












OPEN PALM SYSTEM KARATE

BELT REQUIREMENTS

ADULT TECHNIQUES

	WHITE BELT (8) Classes Required	1st FORM – PART 1 – Break Aways –	STEPS 1-3 (A,B,C,)
	YELLOW BELT (24) Classes	1st FORM – PARTS 2,3 Against Outside Wrist Grabs Combination # 1	(1,2,3,4)
	ORANGE BELT (24) Classes Required	1st FORM – PARTS 4,5 Against Inside Wrist Grabs Combination # 2	(5 – 8)
	GREEN BELT (36) Classes Required	2nd FORM Against Front Cloth Grabs Against Back Cloth Grabs Combination # 3	(9-12) (13-16)
	BLUE BELT (36) Classes Required	3rd FORM Against Front (2) hand wrist grabs Against Back (2) hand wrist grabs Combination # 4	(17-20) (21-24)
	RED BELT (48) Classes Required	4th FORM Against Front Body Holds Against Back Body Holds Advanced Outside Wrist Tech. Advanced Inside Wrist Tech. Combination # 5	(25-28) (29-32) (33-36) (37-40)
	BROWN BELT (60) Classes Required	5th FORM Defense Against Kicks Against Kick & Punch Tech. Outside Inverted Wrist Grabs Inside Inverted Wrist Grabs Combination # 6	(41-44) (45-48) (49-52) (53-56)
	BROWN-BLACK (72) Classes Required	6th FORM Against Two Person holds Against Chokes & Headlocks Pressure Point Striking Single Palm Striking Combination # 7	(57-60) (61-64) (65-68) (69-72)
	BLACK BELT (1 st Degree) (72) Classes Required	7th FORM Defense Against Knife Defense With Rope Defense With Cane Double Palm Striking Combination # 8	(73-76) (77-80) (81-84) (85-88)