

# CCHS Karate Club

Proud Member Of

*THE GIORDANO FAMILY METHUEN KARATE ASSOCIATION*

## Kata Requirements for Promotions

### At White Belt

15 <sup>th</sup> Kyu (Ju Go Kyu)	Basic Techniques
14 <sup>th</sup> Kyu (Ju Shi Kyu)	Taikyoku Sono Ichi
13 <sup>th</sup> Kyu (Ju San Kyu)	Taikyoku Sono Ni

If the student has trained for **3 months\*** and is proficient in the Katas listed above, he or she may test for Blue Belt.

### At Blue Belt

12 <sup>th</sup> Kyu (Ju Ni Kyu)	7 Kicks
11 <sup>th</sup> Kyu (Ju Ichi Kyu)	Taikyoku Sono San
10 <sup>th</sup> Kyu (Ju Kyu)	Pinan Sono Ichi

If the student has trained for **3 months\*** (from the receipt of Blue Belt) and is proficient in the Katas listed above, he or she may test for Yellow Belt.

### At Yellow Belt

9 <sup>th</sup> Kyu (Ku Kyu)	Pinan Sono Ni
8 <sup>th</sup> Kyu (Hachi Kyu)	Pinan Sono San
7 <sup>th</sup> Kyu (Shichi Kyu)	3 Bow Katas
	Fighting Combinations
	1-2-3

If the student has trained for **6 months\*** (from receipt of Yellow Belt) and is proficient in the Katas listed above, he or she may test for Green Belt.

### At Green Belt

6 <sup>th</sup> Kyu (Roku Kyu)	Basic Sanchin No Kata
5 <sup>th</sup> Kyu (Go Kyu)	Pinan Sono Yon
4 <sup>th</sup> Kyu (Shi Kyu)	Pinan Sono Go
	Formal Sanchin-No Kata
	7 Bow Katas

Assist in teaching class with a Black Belt twice a month

If the student has trained for **1 year\*** (from receipt of Green Belt) and is proficient in the Katas listed above, he or she may be invited to test for Brown Belt.

### At Brown Belt

3 <sup>rd</sup> Kyu (San Kyu)	Geiksai Dai
2 <sup>nd</sup> Kyu (Ni Kyu)	Yantsu
1 <sup>st</sup> Kyu (Ichi Kyu)	Tsuki-No
	Self Defense Technique

Assist in teaching class with a Black Belt two times a month

If a student has trained for **2 years\*** (from receipt of Brown Belt) and is proficient in the Katas listed above, he or she may be invited to attend Black Belt promotion.

A list of additional requirements is available from Hanshi if the student is invited.