



OPEN PALM SYSTEM KARATE

BELT REQUIREMENTS

JUNIOR FORMS & TECHNIQUES

TESTING FOR:



WHITE BELT
(8) Classes Required

1st FORM – STEPS 1 - 3
Self-Defense Tech. # (A)
Step-Sparring # 1



YELLOW BELT
(24) Classes Required
(2 Stripes on Yellow Belt)

1st FORM – STEPS 4 - 10
Self-Defense Tech. # (B, C)
Step-Sparring # 2
Combination # 1



ORANGE BELT
(32) Classes Required
(2 Stripes on Orange Belt)

1st FORM – PARTS 2,3
Self-Defense Tech. # (1, 2)
Step-Sparring # 3, 4
Combination # 2



GREEN BELT
(40) Classes Required
(2 Stripes on Green Belt)

1st FORM – PARTS 4, 5
Self-Defense Tech. # (3, 4)
Step-Sparring # 5, 6
Combination # 3



BLUE BELT
(48) Classes Required
(2 Stripes on Blue Belt)

2nd FORM – part 1
Self-Defense Tech. # (5, 6, 7, 8)
Step-Sparring # 7, 8
Combination # 4



RED BELT
(56) Classes Required
(3 Stripes on Red Belt)

2nd FORM – part 2
Self-Defense Tech. # (9 - 16)
Step-Sparring # 9, 10
Combination # 5



BROWN BELT
(64) Classes Required
(4 Stripes on Brown Belt)

3rd FORM
Self-Defense Tech. # (17 – 24)
Step-Sparring # 11, 12
Combination # 6



BROWN-BLACK BELT
(72) Classes Required
(4 Stripes on Br/ Black Belt)

4th FORM
Self-Defense Tech. # (25 – 32)
Step-Sparring # 13, 14
Combination # 7



BLACK BELT
(80) Classes Required
(8 Stripes on Junior Black Belt)

5th FORM
Self-Defense Tech. # (33 – 40)
Step-Sparring # 15, 16
Combination # 8

1st Stripe for FORM - 2nd Stripe for Techniques/ Combinations/ Step Sparring - 3rd Stripe for Sparring/ Fitness - 4th Stripe for Weapons
All Students MUST have STUDENT CREED , PASSING SCHOOL GRADES , PARENT/ TEACHER FORMS and GOOD ATTITUDE !

Then Promoted To: **Junior BLACK BELT** (White - Stripe)