



Tigers Pre-Karate Ranks

Promotion Exam Requirements

Pre-Yellow Belt to Pre-Purple Belt

Promotion exams in the Tigers Pre-Karate Program are designed to offer the children a positive and challenging experience and to reinforce the ideas of hard work, overcoming fears, goal setting and having a positive attitude. Although there are specific criteria that the Pre-Karate students are required to demonstrate at the exam, at their level any *high* degree of technical competence is not required. The judges' primary focus in evaluating will be on the individual's improvement, hard work, attitude and a limited knowledge and competency of the techniques listed below. The students are not judged in comparison to one another, but are judged against themselves and what the instructors of the program feel that each student's individual capabilities and strengths are. Mistakes are not generally counted against the Pre-Karate students. However, the student's attitude and reaction to their mistakes must be positive and constructive. In other words, they need to work hard, try their very best and keep a positive and respectful attitude.

Parents can expect their children to be challenged and encouraged to try their hardest in a formal examination environment that will result in a positive experience. The primary goal of the exam is to help develop their self-confidence, self-esteem, and to reinforce the ideals of hard work, respect and goal setting.

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.

The Pre-Karate program uses a preparatory and transitional ranking system called Pre-Ranks. These interim belts are distinguished by a colored band running the entire length of the center of a white belt. These Pre-Ranks are not considered full belt ranks but are stepping stones for the younger student to eventually earn full ranks. The Pre-Rank system goes from Pre-Yellow belt to Pre-Purple belt.

General Requirements:

Basic knowledge of dojo etiquette, including proper bowing in both standing and kneeling positions. Basic blocking, striking and kicking techniques from appropriate stances. Knowledge of basic Japanese terminology, including counting from 1 to 10. The ability to do a minimum of 5 push-ups and 10 sit-ups.

The Exam:

- 1) Stationary position - ready stance - punch low, middle, and high
- 2) Stationary position - horse or square stance - face block/low block, and punching low, middle, high combinations
- 3) Balance on one leg and count from 1 to 10 in Japanese
- 4) Step forward and backward - front stance middle punch
- 5) Step forward and backward - front stance face block
- 6) Step forward and backward - front stance low block
- 7) Stationary position - front stance rear leg front kick, hands in guarding position
- 8) 6-Step Kihon (front stance -low block, punch, face block, punch, rear leg front kick, punch)
- 9) 5 Push-ups and 10 sit-ups
- 10) **Kata - first half of Taikyoku Shodan (Kihon Kata Ichi) with help from instructors. As the student progresses through the Pre-K ranks they are encouraged to learn the entire kata and do it with less and less help with an emphasis on turning correctly.**
- 11) Question and answer on basic dojo rules, Japanese counting, etc.
- 12) Understanding of Dojo Kun for those student who have progressed to higher Pre-K ranks
- 13) Round kick and side kick for those student who have progressed to higher Pre-K ranks

