

## Empower Martial Arts Samurai Warrior Belt Requirements

### ORANGE BELT – HACHI KYU (pronounced “Hah-chee Q”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
<ul style="list-style-type: none"> <li>• Minimum of 16 classes</li> </ul>		
<ul style="list-style-type: none"> <li>• Know right &amp; left sides</li> </ul>		
<ul style="list-style-type: none"> <li>• Perform Basic Punches &amp; Know Terminology               <ol style="list-style-type: none"> <li>1. Back Fist – Reiken (Ry-ken)</li> <li>2. Reverse Punch - Gyaka Tsuki (Yah kah sooky)</li> <li>3. Corkscrew Punch - no name</li> </ol> </li> </ul>		
<ul style="list-style-type: none"> <li>• Kicking Series – Perform and know Japanese terminology               <ol style="list-style-type: none"> <li>1. Front Kick – Mae Geri (My Gary)</li> <li>2. Side Kick – Yoko Geri (Yoe Koe Gary)</li> <li>3. Roundhouse Kick – Mawashi Geri (Mah-wah-shee Gary)</li> <li>4. Spinning Back Kick – Ushiro Geri (Oo-shear-oh Gary)</li> <li>5. Step Side Kick – Yoko Tobi Geri (Yoe Koe Toe Bee Gary)</li> </ol> </li> </ul>		
<ul style="list-style-type: none"> <li>• Know Style of Karate - Kajukenbo</li> </ul>		
<ul style="list-style-type: none"> <li>• Kata – TaiHokyu (Tie-Ho-Kee-Oh)</li> </ul>		
<b>Electives – None</b>		<b>Comments</b>
<b>Physical Fitness Requirements - <u>accrued since beginning the martial arts program</u></b>		<b>Comments</b>
<ul style="list-style-type: none"> <li>• 50 Push Ups</li> </ul>		
<ul style="list-style-type: none"> <li>• 50 Crunches</li> </ul>		
<ul style="list-style-type: none"> <li>• 25 Hyperextensions</li> </ul>		
<ul style="list-style-type: none"> <li>• 25 Pulling exercises – See Sensei Tim</li> </ul>		
<ul style="list-style-type: none"> <li>• 50 Squats (body weight) – See Sensei Tim</li> </ul>		

## Empower Martial Arts Samurai Warrior Belt Requirements

### YELLOW BELT – SCHICHI KYU (pronounced “Shcheechee Q”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
<ul style="list-style-type: none"> <li>• Improve on all previous requirements</li> </ul>		<b>Comments</b>
<ul style="list-style-type: none"> <li>• Minimum of 16 classes since last belt test</li> </ul>		
<ul style="list-style-type: none"> <li>• Free Style Self Defense – 4 techniques</li> </ul>		
<ul style="list-style-type: none"> <li>• Yellow Belt Blocking Series – Perform and know Japanese terminology               <ol style="list-style-type: none"> <li>1. High Rising Block – Jo Dan Age Uke (Joe Don Ah Gah Ookee)</li> <li>2. Middle Outward Block – Chu Dan Uke (Chew Don Ookee)</li> <li>3. Down Block – Ge Dan Uke (Gay Don Ookee)</li> <li>4. Middle Inward Block – Soto Uke (Soe Toe Ookee)</li> <li>5. Knife Hand Block – Shuto Uke (Shoot Oh Ookee)</li> </ol> </li> </ul>		
<ul style="list-style-type: none"> <li>• First Self Defense Series – all 5, no partner</li> </ul>		
<ul style="list-style-type: none"> <li>• Kata – Pinan I</li> </ul>		
<ul style="list-style-type: none"> <li>• Explain 3 Reasons for Kata               <ol style="list-style-type: none"> <li>1. Practice self defense (techniques and movements)</li> <li>2. Art form of karate</li> <li>3. Good exercise</li> </ol> </li> </ul>		
<ul style="list-style-type: none"> <li>• Explain Kata Preparation               <ol style="list-style-type: none"> <li>1. Karate is my secret</li> <li>2. I use no weapons</li> <li>3. I use karate with respect</li> </ol> </li> </ul>		
<ul style="list-style-type: none"> <li>• Know 1 of the “Rules of Respect”</li> </ul>		
<b>Electives – None</b>		
<b>Physical Fitness Requirements - <u>accrued since previous belt test</u></b>		
<ul style="list-style-type: none"> <li>• 75 Push Ups</li> </ul>		
<ul style="list-style-type: none"> <li>• 75 Crunches</li> </ul>		
<ul style="list-style-type: none"> <li>• 50 Hyperextensions</li> </ul>		
<ul style="list-style-type: none"> <li>• 50 Pulling exercises – See Sensei Tim</li> </ul>		
<ul style="list-style-type: none"> <li>• 75 Squats (body weight) – See Sensei Tim</li> </ul>		

## Empower Martial Arts Samurai Warrior Belt Requirements

### GREEN BELT – ROKU KYU (pronounced “Row-Koo Q”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
<ul style="list-style-type: none"> <li>• Improve on all previous requirements</li> </ul>		
<ul style="list-style-type: none"> <li>• Minimum of 24 classes since last belt test</li> </ul>		
<ul style="list-style-type: none"> <li>• Free Style Self Defense – 6 techniques</li> </ul>		
<ul style="list-style-type: none"> <li>• Escape Series – 3 techniques</li> </ul>		
<ul style="list-style-type: none"> <li>• Kata – Pinan II</li> </ul>		
<ul style="list-style-type: none"> <li>• Green Belt Blocking Series               <ul style="list-style-type: none"> <li>Double Down Block – Morote Uke (More-Otay Ookee)</li> <li>Reinforced Middle Outward Block – Kyoku Chudan Uke (Key-Oh-Koo Choo-Don Ookee)</li> <li>X Block – Juji Uke (Jujee Ookee)</li> <li>Elbow Block – Empi Uke (Empee Ookee)</li> <li>Double Palm Heel Block – Shotei Uke (Shotay Ookee)</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li>• First Self Defense Series – <b>all 5 with a partner</b></li> </ul>		
<ul style="list-style-type: none"> <li>• Second Self Defense Series – 5 techniques</li> </ul>		
<ul style="list-style-type: none"> <li>• Kicking Series - with a punch before every kick</li> </ul>		
<ul style="list-style-type: none"> <li>• Yellow Belt Blocking Series with a Reverse Punch after every block</li> </ul>		
<ul style="list-style-type: none"> <li>• Sparring (in class)</li> </ul>		
<ul style="list-style-type: none"> <li>• Know 2 “Rules of Respect”</li> </ul>		
Electives – must choose 1 of the 3 choices		Comments
<ul style="list-style-type: none"> <li>• Escape Series – 1 additional technique</li> </ul>		
<ul style="list-style-type: none"> <li>• Free Style Self Defense – 2 additional techniques</li> </ul>		
<ul style="list-style-type: none"> <li>• Know all 6 Rules of Respect</li> </ul>		
Physical Fitness Requirements - <u>accrued since previous belt test</u>		Comments
<ul style="list-style-type: none"> <li>• 100 Push Ups</li> </ul>		
<ul style="list-style-type: none"> <li>• 100 Crunches</li> </ul>		
<ul style="list-style-type: none"> <li>• 75 Hyperextensions</li> </ul>		
<ul style="list-style-type: none"> <li>• 75 Pulling exercises – See Sensei Tim</li> </ul>		
<ul style="list-style-type: none"> <li>• 100 Squats (body weight) – See Sensei Tim</li> </ul>		

## Empower Martial Arts Samurai Warrior Belt Requirements

### BLUE BELT – GO KYU (pronounced “Go Q”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
• Improve on all previous requirements		
• Minimum of 24 classes since last belt test		
• Free Style Self Defense – 8 techniques		
• Escape Series – 5 techniques		
• Kata – Karumpha & Gake Sei		
• Blue Belt Blocking Series		
• Outside Series – any 2 techniques		
• Kicking Series - with a punch before and a punch after every kick		
• Sparring (in class)		
• Know 3 “Rules of Respect”		
Electives – must choose 2 of the 4 choices		Comments
• Outside Series – 2 additional techniques		
• Escape Series – 2 additional technique		
• Free Style Self Defense – 3 additional techniques		
• Know all 6 Rules of Respect		
Physical Fitness Requirements - <i>accrued since previous belt test</i>		Comments
• 200 Push Ups		
• 200 Crunches		
• 150 Hyperextensions		
• 150 Pulling exercises – See Sensei Tim		
• 200 Squats (body weight) – See Sensei Tim		

## Empower Martial Arts Samurai Warrior Belt Requirements

### PURPLE BELT – YON KYU (pronounced “Yahn Q”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
• Improve on all previous requirements		
• Minimum of 24 classes since last belt test		
• Free Style Self Defense – 10 techniques		
• Escape Series – all 9 techniques		
• Kata – Pinan III & Pinan IV		
• Outside Series – 3 techniques		
• Sparring (in class)		
• Know 4 “Rules of Respect”		
Electives – must choose 2 of the 3 choices		Comments
• Outside Series – 2 additional techniques		
• Free Style Self Defense – 3 additional techniques		
• Weapon Self Defense – any 1 technique		
Physical Fitness Requirements - <u>accrued since previous belt test</u>		Comments
• 250 Push Ups		
• 250 Crunches		
• 200 Hyperextensions		
• 200 Pulling exercises – See Sensei Tim		
• 250 Squats (body weight) – See Sensei Tim		

## Empower Martial Arts Samurai Warrior Belt Requirements

### BROWN BELT – 3<sup>rd</sup> DEGREE (SAN KYU – pronounced “Sahn Q”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
<ul style="list-style-type: none"> <li>• <i>Improve on all previous requirements</i></li> </ul>		
<ul style="list-style-type: none"> <li>• Minimum of 24 classes since last belt test</li> </ul>		
<ul style="list-style-type: none"> <li>• Free Style Self Defense – 14 techniques</li> </ul>		
<ul style="list-style-type: none"> <li>• Kata – Pinan V &amp; Saifa</li> </ul>		
<ul style="list-style-type: none"> <li>• Outside Series – 4 techniques</li> </ul>		
<ul style="list-style-type: none"> <li>• Sparring (in class)</li> </ul>		
<ul style="list-style-type: none"> <li>• Know 5 “Rules of Respect”</li> </ul>		
Electives – must choose 2 of the 3 choices		Comments
<ul style="list-style-type: none"> <li>• Outside Series – 2 additional techniques</li> </ul>		
<ul style="list-style-type: none"> <li>• Free Style Self Defense – 3 additional techniques</li> </ul>		
<ul style="list-style-type: none"> <li>• Weapon Kata</li> </ul>		
Physical Fitness Requirements - <i>accrued since previous belt test</i>		Comments
<ul style="list-style-type: none"> <li>• 300 Push Ups</li> </ul>		
<ul style="list-style-type: none"> <li>• 300 Crunches</li> </ul>		
<ul style="list-style-type: none"> <li>• 250 Hyperextensions</li> </ul>		
<ul style="list-style-type: none"> <li>• 250 Pulling exercises – See Sensei Tim</li> </ul>		
<ul style="list-style-type: none"> <li>• 300 Squats (body weight) – See Sensei Tim</li> </ul>		

## Empower Martial Arts Samurai Warrior Belt Requirements

### BROWN BELT – 2<sup>ND</sup> DEGREE (NI KYU – pronounced “Nee Q”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
• Improve on all previous requirements		
• Minimum of 24 classes since last belt test		
• Free Style Self Defense – 16 techniques		
• Kata – Sung San & Naifunchin		
• Weapon Kata – student’s choice		
• Outside Series – 6 techniques		
• Sparring (in class)		
• Know all 6 “Rules of Respect”		
Electives – must choose 2 of the 4 choices		Comments
• Outside Series – 2 additional techniques		
• Free Style Self Defense – 3 additional techniques		
• Weapon Self Defense – 1 technique each weapon		
• Weapon Kata – 1 additional		
Physical Fitness Requirements (accrued since previous belt test)		Comments
• 350 Push Ups		
• 350 Crunches		
• 300 Hyperextensions		
• 300 Pulling exercises – See Sensei Tim		
• 350 Squats (body weight) – See Sensei Tim		

## Empower Martial Arts Samurai Warrior Belt Requirements

### BROWN BELT – 1<sup>st</sup> DEGREE (IK KYU – pronounced “Ik Q”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
• Improve on all previous requirements		
• Minimum of 24 classes since last belt test		
• Free Style Self Defense – 20 techniques		
• Weapon Self Defense – 1 each (gun, knife, bat)		
• Kata – Neo Sheo		
• Outside Series – 8 techniques		
• Sparring (in class)		
Electives – must choose 2 of the 4 choices		Comments
• Multiple Attacker Self Defense – 1 technique		
• Outside Series – 2 additional techniques		
• Free Style Self Defense – 4 additional techniques		
• Weapon Self Defense – 1 additional technique for each weapon		
Physical Fitness Requirements - <i>accrued since previous belt test</i>		Comments
• 400 Push Ups		
• 400 Crunches		
• 350 Hyperextensions		
• 350 Pulling exercises – See Sensei Tim		
• 400 Squats (body weight) – See Sensei Tim		

## Empower Martial Arts Samurai Warrior Belt Requirements

### JUNIOR BLACK BELT – SHO DAN (pronounced “Show Dahn”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
<ul style="list-style-type: none"> <li>• Improve on all previous requirements</li> </ul>		
<ul style="list-style-type: none"> <li>• Ground fighting techniques – minimum of one</li> </ul>		
<ul style="list-style-type: none"> <li>• Sacrifice techniques – minimum of two</li> </ul>		
<ul style="list-style-type: none"> <li>• Free Style Self Defense – see Sensei Tim</li> </ul>		
<ul style="list-style-type: none"> <li>• Kata – Ba Sai Dai</li> </ul>		
<ul style="list-style-type: none"> <li>• Know Japanese terminology for Blocks, Kicks and Punches</li> </ul>		
<ul style="list-style-type: none"> <li>• Weapon Kata – see Sensei Tim</li> </ul>		
<ul style="list-style-type: none"> <li>• Outside Series – 10 techniques</li> </ul>		
<ul style="list-style-type: none"> <li>• Sparring – see Sensei Tim</li> </ul>		
<ul style="list-style-type: none"> <li>• Written Essay – Martial Arts Training – What does it means to you?</li> </ul>		
<ul style="list-style-type: none"> <li>• Know the History of Kajukenbo Karate</li> </ul>		
<ul style="list-style-type: none"> <li>• One additional Weapons Kata</li> </ul>		
<ul style="list-style-type: none"> <li>• Free Style Self Defense “Skit” - see Sensei Tim</li> </ul>		
Physical Fitness Requirements - <u>accrued since previous belt test</u>		Comments
<ul style="list-style-type: none"> <li>• 500 Push Ups</li> </ul>		
<ul style="list-style-type: none"> <li>• 500 Crunches</li> </ul>		
<ul style="list-style-type: none"> <li>• 450 Hyperextensions</li> </ul>		
<ul style="list-style-type: none"> <li>• 450 Pulling exercises – See Sensei Tim</li> </ul>		
<ul style="list-style-type: none"> <li>• 500 Squats (body weight) – See Sensei Tim</li> </ul>		