



SELENY JOANNE KARATE (SJK)

REQUIREMENTS FOR BELT TESTING (REV. 02/20/23)



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RANK	TIME	kihON (All basic movements are done to count on the examiner's command. Be prepared to demonstrate the kicking, blocking, and punching combinations moving forwards and backward.)	KATAS	SPARRING	Must have
	(If ready)				
12 TH Kyu (White Belt to 11th Kyu Leopard Belt, or 10 th Kyu White Belt w/Yellow Stripe)	Between 2 to 3 months holding the current rank (and/or If ready)	Marching: Zenkutsu Dachi, and Kokutsu Dachi Zenkutsu-Dachi - front stance - (5 forward and 5 back) 1. Oi-Tzuki (Lunge punch) 2. Gedan-Barai (Lower block) 3. Age-Uke (Rising block) Zenkutsu dachi - front stance - (5 forward and 5 back) 4. Mae-Geri Keage (Snap front kick w/back leg)	None	None	- Good Kiai - Oss!
11 TH Kyu (Leopard Belt to 10th Kyu. White Belt w/yellow stripe) Note: ONLY for Kids under 6	Between 2 to 3 months holding the current rank (and/or If ready)	Marching: Zenkutsu Dachi, and Kokutsu Dachi Zenkutsu-Dachi - front stance - (5 forward and 5 back) 1. Oi-Tzuki (Lunge punch) 2. Gedan-Barai (Lower block) 3. Age-Uke (Rising block) Zenkutsu dachi - front stance - (5 forward and 5 back) 4. Mae-Geri Keage (Snap front kick w/back leg) Yoi (Ready position) Counting in Japanese: 1 Ichi, 2 Ni, 3 San.	Taikyoku Shodan (at least half of the kata)	None	- Good Kiai - Oss!
10 TH Kyu (White Belt w/Yellow Stripe to 9th Kyu. Solid Yellow Belt)	Between 3 to 4 months holding the current rank (and/or If ready)	Marching: Zenkutsu Dachi, and Kokutsu Dachi Zenkutsu-Dachi - front stance - (5 forward and 5 back) 1. Oi-Tzuki (Lunge punch) 2. Yako-Tzuki (Reverse punch) 3. Gedan-Barai (Lower block) 4. Uche-Uke (Outside middle block)	1. Taikyoku Shodan	None	- Good Kiai - Positive attitude - Oss!

		<p>5. Age-Uke (Rising block) <u>Zenkutsu dachi</u> - front stance - (5 forward and 5 back)</p> <p>6. Mae-Geri Keage (Snap front kick w/back leg)</p> <p>7. Mawashi Geri (Round kick w/back leg)</p> <p><u>Kiba-Dachi</u> - horse stance - (5 forward and 5 back)</p> <p>8. Yoko-Geri Keage (Side snap side kick w/front leg)</p> <p><u>Yoi</u> (Ready position) Counting in Japanese: 1 Ichi, 2 Ni, 3 San, 4 Shi, 5 Go.</p>			
<p>9th Kyu (Yellow Belt to <u>8th Kyu</u>, Orange Belt w/White Stripe)</p>	<p>Between 3 to 4 months holding the current rank (and/or if ready)</p>	<p><u>Marching: Zenkutsu Dachi, Kokutsu Dachi, and Neko Dachi</u></p> <p><u>Zenkutsu-Dachi</u> - front stance – (5 forward and 5 back)</p> <ol style="list-style-type: none"> Oi-Tzuki (Lunge punch) Yako-Tzuki (Reverse punch) Gedan-Barai (Lower block) Uche-Uke (Outside middle block) Soto-Uke (Inside middle block) Age-Uke (Rising block) Shuto-Uke (Knife block) <p><u>Zenkutsu-Dachi</u> - front stance – (5 forward and 5 back)</p> <ol style="list-style-type: none"> Mae-Geri Keage (Snap front kick w/back leg) Mawashi Geri (Round kick w/back leg) <p><u>Kiba-Dachi</u> - horse stance - (5 forward and 5 back)</p> <ol style="list-style-type: none"> Yoko-Geri Keage (Side snap kick w/front leg) Yoko-Geri Kekomi (Thrust Side kick w/back leg heel) <p><u>Yoi</u> (Ready position) Counting in Japanese: 1 Ichi, 2 Ni, 3 San, 4 Shi, 5 Go, 6 Roku, 7 Shichi, 8 Hachi, 9 Kyuu, 10 Juu.</p>	<ol style="list-style-type: none"> Taikyoku Shodan Heian Shodan 	<p>Kumite (Sparring with control)</p>	<ul style="list-style-type: none"> - Good Kiai - Positive attitude - Loud Osss! - Disciplined - Hara (Stomach and muscles compacted and strong) - At least one tournament participation.

<p>8th Kyu (Orange Belt w/White Stripe to 7th Kyu, Solid Orange Belt)</p>	<p>Between 3 to 4 months holding the current rank <i>(If ready)</i></p>	<p><u>Marching: Zenkutsu Dachi, Kokutsu Dachi, Neko Dachi, and Kiba-Dachi</u></p> <p><u>Zenkutsu-Dachi - front stance – (5 forward and 5 back)</u> 1. Oi-Tzuki (Lunge punch) + Yako-Tzuki (Reverse punch) 2. Gedan-Barai (Lower block) + Yako-Tzuki (Reverse punch) 3. Uche-Uke (Outside middle block) + Yako-Tzuki (Reverse punch) 4. Soto-Uke (Inside middle block) + Yako-Tzuki (Reverse punch) 5. Age-Uke (Rising block) + Yako-Tzuki (Reverse punch)</p> <p><u>Zenkutsu-Dachi - front stance + Kokutsu-Dachi - back stance - front stance – (5 forward and 5 back)</u> 6. Shuto-Uke (Knife block) + Nukite (Strike with straight fingers)</p> <p><u>Zenkutsu-Dachi - front stance - (5 forward and 5 back)</u> 7. Mae-Geri Keage (Front snap kick w/back leg) 8. Mae-Geri Kekomi (Front thrust kick w/back leg) 9. Mawashi Geri (Round kick w/back leg) 10. Kisami Mae Geri (Front leg,) + Mawashi Geri (Round kick w/back leg) 11. Ushiro Geri (Thrust kick with the back-leg heel)</p> <p><u>Kiba-Dachi - horse stance - (5 forward and 5 back)</u> 12. Yoko-Geri Keage (Side snap kick w/front leg) 13. Yoko-Geri Kekomi (Side thrust kick w/front leg heel) 14. Yoko-Geri Kekomi (Side thrust kick w/back leg heel) 15. Yoko-Geri Kekomi w/jump (Side snap kick w/front leg)</p> <p>Counting Japanese: 1 Ichi, 2 Ni, 3 San, 4 Shi, 5 Go, 6 Roku, 7 Shichi, 8 Hachi, 9 Kyuu, 10 Juu.</p>	<ol style="list-style-type: none"> 1. Taikyoku Shodan 2. Heian Shodan 3. Heian Nidan, 4. Heian Sandan 	<p>Kumite (Sparring with control)</p>	<ul style="list-style-type: none"> - Good Kiai - Positive attitude - Loud Osss! - Disciplined - Fighter attitude - Hara (Stomach and muscles compacted and strong) - Kime (Power and focus.) - At least two tournament participants.
<p>7th Kyu (Solid Orange Belt to 6th Kyu, Solid Green Belt)</p>	<p>Between 3 to 4 months holding the current rank <i>(If ready)</i></p>	<p><u>Zenkutsu-Dachi - front stance - (5 forward and 5 back)</u> 1. Oi-Tzuki (Lunge punch) + Yako-Tzuki (Reverse punch) 2. Gedan-Barai (Lower block) + Yako-Tzuki (Reverse punch) 3. Uche-Uke (Outside middle block) + Yako-Tzuki (Reverse punch) 4. Soto-Uke (Inside middle block) + Yako-Tzuki (Reverse punch)</p>	<ol style="list-style-type: none"> 1. Taikyoku Shodan 2. Heian Shodan 3. Heian Nidan, 4. Heian Sandan 	<p>Kumite (Sparring with control)</p>	<ul style="list-style-type: none"> - Good Kiai - Positive attitude - Loud Osss! - Disciplined - Fighter attitude

		<p>5. Age-Uke (Rising block) + Yako-Tzuki (Reverse punch)</p> <p><u>Kokutsu-Dachi</u> - back stance - front stance – (5 forward and 5 back) <u>Uchi Waza</u> (Blocks)</p> <p>6. Juji Uke (X-block, Gedan and Jodan) 7. Kakiwake Uke (Wedge Block) 8. Morote Uke (Augmented Block) 9. Manji Uke (Swastika Block)</p> <p><u>Zenkutsu-Dachi</u> - front stance - (5 forward and 5 back)</p> <p>10. Mae-Geri Keage (Front snap kick w/back leg) 11. Mae-Geri Kekomi (Front snap kick w/back leg) 12. Mawashi Geri (Round kick w/back leg) 13. Kisami Mae Geri (Front leg,) + Mawashi Geri (Round kick w/back leg) 14. Ushiro Geri (Thrust kick with the back-leg heel)</p> <p><u>Kiba-Dachi</u> - horse stance - (5 forward and 5 back)</p> <p>15. Yoko-Geri Keage (Side snap kick w/front leg) 16. Yoko-Geri Kekomi (Side thrust kick w/front leg heel) 17. Yoko-Geri Kekomi (Side kick w/back leg heel) 18. Yoko-Geri Kekomi w/jump (Side thrust kick w/front leg)</p> <p><u>Neko-Dachi</u> - Cat stance - (5 forward and 5 back)</p> <p>19. Kizami Mae Geri Kiai 20. Kizami Mae Geri Kekomi 21. Kizami Mawashi Geri</p> <p>Counting Japanese: 1 Ichi, 2 Ni, 3 San, 4 Shi, 5 Go, 6 Roku, 7 Shichi, 8 Hachi, 9 Kyuu, 10 Juu, 11 Juuichi, 12 Juuni, 13 Juusan, 14 Juushi, 15 Juugo, 16 Juuroku, 17 Juuichi, 18 Juuhachi, 19 Juukyuu, 20 Nijuu.</p>	5. Heian Yondan		<ul style="list-style-type: none"> - Hara (Stomach and muscles compacted and strong) - Kime (Power and focus.) - Zanshin (Awareness – of relaxed alertness.) - Respect - At least three tournament participants.
6th Kyu	Between 3 to 4 months	<p><u>Zenkutsu-Dachi</u> - front stance - (5 forward and 5 back)</p> <p>1. Oi-Tzuki (Lunge punch) + Yako-Tzuki (Reverse punch)</p>	1. Taikyoku Shodan	Kumite	<ul style="list-style-type: none"> - Good Kiai - Positive attitude

(Green Belt to 5 th Kyu, Purple Belt)	holding the current rank <i>(If ready)</i>	<p>2. Gedan-Barai (Lower block) + Yako-Tzuki (Reverse punch) 3. Uche-Uke (Outside middle block) + Yako-Tzuki (Reverse punch) 4. Soto-Uke (Inside middle block) + Yako-Tzuki (Reverse punch) 5. Age-Uke (Rising block) + Yako-Tzuki (Reverse punch)</p> <p><u>Kokutsu-Dachi</u> - back stance - front stance – (5 forward and 5 back) <u>Uchi Waza</u> (Blocks) 6. Juji Uke (X-block, Gedan and Jodan) 7. Kakiwake Uke (Wedge Block) 8. Morote Uke (Augmented Block) 9. Manji Uke (Swastika Block)</p> <p><u>Zenkutsu-Dachi</u> - front stance + <u>Kokutsu-Dachi</u> - back stance - (5 forward and 5 back) 10. Shuto-Uke (Knife block) + Nukite (Strike with straight fingers) <u>Kokutsu-Dachi</u> - front stance + <u>Kiba-Dachi</u> - back stance - (5 forward and 5 back) 11. Manji Uke + Kagi Tzuki (side punch +Empi Uche)</p> <p><u>Zenkutsu-Dachi</u> - front stance - (5 forward and 5 back) 12. Mae-Geri Keage (Front snap kick w/back leg) 13. Mae-Geri Kekomi (Front thrust kick w/back leg) 14. Mawashi Geri (Round kick w/back leg) 15. Kisami Mae Geri (Front leg,) + Mawashi Geri (Round kick w/back leg) 16. Ushiro Geri (Thrust kick with the back-leg heel)</p> <p><u>Kiba-Dachi</u> - horse stance - (5 forward and 5 back) 17. Yoko-Geri Keage (Side snap kick w/front leg) 18. Yoko-Geri Kekomi (Side thrust kick w/front leg heel) 19. Yoko-Geri Kekomi (Side kick w/back leg heel) 20. Yoko-Geri Kekomi w/jump (Side snap kick w/front leg)</p> <p><u>Neko-Dachi</u> - Cat stance - (5 forward and 5 back) 21. Kizami Mae Geri Kiai</p>	<p>2. Heian Shodan 3. Heian Nidan, 4. Heian Sandan 5. Heian Yondan 6. Heian Godan</p>	(Sparring with control)	<ul style="list-style-type: none"> - Loud Osss! - Disciplined - Fighter attitude - Hara (Stomach and muscles compacted and strong) - Kime (Power and focus.) - Zanshin (Awareness – of relaxed alertness.) - Respect - Dojo Kun (English) - At least four tournaments participation. - Ability to break board
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		22. Kizami Mawashi Geri Counting Japanese: 1 Ichi, 2 Ni, 3 San, 4 Shi, 5 Go, 6 Roku, 7 Shichi, 8 Hachi, 9 Kyuu, 10 Juu, 11 Juuichi, 12 Juuni, 13 Juusan, 14 Juushi, 15 Juugo, 16 Juuroku, 17 Juushichi, 18 Juuhachi, 19 Juukyuu, 20 Nijuu.			
5th Kyu <i>(Purple Belt to 4th Kyu, Blue Belt)</i>	Between 3 to 5 months holding the current rank (If ready)	<p>Zenkutsu-Dachi - front stance - (5 forward and 5 back) 1. Oi-Tzuki (Lunge punch) + Yako-Tzuki (Reverse punch) 2. Gedan-Barai (Lower block) + Yako-Tzuki (Reverse punch) 3. Uche-Uke (Outside block) + Yako-Tzuki (Reverse punch) 4. Soto-Uke (Inside block) + Yako-Tzuki (Reverse punch) 5. Age-Uke (Rising block) + Yako-Tzuki (Reverse punch)</p> <p>Zenkutsu-Dachi - front stance - (5 forward and 5 back) Uchi Waza (Blocks) 6. Juji Uke (X-block, Gedan and Jodan) 7. Kakiwake Uke (Wedge Block) + Maegeri + oitzuke and giakotzuki. 8. Morote Uke (Augmented Block) 9. Manji Uke (Swastika Block) + lower palm strike + Manji Uke (3 times)</p> <p>Zenkutsu-Dachi - front stance + Kokutsu-Dachi - back stance - (5 forward and 5 back) 10. Shuto-Uke (Knife block) + Nukite (Strike with straight fingers)</p> <p>Kokutsu-Dachi - front stance + Kiba-Dachi - back stance - (5 forward and 5 back) 11. Manji Uke + Kagi Tzuki (side punch +Empi Uche)</p> <p>Zenkutsu-Dachi - front stance - (5 forward and 5 back) 12. Mae-Geri Keage (Front snap kick w/back leg) 13. Mae-Geri Kekomi (Front thrust kick w/back leg) 14. Mawashi Geri (Round kick w/back leg) 15. Kizami Mae Geri (Front leg.) + Mawashi Geri (Round kick w/back leg) 16. Ushiro Geri (Thrust kick with the back-leg heel)</p>	<ol style="list-style-type: none"> 1. Taikyoku Shodan 2. Heian Shodan 3. Heian Nidan, 4. Heian Sandan 5. Heian Yondan 6. Heian Godan 7. Tekki Shodan 	<p>Kumite (Sparring with control)</p> <p>Kumite with hands only</p>	<ul style="list-style-type: none"> - Good Kiai - Positive attitude - Loud Osss! - Discipline - Fighter attitude - Hara (Stomach and muscles compacted and strong) - Kime (Power and focus.) - Zanshin (Awareness – of relaxed alertness.) - Respect - Dojo Kun (English) - At least five tournaments participation - Ability to break board

		<p><u>Kiba-Dachi</u> - horse stance - (5 forward and 5 back)</p> <p>17. Yoko-Geri Keage (Side snap kick w/front leg) 18. Yoko-Geri Kekomi (Side thrust kick w/front leg heel) 19. Yoko-Geri Kekomi (Side thrust kick w/back leg heel) 20. Yoko-Geri Kekomi w/jump (Side thrust kick w/front leg)</p> <p><u>Neko-Dachi</u> - Cat stance - (5 forward and 5 back)</p> <p>21. Kizami Mae Geri Kiai 22. Kizami Mawashi Geri</p> <p><u>Zenkutsu-Dachi</u> - front stance - (5 forward and 5 back)</p> <p>23. Five blocks (Gedanbarai, uche-uke, soto-uke, age-uke, shuto-uke)</p> <p>Counting Japanese: 1 Ichi, 2 Ni, 3 San, 4 Shi, 5 Go, 6 Roku, 7 Shichi, 8 Hachi, 9 Kyuu, 10 Juu, 11 Juuichi, 12 Juuni, 13 Juusan, 14 Juushi, 15 Juugo, 16 Juuroku, 17 Juushichi, 18 Juuhachi, 19 Juukyuu, 20 Nijuu.</p>			
<p>4th Kyu (Blue Belt to 3rd Kyu, Brown Belt w/white stripe)</p>	<p>Between 3 to 5 months holding current rank <i>(If ready)</i></p>	<p><u>Zenkutsu-Dachi</u> - front stance - (5 forward and 5 back)</p> <p>1. Oi-Tzuki (Lunge punch) + Yako-Tzuki (Reverse punch) 2. Gedan-Barai (Lower block) + Yako-Tzuki (Reverse punch) 3. Uche-Uke (Outside block) + Yako-Tzuki (Reverse punch) 4. Soto-Uke (Inside block) + Yako-Tzuki (Reverse punch) 5. Age-Uke (Rising block) + Yako-Tzuki (Reverse punch)</p> <p><u>Zenkutsu-Dachi</u> - front stance - (5 forward and 5 back) <u>Uchi Waza</u> (Blocks)</p> <p>6. Juji Uke (X-block, Gedan and Jodan) 7. Kakiwake Uke (Wedge Block) + Maegeri + oitzuke and giakotzuki. 8. Morote Uke (Augmented Block) 9. Manji Uke (Swastika Block) + lower palm strike + Manji Uke (three times)</p>	<p>1. Taikyoku Shodan 2. Heian Shodan 3. Heian Nidan, 4. Heian Sandan 5. Heian Yondan 6. Heian Godan 7. Tekki Shodan 8. Bassai-dai</p>	<p>Kumite (Sparring with control) Kumite with hands only Kumite with legs only</p>	<p>- Good Kiai - Positive attitude - Loud Osss! - Discipline - Fighter attitude - Hara (Stomach and muscles compacted and strong) - Kime (Power and focus.) - Zanshin (Awareness – of relaxed alertness.)</p>

	<p><u>Zenkutsu-Dachi</u> - front stance + <u>Kokutsu-Dachi</u> - back stance - (5 forward and 5 back) 10. Shuto-Uke (Knife block) + Nukite (Strike with straight fingers) <u>Kokutsu-Dachi</u> - front stance + <u>Kiba-Dachi</u> - back stance - (5 forward and 5 back) 11. Manji Uke + Kagi Tzuki (side punch +Empi Uche) <u>Zenkutsu-Dachi</u> - front stance - (5 forward and 5 back) 12. Mae-Geri Keage (Front snap kick w/back leg) 13. Mae-Geri Kekomi (Front thrust kick w/back leg) 14. Mawashi Geri (Round kick w/back leg) 15. Kisami Mae Geri (Front leg.) + Mawashi Geri (Round kick w/back leg) 16. Ushiro Geri (Thrust kick with the back-leg heel)</p> <p><u>Kiba-Dachi</u> - horse stance - (5 forward and 5 back) 17. Yoko-Geri Keage (Side snap kick w/front leg) 18. Yoko-Geri Kekomi (Side thrust kick w/front leg heel) 19. Yoko-Geri Kekomi (Side kick w/back leg heel) 20. Yoko-Geri Kekomi w/jump (Side thrust kick w/front leg)</p> <p><u>Neko-Dachi</u> - Cat stance - (5 forward and 5 back) 21. Kizami Mae Geri Kiai (back leg) 22. Kizami Mawashi Geri (back leg)</p> <p><u>Zenkutsu-Dachi</u> - front stance - (5 forward and 5 back) 23. Five blocks (Gedanbarai, uche-uke, soto-uke, age-uke, shuto-uke) 24. Five kicks (Mae Geri, Yoko Geri, Mawashi Geri, Oshiro Geri, UramMawashi.)</p> <p>Counting Japanese: 1 Ichi, 2 Ni, 3 San, 4 Shi, 5 Go, 6 Roku, 7 Shichi, 8 Hachi, 9 Kyuu, 10 Juu, 11 Juuichi, 12 Juuni, 13 Juusan, 14 Juushi, 15 Juugo, 16 Juuroku, 17 Juushichi, 18 Juuhachi, 19 Juukyuu, 20 Nijuu.</p>		<ul style="list-style-type: none"> - Respect - Dojo Kun (English) - At least six tournaments participation - Ability to break board
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<p>3rd Kyu (Brown Belt w/white stripe to 2nd Kyu, Solid Brown Belt)</p>	<p>Between 3 to 5 months holding current rank (If ready)</p>	<p>Zenkutsu-Dachi - front stance - (5 forward and 5 back)</p> <p>Gedan-barai (downward block)</p> <ol style="list-style-type: none"> 1. Maegeri, junzuki (front kick, front punch) 2. Mawashigeri, gyakuzuki (roundhouse kick, reverse punch) 3. Gyakuzuki, maegeri, junzuki, gedan-barai (reverse punch, front kick, front punch, downward block) <p>Zenkutsu-Dachi - front stance - (5 forward and 5 back)</p> <ol style="list-style-type: none"> 4. Maegeri, mawashigeri (front kick, roundhouse kick) 5. Kizami yokogeri-kekomi, ushirogeri (front leg side thrust kick, back kick) <p>Kiba-Dachi (horse-riding stance)</p> <ol style="list-style-type: none"> 6. Yokogeri-keage, yokogeri-kekomi (side snap kick, side thrust kick, using same leg) 7. Yokogeri-keage, yokogeri-kekomi (side snap kick, side thrust kick (alternate legs) <p>Kokutsu-Dachi (5 kicks forward and 5 turning around-Mawate)</p> <ol style="list-style-type: none"> 8. Mawashi geri and Ura Mawashi (same leg,) 9. Mawashi Geri and Oshiro Mawashi (front and back leg) 10. Shuto Uke + Empi Uchi (changing to kiba dachi) + jodan uraken <p>Judo Falls</p> <ol style="list-style-type: none"> 11. Front rolling: Three front rolls with left shoulder and coming back with three more falls with left shoulder 12. Back Fall: Three falls with each leg 13. Side fall: Three falls with each leg. 	<ol style="list-style-type: none"> 1. Taikyoku Shodan 2. Heian Shodan 3. Heian Nidan, 4. Heian Sandan 5. Heian Yondan 6. Heian Godan 7. Tekki Shodan 8. Bassai-dai 	<p>Open Kumite</p> <p>Marked Kumite in circle</p>	<ul style="list-style-type: none"> - Good Kiai - Positive attitude - Loud Osss! - Discipline - Fighter attitude - Hara (Stomach and muscles compacted and strong) - Kime (Power and focus.) - Zanshin (Awareness – of relaxed alertness.) - Respect - Dojo Kun (English) - At least seven tournaments participation - Ability to conduct a warm up class - Ability to break board
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<p>2nd Kyu (Solid Brown Belt to 1st Kyu, Brown Belt w/black stripe)</p>	<p>Between 3 to 6 months holding current rank (If ready)</p>	<p>Zenkutsu-Dachi - front stance - (5 forward and 5 back) 1. Maegeri, junzuki (front kick, front punch) 2. Mawashigeri, gyakuzuki (roundhouse kick, reverse punch) 3. Gyakuzuki, maegeri, junzuki, gedan-barai (reverse punch, front kick, front punch, downward block)</p> <p>Zenkutsu-Dachi - front stance - (5 forward and 5 back) 4. Maegeri, mawashigeri (front kick, roundhouse kick) 5. Kizami yokogeri-kekomi, ushirogeri (front leg side thrust kick, back kick)</p> <p>Kiba-Dachi (horse-riding stance) 6. Yokogeri-keage, yokogeri-kekomi (side snap kick, side thrust kick, using same leg) 7. Yokogeri-keage, yokogeri-kekomi (side snap kick, side thrust kick—different legs)</p> <p>Kokutsu-Dachi (5 kicks forward and 5 turning around-Mawate) 8. Mawashi geri and Ura Mawashi (same leg,) 9. Mawashi Geri and Oshiro Mawashi (front and back leg) 10. Shuto Uke + Mawashi + Mae geri (front leg) + Nukite 11. Shuto Uke + Empi Uchi (changing to kiba dachi) + jodan uraken</p> <p>Judo Falls 12. Front rolling: Three front rolls with left shoulder and coming back with three more falls with left shoulder 13. Back Fall: Three falls with each leg 14. Side fall: Three falls with each leg</p>	<ol style="list-style-type: none"> 1. Taikyoku Shodan 2. Heian Shodan 3. Heian Nidan, 4. Heian Sandan 5. Heian Yondan 6. Heian Godan 7. Tekki Shodan 8. Bassai-dai 9. Kanku-dai 	<p>Open Kumite</p> <p>Marked Kumite in circle</p>	<ul style="list-style-type: none"> - Good Kiai - Positive attitude - Loud Osss! - Disciplined - Fighter attitude - Hara (Stomach and muscles compacted and strong) - Kime (Power and focus.) - Zanshin (Awareness – of relaxed alertness.) - Respect - Dojo Kun (English and Japanese) - At least nine tournaments participation - Ability to conduct a warm up - Ability to break board - Speed
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<p>1st Kyu (Brown Belt w/black stripe to 1st Dan, Black Belt – Shodan)</p>	<p>Between 5 to 8 months holding current rank <i>(If ready)</i></p>	<p>Zenkutsu-Dachi - front stance - (5 forward and 5 back)</p> <ol style="list-style-type: none"> 1. Sanbon zuki—Oizuki (three punches—head, body, body) 2. Sanbon zuki—Gyakuzuki (three punches—body, head, body) 3. Age-uke, gedan-barai, gyakuzuki (rising block, downward block, reverse punch) 4. Soto-uke, enpi-uchi, uraken, gyakuzuki (outer block, elbow strike, back fist, reverse punch) 5. Uchi-uke, kizami-zuki, maegeri, gyakuzuki (inner block, front snap punch, front kick, reverse punch) 6. Five basic blocks slow motion and speed. <p>Kokutsu-Dachi - back stance - (5 forward and 5 back)</p> <ol style="list-style-type: none"> 7. Shuto-uke, kizami-geri, zenkutsu-dachi nukite (knife hand block, front snap kick, into front stance spear hand strike) <p>Zenkutsu-Dachi - front stance - (5 forward and 5 back)</p> <ol style="list-style-type: none"> 8. Maegeri, mawashigeri, gyakuzuki, gedan-barai (front kick, roundhouse kick, reverse punch, downward block) 9. Maegeri, yokogeri-kekomi, gyakuzuki, gedan-barai (front kick, side thrust kick, reverse punch, downward block) 10. Shuto Uke + Mawashi + Mae geri (front leg) + Nukite 11. Shuto Uke + Empi Uchi (changing to kiba dachi) + jodan uraken 12. Gyako tsuki + Kizami mawashi geri + Kizami ura mawashi 13. In place, front leg chudan maegeri, then step in back leg jodan mae geri Turn – In place, front leg chudan mawashi geri, step-in back leg jodan mawashi geri 14. In zenkutsu dachi two kicks from back leg- maegeri, yoko geri (both sides) <p>Kiba-Dachi (horse-riding stance)</p> <ol style="list-style-type: none"> 15. Yokogeri-keage, yokogeri-kekomi (side snap kick, side thrust kick—alternate legs) 	<ol style="list-style-type: none"> 1. Taikyoku Shodan 2. Heian Shodan 3. Heian Nidan, 4. Heian Sandan 5. Heian Yondan 6. Heian Godan 7. Tekki Shodan 8. Bassai-dai 9. Kanku-dai 10. Empi 11. Jion 12. Kanku-sho 	<p>Open Kumite</p> <p>Marked Kumite in circle</p> <p>Kumite blindfolded</p>	<ul style="list-style-type: none"> - Good Kiai - Positive attitude - Loud Osss! - Disciplined - Fighter attitude - Hara (Stomach and muscles compacted and strong) - Kime (Power and focus.) - Zanshin (Awareness – of relaxed alertness.) - Respect - Dojo Kun (English and Japanese) - At least twelve tournaments participation - Ability to lead a complete class - Ability to break a moderate board - Speed
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		<p><u>Kokutsu-Dachi</u> (5 kicks forward and 5 turning around-Mawate)</p> <p>16. Mawashi geri and Ura Mawashi (same leg, 17. Mawashi Geri and Oshiro Mawashi (front and back leg) 18. Ura mawashi with jump</p> <p><u>Judo Falls</u></p> <p>19. Front rolling: Three front rolls with left shoulder and coming back with three more falls with left shoulder 20. Back Fall: Three falls with each leg 21. Side fall: Three falls with each leg</p>			
<p>1st Dan (Black Belt – Shodan to 2nd Dan Black Belt, Nidan)</p>	<p>Between 18 to 24 months holding current rank <i>(If ready)</i></p>	<p><u>Zenkutsu-Dachi - front stance - (5 forward and 5 back)</u></p> <ol style="list-style-type: none"> 1. Sanbon zuki—Oizuki (three punches—head, body, body) 2. Sanbon zuki—Gyakuzuki (three punches—body, head, body) 3. Age-uke, gedan-barai, gyakuzuki (rising block, downward block, reverse punch) 4. Soto-uke, enpi-uchi, uraken, gyakuzuki (outer block, elbow strike, back fist, reverse punch) 5. Uchi-uke, kizami-zuki, maegeri, gyakuzuki (inner block, front snap punch, front kick, reverse punch) 6. Five basic blocks slow motion and speed. <p><u>Kokutsu-Dachi - back stance - (5 forward and 5 back)</u></p> <ol style="list-style-type: none"> 7. Shuto-uke, kizami-geri, zenkutsu-dachi nukite (knife hand block, front snap kick, into front stance spear hand strike) <p><u>Zenkutsu-Dachi - front stance - (5 forward and 5 back)</u></p> <ol style="list-style-type: none"> 8. Maegeri, mawashigeri, gyakuzuki, gedan-barai (front kick, roundhouse kick, reverse punch, downward block) 9. Maegeri, yokogeri-kekomi, gyakuzuki, gedan-barai (front kick, side thrust kick, reverse punch, downward block) 	<ol style="list-style-type: none"> 1. Taikyoku Shodan 2. Heian Shodan 3. Heian Nidan, 4. Heian Sandan 5. Heian Yondan 6. Heian Godan 7. Tekki Shodan 8. Bassai-dai 9. Kanku-dai 10. Empi 11. Jion, 12. Kanku-sho 13. Tekki Nidan, 14. Tekki Sandan 15. Gojushiho-Sho 	<p>Open Kumite</p> <p>Marked Kumite in circle</p> <p>Kumite blindfolded</p>	<ul style="list-style-type: none"> - Good Kiai - Positive attitude - Loud Oss! - Disciplined - Fighter attitude - Hara (Stomach and muscles compacted and strong) - Kime (Power and focus.) - Zanshin (Awareness) – of relaxed alertness.) - Respect - Dojo Kun (English and Japanese) - At least 20 tournaments participation

		<p><u>Kiba-Dachi</u> (horse-riding stance)</p> <p>10. Yokogeri-keage, yokogeri-kekomi (side snap kick, side thrust kick—different legs)</p> <p><u>Kokutsu-Dachi</u> (3 kicks forward and 3 turning around-Mawate)</p> <p>11. Mawashi geri and Ura Mawashi (same leg,)</p> <p>12. Mawashi Geri and Oshiro Mawashi (front and back leg)</p> <p>13. Ura mawashi with jump</p> <p>14. Slide forward - Kizami zuki jodan, Step in - sanbon zuki</p> <p>15. Slide forward - Kizami zuki jodan, Step back- chudan soto uke, same hand kizami zuki jodan, then gyaku zuki</p> <p>16. Step forward - chudan soto uke, empi uchi/uraken from kiba dachi, gyaku zuki in zenkutsu dachi</p> <p>17. Step back - Shuto uke/maeashi maegeri/gyaku zuki in kokutsu dachi</p> <p>18. Slide forward - Kizami zuki jodan, Step back – jodan age uke, Step forward- back leg chudan mawashi geri step down uraken, then step-in - chudan oi zuki.</p> <p>19. Kicking: In place- front leg maeashi maegeri, step in Rengeri – chudan/jodan maegeri</p> <p>20. From kiba dachi – step across yoko geri keage, step down and pivot, yoko kekomi. Same thing in the other direction.</p> <p>21. From zenkutsu dachi - Three kicks in place- maegeri/yoko geri/ushiro geri</p> <p><u>Judo Falls</u></p> <p>22. Front rolling: Three front rolls with left shoulder and coming back with three more falls with left shoulder</p> <p>23. Back Fall: Three falls with each leg</p> <p>24. Side fall: Three falls with each leg</p>		<ul style="list-style-type: none"> - Ability to lead a complete class - Ability to break a thick board - Speed - Ability to belt testing other students
2nd Dan	Between 18 to 24 months	<p><u>Zenkutsu-Dachi</u> - front stance - (5 forward and 5 back)</p> <p>1. Sanbon zuki—Oizuki (three punches—head, body, body)</p>	1. Taikyoku Shodan	<p>Open Kumite</p> <ul style="list-style-type: none"> - Good Kiai - Positive attitude

<p>(Black Belt – Nidan to 3rd Dan Black Belt, Sandan)</p>	<p>holding current rank <i>(If ready)</i></p>	<ol style="list-style-type: none"> 2. Sanbon zuki—Gyakuzuki (three punches—body, head, body) 3. Age-uke, gedan-barai, gyakuzuki (rising block, downward block, reverse punch) 4. Soto-uke, enpi-uchi, uraken, gyakuzuki (outer block, elbow strike, back fist, reverse punch) 5. Uchi-uke, kizami-zuki, maegeri, gyakuzuki (inner block, front snap punch, front kick, reverse punch) 6. Five basic blocks slow motion and speed. <p><u>Kokutsu-Dachi</u> - back stance - (5 forward and 5 back)</p> <ol style="list-style-type: none"> 7. Shuto-uke, kizami-geri, zenkutsu-dachi nukite (knife hand block, front snap kick, into front stance spear hand strike) <p><u>Zenkutsu-Dachi</u> - front stance - (5 forward and 5 back)</p> <ol style="list-style-type: none"> 8. Maegeri, mawashigeri, gyakuzuki, gedan-barai (front kick, roundhouse kick, reverse punch, downward block) 9. Maegeri, yokogeri-kekomi, gyakuzuki, gedan-barai (front kick, side thrust kick, reverse punch, downward block) <p><u>Kiba-Dachi</u> (horse-riding stance)</p> <ol style="list-style-type: none"> 10. Yokogeri-keage, yokogeri-kekomi (side snap kick, side thrust kick—different legs) <p><u>Kokutsu-Dachi</u> (3 kicks forward and 3 turning around-Mawate)</p> <ol style="list-style-type: none"> 11. Mawashi geri and Ura Mawashi (same leg,) 12. Mawashi Geri and Oshiro Mawashi (front and back leg) 13. Ura mawashi with jump 14. Slide forward - Kizami zuki jodan, Step in - sanbon zuki 15. Slide forward - Kizami zuki jodan, Step back- chudan soto uke, same hand kizami zuki jodan, then gyaku zuki 16. Step forward - chudan soto uke, empi uchi/uraken from kiba dachi, gyaku zuki in zenkutsu dachi 17. Step back - Shuto uke/maeashi maegeri/gyaku zuki in kokutsu dachi 18. Slide forward - Kizami zuki jodan, Step back – jodan age uke, Step 	<ol style="list-style-type: none"> 2. Heian Shodan 3. Heian Nidan, 4. Heian Sandan 5. Heian Yondan 6. Heian Godan 7. Tekki Shodan 8. Bassai-dai 9. Kanku-dai 10. Empi 11. Jion, 12. Kanku-sho 13. Tekki Nidan, 14. Tekki Sandan 15. Gojushiho-Sho 16. Unsu 	<p>Marked Kumite in circle</p> <p>Kumite blindfolded</p>	<ul style="list-style-type: none"> - Loud Oss! - Disciplined - Fighter attitude - Hara (Stomach and muscles compacted and strong) - Kime (Power and focus.) - Zanshin (Awareness) – of relaxed alertness.) - Respect - Dojo Kun (English and Japanese) - At least 20 tournaments participation - Ability to lead a complete class - Ability to break a thick board - Speed - Ability to belt testing other students
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	<p>forward- back leg chudan mawashi geri step down uraken, then step-in - chudan oi zuki.</p> <p>19. Kicking: In place- front leg maeashi maegeri, step in Rengeri – chudan/jodan maegeri</p> <p>20. From kiba dachi – step across yoko geri keage, step down and pivot, yoko kekomi. Same thing in the other direction.</p> <p>21. From zenkutsu dachi - Three kicks in place- maegeri/yoko geri/ushiro geri</p> <p><u>Judo Falls</u></p> <p>22. Front rolling: Three front rolls with left shoulder and coming back with three more falls with left shoulder</p> <p>23. Back Fall: Three falls with each leg</p> <p>24. Side fall: Three falls with each leg</p>			
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Categories:

Beginner: White, Yellow, Orange (12th, 11th, 10th, 9th, 8th, 7th Kyus)

Novice: Green, Purple, Blue (8th, 7th, 6th, 5th, 4th Kyus)

Intermediate: Brown (3rd, 2nd Kyus)

Advanced: 1st kyu and black belts



David A Crosby

**Sensei David A Crosby, Godan
Chief Instructor**

Seleny Crosby

**Sensei Seleny Crosby, Sandan
Head Instructor**

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