



## **ORDER OF BELT RANKINGS:**

White Belt

8th KYU Orange Belt

7th KYU Yellow Belt

6th KYU Blue Belt

5th KYU Green Belt

Green Stripe Belt

4th KYU Purple Belt

Purple Stripe Belt

3rd KYU Brown Belt

Brown Stripe Belt

2nd KYU Red Belt

1st KYU Red Stripe Belt

**(KYU is a Japanese term meaning rank, or ranking. 9th KYU is no rank Progressing to 1st KYU meaning highest or best rank of the under belt rank system.)**



**STRIPES ON THE BELT REPRESENT THE FOLLOWING:**

**BLUE**= KICKS

**WHITE**= BLOCKS/ STANCES/ STRIKES

**RED**= KATA

**GREEN**= FORMAL TECHNIQUES

**BLACK**= CONDITIONING

**ORANGE**= ROLLS/ FALLS

**YELLOW**= 1ST DAY NEW STUDENT/ 3 RULES OF CONCENTRATION/  
LITTLE DRAGON'S PROMISE/ POLITE GREETING/ STUDENT CREED/

BLACK BELT OATH

**BROWN**= HISTORY

**PURPLE**= SPECIAL EVENT

# **UNDERBELT CLASS**

**DAY/DATE:**

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**BOW IN (1)**

**EXERCISE / STRETCH ( )**

**RELAYS ( )**

**PROMISES & SAYINGS (5)**

**CURRICULUM ( )**

**GAME ( )**

**BOW OUT (1)**

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**MONTHLY THEME:**

**KIDS:**

**ADULTS:**

# **BLACK BELT CLASS**

**DAY/DATE:**

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**BOW IN (1)**

**EXERCISE / STRETCH ( )**

**SHRIMPING ( )**

**CURRICULUM ( )**

**GAME ( )**

**BOW OUT (1)**

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**MONTHLY THEME:**