

## Youth & Adult Tips

Belt Color	Red Tip	Blue Tip	Purple Tip	Green Tip	Gray Tip
Kyu Rank	Student Creed	Makiwara	Pushups	Japanese Terminology	Kata
<i>White - 10th kyu</i>	All	3-punches, 3-knife hands,3-elbows 3-front kicks	10 good pushups	Side one - Basics Terms, Colors, Numbers (1-10)	Kata-Fukyugata Ichi
<i>Yellow - 9th Kyu</i>	All	3-punches, 3-knife hands,3-elbows 3-front kicks	10 good pushups	Side one - Basics Terms, Colors, Numbers (1-10)	Kata-Fukyugata Ichi
<i>Orange 8th Kyu</i>	All	3-punches, 3-knife hands,3-elbows 3-front kicks	<b>Yellow Tip</b> Breaking Knife Hand	Side Two - Basics Terms, Colors, Numbers (20-100)	Kata-Fukyugata Ni
Belt Color	Yellow Tip	Blue Tip	Brown Tip	Green Tip	Gray Tip
Kyu Rank	Breaking	Makiwara	Ukezawa (Blocking)	Referee Terminology	Kata
<i>Blue - 7th Kyu</i>	Knife Hand	3-punches, 3-knife hands,3-elbows 3-front kicks	5 - Head, Chest, Lower Body 3 - Inside, Chest Knife Hand, Lower Body Knife Hand	Not required	Kata-Pinan Nidan
<i>Green - 6th Kyu</i>	Front Kick	3-punches, 3-knife hands,3-elbows 3-front kicks	5 - Head, Chest, Lower Body 3 - Inside, Chest Knife Hand, Lower Body Knife Hand	Not required	Kata-Pinan Shodan
<i>Purple - 5th Kyu</i>	Elbow	3-punches, 3-knife hands,3-elbows 3-front kicks	5 - Head, Chest, Lower Body 3 - Inside, Chest Knife Hand, Lower Body Knife Hand	Not required	Kata-Pinan Sandan
Belt Color	Yellow Tip	Blue Tip	White Tip	Green Tip	Gray Tip
Kyu Rank	Breaking	Yakasoku Kumite	Referee	Referee Terminology	Kata
<i>Red - 4th Kyu</i>	Punch	7- Prearranged Fighting Techniques	Not Required	1st half of Referee Term Sheet	Katas-Pinan Yondan Naihanchi Ichi
<i>Brown - 3rd Kyu</i>	2 way break	7- Prearranged Fighting Techniques	Perform actual Referee skills in a kumite match	Whole Referee Term Sheet with hand signals	Katas-Pinan Godan, Nichanchi Ni, Anakin
<i>Brown - 2nd Kyu</i> <b>Black / Red Tip</b>	3 way break	7- Prearranged Fighting Techniques	Perform actual Referee skills in a kumite match	Whole Referee Term Sheet with hand signals	Kata-Wankan
<i>Brown / Black - 1st Kyu</i>	Adult - concrete Yth -4 way Wood Break	7- Prearranged Fighting Techniques	Perform actual Referee skills in a kumite match	Whole Referee Term Sheet with hand signals	Kata- Naihanchi Sandan
					<b>KATA BUNKAI</b>