



Green Belt - 7th Kyu Promotion Exam Requirements

Karate Ranking

The colored belt ranking system used at the Traditional Karate Center is based on similar systems found in other Japanese martial arts. Karate ranking is based on technical competence and character development. It measures one's improvement, provides valuable feedback and helps to motivate the student towards reaching their goals.

Belt ranking in our dojo uses a system with 10 major levels, or Kyu. 10th Kyu (*white belt*) is the lowest, and 1st Kyu (*high brown belt*) is the highest. After the Kyu are the *Dan*, or black belt degrees. 1st Dan black belt is the lowest and 10th Dan black belt is the highest. A TKC student can expect to train 6-8 years to earn the rank of 1st Dan black belt. This level is not considered an end, but a new beginning in karate training.

Intermediate belt ranks, called *Provisional* ranks, are also awarded to students from white belt to purple belt. These ranks are not *Full Kyu* levels but stepping stones in between full ranks.

In addition to Full Kyu and Provisional ranks, there are also black rank stripes that can be earned on the student's existing belt. There are three stripe levels between each belt rank in the youth program, and one stripe level between each full rank in the adult program.

Students are not judged in comparison to one another, but are judged against a minimum standard necessary to earn each specific rank. Judges will take into consideration the age, individual progress and improvement of each student. Some specific technical areas of importance include: (1) the ability to move correctly and smoothly from one stance to another, (2) weight distribution in stances, (3) breathing in correspondence with body movements, (4) coordination, (5) physical endurance in stance work, (6) proficiency in kata and knowledge of application of kata, (7) ability to focus, (8) use of hip, (9) proper usage of the different striking surfaces of the hands, arms, feet and legs, (10) knowledge of effective target areas.

Students participating in a promotion exam are responsible for making themselves familiar with all of the requirements and judging criteria for their specific level of promotion. Also, it is important to remember that these requirements are only part of the test - regular class time, attitude, spirit and attendance are also taken into consideration.

Green Belt - 7th Kyu

A minimum of 9 months of total training time.

A minimum of 3 months from last full kyu promotion.

A minimum of 16 total classes from last exam.

General Requirements:

Increased ability to focus. Ability to change and transition correctly from different stances. Increased awareness and usage of hip. Must be proficient in 10-step Kihon and Heian Nidan.

The Exam:

All 8th Kyu Orange Belt requirements plus the following:

- 1) Stationary position - ready stance, horse and square stance - face block, outer block, inner block, low block/punch and block combinations
- 2) Moving forward and backward - front stance - front kick
- 3) Step forward and backward - front stance - middle punch
- 4) Step forward and backward - front stance - low block and face block
- 5) Step forward and backward - front stance - outer block and inner block
- 6) 10-Step Kihon
- 7) Stepping forward and backward - back stance - knife hand block and then shift to front stance spear hand strike
- 8) Moving forward - front stance - rear leg front kick then rear leg round kick
- 9) Side kick - thrusting and snapping
- 10) **Kata - Heian Nidan**

