

KINDER BELT PROMOTION



Testing for belt promotions are usually held on the last Saturday of the month.

Check the bulletin board for the date and time of the next test. A list is posted of the names of the students who have fulfilled their required classes and may be eligible for their next belt. Please note they must also have all their required tips as well.

Make sure uniforms are clean and good hygiene observed.

Belt testing fees should be taken care of the week prior to their test

Student requirements are as follows:

Been a student for 3 months.

Attended a minimum of 12 classes.

Earned all the required tips for belt rank

(See kinder tip chart enclosed in student packet).

A belt promotion test example:

At your first belt test (to promote from white to yellow stripe belt) you will be asked to perform the following minimum requirements:

- * Recite the last paragraph of the student creed.
- * Know left from right.
- * Perform 10 of each: punches, chest blocks, head blocks, and kicks.
- * Know the Japanese terms for the basic techniques:
Punch, Block, Color White, Uniform, Belt, Teacher, and
Counting to 10.
- * Do 5 pushups (all kinder ranks are allowed to do these on the flats of their hands).
- * Makiwara board techniques (3 punches and 3 kicks).

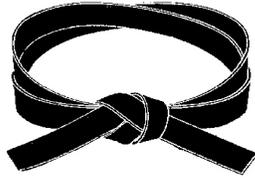
Students will receive the results of their test in their next class (not the day they test). You may want to bring a camera to catch this proud moment, as they are presented their new belt in front of their peers.

You are also allowed to film their testing as well.

You may attend belt tests other than your own just to observe, (except black belt testings, those are private to student and family only). This may help you to know what to expect when it is your time to test.

Youth

BELT PROMOTION



Adult

Testing for belt promotions are usually held on the last Saturday of the month. Check the bulletin board for the date and time of the next test. A list is posted of the names of the students who have fulfilled their required classes and may be eligible for their next belts. Please note they must also have all their required tips and *Annual Federation Dues must be up to date!*. Make sure uniforms are clean and good hygiene observed.

Belt testing fees should be taken care of the week prior to their test

Note: Black Belt Club pay no test fees through 1st Kyu (ask about BBC)

Student requirements are as follows:

Been a student for 3 months.

Attended a minimum of 24 classes.

Earned all the required tips for belt rank

(see tip chart enclosed in student packet).

A belt promotion test example:

At your first belt test (to promote from white to yellow belt) you will be asked to perform the following minimum requirements:

- * Recite the student creed.
- * Perform 1st kata (Fukyugata ichi)
- * Know the Japanese terms & perform the basic techniques (These are on the White/Yellow Belt side of the terminology sheet in your student booklet.)
- * Do 10 pushups (white & yellow belts are allowed to do these flat-handed).
- * Makiwara board techniques (3 punches, 3 knife hands, 3 elbows and 3 kicks).
- * Answer questions from the question & answer sheet in your student booklet.

Students will receive the results of their test in their next class (not the day they test). You may want to bring a camera to catch this proud moment, as they are presented their new belt in front of their peers.

You are also allowed to film their testing as well.

You may attend belt tests other than your own just to observe, (except black belt testings, those are private to student and family only). This may help you to know what to expect when it is your time to test.