3. Slide up front leg round kick (L) – offensive**
- 4. Turn & ki-yah**
- 5. Front leg round kick (R) – defensive**
- 6. Slide up front leg round kick (R) – offensive**

- 1. Turn & ki-yah**
- 2. Back leg round kick (R)**
- 3. Back leg round kick (L)**
- 4. Turn & ki-yah**
- 5. Back leg round kick (L)**
- 6. Back leg round kick (R)**

GOLD BELT BASIC SIX COUNT

- 1. Assume left guard stance with ki-yah**
- 2. Front hand front punch (L)**
- 3. Slide up front hand front punch (L)**
- 4. Turn & ki-yah**
- 5. Front hand front punch (R)**
- 6. Slide up front hand front punch (R)**

- 1. Turn & ki-yah**
- 2. Back hand back punch (R)**
- 3. Slide up back hand back punch (R)**
- 4. Turn & ki-yah**
- 5. Back hand back punch (L)**
- 6. Slide up back hand back punch (L)**

- 1. Turn & ki-yah**
- 2. Front leg side kick (L) – defensive**
- 3. Slide behind front leg side kick (L) – offensive**
- 4. Turn & ki-yah**
- 5. Front leg side kick (R) – defensive**
- 6. Slide behind front leg side kick (R) – offensive**

- 1. Turn & ki-yah**
- 2. Front leg front kick (L) – defensive**
- 3. Slide up front leg front kick (L) – offensive**
- 4. Turn & ki-yah**
- 5. Front leg front kick (R) – defensive**
- 6. Slide up front leg front kick (R) – offensive**

- 1. Turn & ki-yah**
- 2. Back leg front kick (R)**
- 3. Back leg front kick (L)**
- 4. Turn & ki-yah**
- 5. Back leg front kick (L)**
- 6. Back leg front kick (R)**

- 1. Turn & ki-yah**
- 2. Front leg round kick (L) – defensive**
- 3. Slide up front leg round kick (L) – offensive**
- 4. Turn & ki-yah**
- 5. Front leg round kick (R) – defensive**
- 6. Slide up front leg round kick (R) – offensive**

- 1. Turn & ki-yah**
- 2. Back leg round kick (R)**
- 3. Back leg round kick (L)**
- 4. Turn & ki-yah**
- 5. Back leg round kick (L)**
- 6. Back leg round kick (R)**

ORANGE BELT BASIC SIX COUNT

- A. Side kick, backfist.**
- B. Front leg front kick, backfist, back punch.**
- C. Back leg front kick, backfist, back punch.**
- D. Front leg round kick, backfist, ridgehand.**
- E. Back leg round kick, backfist, ridgehand.**

GREEN BELT BASIC SIX COUNT

- A. Side kick, turn back kick, back punch.**
- B. Front leg front kick, turn back kick, back punch.**
- C. Back leg front kick, turn back kick, back punch.**
- D. Front leg round kick, turn back kick, back punch.**
- E. Back leg round kick, turn back kick, back punch.**

BLUE BELT BASIC SIX COUNT

- A. Walk step to front, side kick, turn heel kick, back punch.**
- B. Walk step to front, front leg front kick, turn heel kick, back punch.**
- C. Walk step to front, front leg front kick, turn heel kick, back punch.**
- D. Walk step to back, front leg round kick, turn heel kick, back punch.**
- E. Walk step to back, back leg round kick, turn heel kick, back punch.**

PURPLE BELT BASIC SIX COUNT

- A. Front leg jump side kick, back punch.**
- B. Back leg jump side kick, back punch.**
- C. Front leg jump front kick, back punch.**
- D. Back leg jump front kick, back punch.**
- E. Front leg jump round kick, back punch.**
- F. Back leg jump round kick, back punch.**

Testing Requirements for Yellow Belt

Demonstrate and understand commands

Yellow Belt – Symbolizes the student is like a seed that feels the first ray of sunlight or knowledge.

Chario – Come to attention, arms and hands at side, feet together.

Kyungee – bow to practice partner and instructor, feet together, hands at side and bow.

Shio – at ease, arms crossed behind back, feet slightly apart.

Ki-yah – self defense yell.

Left side self-defense stance – facing left side, hands up in ready position.

Demonstrate Basic Techniques

Front kick – a front kick to the body, weapon is the ball of the foot.

Side kick – a side kick to the body, weapon is the heel of the foot.

Round kick – a round kick to the body, weapon is the top of the foot.

Punches – front punch, back punch

Chop Block – Point hand to ear across body, palm facing down, turn hand to block.

Self Defense Awareness Techniques

Double Wrist Grab – Attacker grabs wrist with both hands. Defender escapes by using free hand to grab their own hand and pull forcefully from attacker, step back in a self-defense stance and warn attacker with a yell (ki-yah).

Escape from a Front Choke – Defender pushes attacker's chin with a heel palm, steps back out of attacker's reach, and warns the attacker with a yell (ki-yah).

Front Bear Grab – (around arms) Defender stomps attacker's foot (in practice, next to attacker's foot), pushes at the waist to escape, steps back and counter strikes to attacker's stomach.

Rear Bear Grab – (around arms) Defender stomps attacker's foot (in practice, next to attacker's foot), throws hands in the air to escape, turns, steps into a self-defense position, executes a reverse elbow strike to the stomach of attacker. Defender steps back to a safe position.

KAM SAH

KAM SAH means gratitude and respect. This form is taught in a formal 10 count using formal positions. The class will demonstrate KAM SAH as a group.

Requirements for Gold Belt

1. Any techniques required from previous test.

2. Gold Belt Six Count Basics

Turn, Standing, Moving, Turn, Standing, Moving

- A. Front Punch
- B. Back Punch
- C. Side Kick
- D. Front Leg, Front Kick
- E. Back Leg, Front Kick
- F. Front Leg, Round Kick
- G. Back Leg, Round Kick

3. 3 Attack Rhythm Sparring: (Slow and Smooth Pace)

*Safety Equipment is Required

4. Gold Belt Self-Defense

1. Lunge Attack:

- A. Defend and Escape
- B. Defend and Counter Attack

2. Push – Punch Attack (Front and Back)

- A. Defend and Escape
- B. Defend and Counter Attack

3. Side Head Lock

- A. Defend and Escape
- B. Defend and Counter Attack

5. Gold Belt – Symbolizes the student is like a seed that feels the warmth or comfort of the sunlight.

Requirements for Orange Belt

1. Any techniques required from previous test.

2. Orange Belt Six Count Basics

Turn, Standing, Moving, Turn, Standing, Moving

A. Side Kick, Backfist

B. Front Leg Front Kick, Backfist, Back Punch

C. Back Leg Front Kick, Backfist, Back Punch

D. Front Leg Round Kick, Backfist, Ridgehand

E. Back Leg Round Kick, Backfist, Ridgehand

3. Self – Defense: Wrist turn out throw

1. One and two hand front choke

2. One and two hand lapel grab

3. Front Punch

4. Rhythm Sparring:

1. Three attack

2. Two attack

3. One attack

5. ½ Single Counter Sparring: Block and counter with a hand strike against basic offensive strikes. Slow pace.

A. Front Punch

B. Back Punch

C. Side Kick

6. Orange Belt – Symbolizes the rising sun.

Requirements for Green Belt

1. Any techniques required from previous test.

2. Green Belt Six Count Basics

Turn, Standing, Moving, Turn, Standing, Moving

- A. Side Kick, Turn Back Kick, Back Punch
- B. Front Leg Front Kick, Turn Back Kick, Back Punch
- C. Back Leg Front Kick, Turn Back Kick, Back Punch
- D. Front Leg Round Kick, Turn Back Kick, Back Punch
- E. Back Leg Round Kick, Turn Back Kick, Back Punch

3. Self-Defense: Wrist turn out, final technique submission hold down.

- 1. Drop leg arm bar
- 2. Mount arm bar
- 3. Cross body arm bar
- 4. Spin over leg arm bar

4. Single Counter Sparring: Block and counter with a hand strike against all basic offensive strikes.

- A. Front punch
- B. Back punch
- C. Side Kick
- D. Front leg, front kick
- E. Back leg, front kick
- F. Front leg, round kick
- G. Back leg, round kick

5. Free Sparring

6. Public Speaking:

Student Creed

To build true confidence, through knowledge in the mind, honesty in the heart and strength in the body.

To keep friendship with one another and to build a strong community.

Never fight to achieve selfish ends, but to develop might for right.

7. Green Belt – Symbolizes the seed of the plant beginning to grow.

GREEN BELT TEST

Name: _____

0-2 3-4 5-6 7-8 9-10
Poor Fair Avg Strong Excellent

Six Count Basics

SCORES

Side _____ Front _____ Round _____ Turn Kick _____

Six Count Basics Combinations: _____

Comments: _____

AVERAGE TOTAL: _____

Self Defense

Drop leg arm bar _____ Mount arm bar _____

Cross body arm bar _____ Spin over leg arm bar _____

Comments: _____

AVERAGE TOTAL: _____

Single Counter Sparring: 1. _____ 2. _____

Comments: _____

Free Sparring: 1. _____ 2. _____

Comments: _____

AVERAGE TOTAL: _____

Public Speaking:

Student Creed Presentation _____

Overall Comments: _____

Belt Rank: _____ Grade Average: _____

Examiner: _____

Requirements for Blue Belt

1. Any techniques required from previous test.

2. Blue Belt Six Count Basics

Turn, Standing, Moving, Turn, Standing, Moving

A. Walk step to front, side kick, turn heel kick, back punch

B. Walk step to front, front leg front kick, turn heel kick, back punch

C. Walk step to front, back leg front kick, turn heel kick, back punch

D. Walk step to back, front leg round kick, turn heel kick, back punch

E. Walk step to back, back leg round kick, turn heel kick, back punch

3. Introduction to Formal Six Count Basics:

Low Block	Front Stance
High Block	Front Stance
Tosan Block	Front Stance
Scoop Block	Front Stance
Hammerfist Block	Front Stance

4. Self-Defense: Wrist turn out. Submission arm bar against weapon.

5. 1/2 Double Counter Sparring: Attacker strikes, defender blocks and counters, attacker blocks and counters the defender's strike with a back punch. Slow pace.

6. Free Sparring

7. Blue Belt – Symbolizes the young plant reaching toward the sky.

BLUE BELT TEST

Name: _____

0-2	3-4	5-6	7-8	9-10
Poor	Fair	Avg	Strong	Excellent

Six Count Basics SCORES

Side _____ Front _____ Round _____ Heel Kick _____

Six Count Basic Combination: _____

Comments: _____

AVERAGE TOTAL: _____

Formal Basic Six Count

Low Block _____ High Block _____ Tosan Block _____

Scoop Block _____ Hammerfist Block _____

Front Stance _____

Comments: _____

AVERAGE TOTAL: _____

Self Defense

Wrist turn out _____

Comments: _____

Submission arm bar (weapon) _____

Comments: _____

AVERAGE TOTAL: _____

1/2 Double Counter Sparring: 1. _____ 2. _____

Free Sparring: 1. _____ 2. _____

Comments: _____

AVERAGE TOTAL: _____

Overall Comments: _____

Belt Rank: _____ Grade Average: _____

Examiner: _____

Requirements for Purple Belt

1. Any techniques required from previous test.

2. Purple Belt Six Count Basics

Turn, Standing, Moving, Turn, Standing, Moving

- A. Front Leg Jump Side Kick, Back Punch
- B. Back Leg Jump Side Kick, Back Punch
- C. Front Leg Jump Front Kick, Back Punch
- D. Back Leg Jump Front Kick, Back Punch
- E. Front Leg Jump Round Kick, Back Punch
- F. Back Leg Jump Round Kick, Back Punch

3. Formal Six Count Basics:

Low Block	Front Stance	
High Block	Front Stance	
Tosan Block	Front Stance	
Scoop Block	Front Stance	
Hammerfist Block	Front Stance	
Lunge Punch	Front Stance	Low Block in Front Stance on turns
Back Punch	Front Stance	Low Block in Front Stance on turns
Backfist Strike	Side Stance	Low Block in Front Stance on turns
Knifehand Strike	Front Stance	Low Block in Front Stance on turns
Sudo Block	Back Stance	Low Block in Front Stance on turns
Back Punch	Back Stance	Knifehand Strike in Back Stance on turns

4. Self-Defense: Unprompted defend and counter strike against any attack from previous test. Armed and Unarmed.

5. Complete Double Counter Sparring

6. Free Sparring

7. Purple Belt – Symbolizes the young plant reaching towards the mountain top.

PURPLE BELT TEST

Name: _____

0-2 3-4 5-6 7-8 9-10
Poor Fair Avg Strong Excellent

Six Count Basics _____ SCORES

Jump Side _____ Jump Front _____ Jump Round _____

Six Count Basic Combination: _____

Comments: _____

AVERAGE TOTAL: _____

Formal Six Count Basics

Low Block _____ High Block _____ Tosan Block _____

Scoop Block _____ Hammerfist Block _____

Lunge Punch _____ Back Punch _____

Backfist Strike _____ Knifehand Strike _____

Sudo Block _____ Back Punch _____ BLOCKS & STRIKES: _____

Front _____ Side _____ Back _____ STANCES: _____

Comments: _____

AVERAGE TOTAL: _____

Self Defense

1. _____ 2. _____ 3. _____ AVERAGE TOTAL: _____

Double Counter Sparring 1. _____ 2. _____

Free Sparring 1. _____ 2. _____ 3. _____

Comments: _____

AVERAGE TOTAL: _____

Overall Comments: _____

Belt Rank: _____ Grade Average: _____

Examiner: _____

Requirements for Brown Belt

1. **Any technique required from previous test.**

2. **Brown Belt Six Count Basics**
 - Turn, Standing, Moving, Turn, Standing, Moving

 - A. Switch Step, Front Leg Jump Side Kick, Turn Crescent, Back Punch
 - B. Switch Step, Back Leg Jump Side Kick, Turn Crescent, Back Punch
 - C. Switch Step, Back Leg Jump Turn Crescent, Back Punch
 - D. Double Switch Step, Back Leg Jump Round Kick, Back Leg Jump Turn Crescent, Back Punch

3. **Self-Defense: Basic Judo throws against previous armed and unarmed attacks.**

4. **Form: Introduction to Tosan**

5. **Free Sparring**

6. **Brown Belt** – Symbolizes the plants trunk forming; the strength of a tree.

BROWN BELT TEST

Name: _____

0-2	3-4	5-6	7-8	9-10
Poor	Fair	Avg	Strong	Excellent

Six Count Basics

SCORES

Jump Side _____ Jump Round _____

Turn Crescent _____ Jump Turn Crescent _____

Six Count Basic Combination: _____

Comments: _____

AVERAGE TOTAL: _____

Self Defense

1. _____ 2. _____ 3. _____

Comments: _____

AVERAGE TOTAL: _____

Kata

Tosan: _____

Comments: _____

Free Sparring

1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

AVERAGE TOTAL: _____

Overall Comments: _____

Belt Rank: _____ Grade Average: _____

Examiner: _____

Requirements for Red Belt

1. **Any technique required from previous test.**

2. **All Color Belt Six Count Basics**
 - Turn, Standing, Moving, Turn, Standing, Moving

 - A. Gold Belt
 - B. Orange Belt
 - C. Green Belt
 - D. Blue Belt
 - E. Purple Belt
 - F. Brown Belt

3. **Self-Defense: Any randomly chosen self-defense requirement from previous test.**

4. **Kata:**
 - A. Tosan

 - B. Introduction to Yul-Kok

5. **Free Sparring: Single and Multiple Match**

6. **Red Belt – Symbolizes the blossom forming on the tree and the expansion of the student's knowledge.**

RED BELT TEST

Name: _____

0-2	3-4	5-6	7-8	9-10
Poor	Fair	Avg	Strong	Excellent

Six Count Basics

SCORES

Gold Belt _____ Orange Belt _____

Green Belt _____ Blue Belt _____

Purple Belt _____ Brown Belt _____

AVERAGE TOTAL: _____

Self Defense

1. _____ 2. _____ 3. _____

AVERAGE TOTAL: _____

Kata

Tosan: _____

Yul-Kok: _____

AVERAGE TOTAL: _____

Free Sparring

1. _____ 2. _____ 3. _____ 4. _____

5. _____ 6. _____ 7. _____ 8. _____

9. _____ Multiple Match _____

AVERAGE TOTAL: _____

Overall Comments: _____

Belt Rank: _____ Grade Average: _____

Examiner: _____

Requirements for Red-Black Belt

1. **Any technique required from previous test.**
2. **All previous Six Count Basics**
3. **Kata:**
 - A. Tosan
 - B. Yul-Kok
 - C. Bai-Sai
4. **Free Sparring: Single and Multiple Match**
5. **Verbal Presentation: A verbal presentation on any aspect of the Martial Arts.**
6. **Red-Black Belt – Symbolizes how nature's change of season matures the tree as the student prepares for the rank of Black Belt.**

RED-BLACK TEST

Name: _____

0-2	3-4	5-6	7-8	9-10
Poor	Fair	Avg	Strong	Excellent

Six Count Basics

SCORES

Gold Belt _____ Orange Belt _____

Green Belt _____ Blue Belt _____

Purple Belt _____ Brown Belt _____

AVERAGE TOTAL: _____

Kata

Tosan: _____

Yul-Kok: _____

Bai-Sai: _____

AVERAGE TOTAL: _____

Free Sparring

1. _____ 2. _____ 3. _____ 4. _____

5. _____ 6. _____ 7. _____ 8. _____

9. _____ Multiple Match _____

AVERAGE TOTAL: _____

Verbal Presentation: Content _____ Delivery _____

AVERAGE TOTAL: _____

Overall Comments: _____

Belt Rank: _____ **Grade Average:** _____

Examiner: _____

1st Degree Black Belt Requirements

A candidate for Black Belt is graded one half on personal character and one half on physical ability. What you are, feel, and think determines whether or not you can live up to the responsibility of being a Black Belt. A Black Belt must be committed to “drawing the line”. The candidate for Black Belt must do a minimum of one humanitarian deed in the service of their community and to be explained in the testing resume’.

Black Belt Exam Part One

Candidate must demonstrate basic and advanced techniques by performing all required forms: Tosan, Yul-Kok, and Bai-Sai. Part One must be passed either at the 1st Red-Black Belt test or at any succeeding Advanced Test prior to testing for Part Two.

Upon completion of Part One of the 1st Degree Black Belt exam, the Black Belt candidate must test for Part Two of the Black Belt exam within an 8 month period. If unable to test within the allotted time a formal written explanation must be submitted to exam board members requesting an extension of 2 to 4 months due to physical injuries, illness, etc. Failure to test for Part Two or submit a request for an extension within the 8 month period will result in the candidate re-testing for Part One of the 1st Degree Black Belt exam.

Black Belt Exam Part Two

Testing resume’: This type written record of the candidate’s Karate History should include the accomplishments, future goals personally and in the Martial Arts, and why he/she thinks he should be considered for Black Belt. This resume’ must be submitted to Black Belts residing on the Advanced Exam board at least 3 weeks prior to Part Two of the Black Belt Test.

Verbal Presentation: A verbal presentation on any aspect of the Martial Arts must be given to the Exam Board.

Demonstrate all Six Count Basic Techniques

Formal Six Count Basic Fundamentals: (blocks and stances)

Board Breaking Techniques

Sparring: Unlimited number of single matches to the satisfaction of the exam board and a minimum of 1 multiple match or an unlimited number of rounds of rhythm sparring.

Candidate should be prepared to answer any questions asked by the Board of Examiners.

1st Degree Junior Black Belt Test Requirements

Same requirements as Senior Black Belt with the following additional requirements:

Candidate must be an A-B Honor student, which will be determined by the most recent Report Card prior to the test. The Report Card must be signed by candidate's parent or guardian.

Testing Resume' should include, but is not limited to:

- 1. Current Report Card**
- 2. Background Information**
- 3. Extracurricular Activities (Offices held, titles, awards, etc.)**
- 4. Community Activities**
- 5. Tournament Record**
- 6. Demos and Belt test help**
- 7. Essay on "What I Think a Black Belt Should Be"**

When a Junior Black Belt becomes an adult by U.S. law, he/she will be awarded all the privileges of an adult Black Belt.

BLACK BELT FORMS TEST

Name: _____

0-2	3-4	5-6	7-8	9-10
Poor	Fair	Avg	Strong	Excellent

SCORES

TOSAN

YUL-KOK

BAI-SAI

Comments: _____

Date: _____ Grade Average: _____

Belt Rank: _____

Examiner: _____

Now that you are a Black Belt...

No one said it would be easy.

You did something very special in your life.

You established yourself as a winner, a committed achiever and goal setter.

Hopefully, now you will realize the true dow (way) of Martial Arts.

Use your newfound knowledge and power to become a better human being and to be a light for others.

Become a winner in all areas of your life: relationships, financially, spiritually, professionally, and materially.

Finally, re-set your goals. Life is a process of becoming.

Set big goals, dream big dreams.

I dare you to be your best with your life!! And I believe in you!!

Yours in the Martial Arts,



J. Pat Burleson

