

# KIDS & JRS RANK REQUIREMENTS AGES 7 –12

## Basic Training

**Uniform tops are required for testing with patches on properly. Tests are subject to proper attendance.**

### White Belt      **Test every 2 weeks**

1<sup>st</sup>: Basic Punches, Kicks, Stances, 8 Point Blocking System.  
2<sup>nd</sup>: Combinations 6 & 7 3<sup>rd</sup>: Front Choke, Double Wrist Grab

### Yellow Belt

1<sup>st</sup>: Combination 3 (no takedown), Sword Hand Kempo 2<sup>nd</sup>: Front Lapel, Rear Wrist Grab 3<sup>rd</sup>: Kempo A & B (no takedowns)

### Orange Belt

#### **Eligible for Black Belt Team**

1<sup>st</sup>: 8 Point Blocking System with Strikes, Kempo C 2<sup>nd</sup>: Combination 5, Kempo D 3<sup>rd</sup>: Back choke, full nelson

## Black Belt Training

**Purple Belt Tests Monthly. Sparring and Weapon Defense Training Begins. Gear Package is required.**

1<sup>st</sup>: Combination 2, 18 2<sup>nd</sup>: Overhead Club #1, Straight Knife #1 3<sup>rd</sup>: Bear Hugs

### Blue Belt

1<sup>st</sup>: Combinations 8, Take Downs for Kempos A, & B 2<sup>nd</sup>: Combinations 9, Take Downs Combination 3 & Kempo C,  
3<sup>rd</sup>: Side Club #1, Side Headlock

### Advanced Blue

1<sup>st</sup>: Combinations 12, 14 2<sup>nd</sup>: Overhead Knife #1, Rear Headlock 3<sup>rd</sup>: 1 Kata

### Green Belt

1<sup>st</sup>: 8-Point Blocking with simultaneous strikes, Tensu Kempo #1 2<sup>nd</sup>: Straight Knife #2 3<sup>rd</sup>: Side Club #2  
4<sup>th</sup>: Overhead Club #2 5<sup>th</sup>: 2 Kata 6<sup>th</sup>: Dynamic Tension Form

## Masters Training

### Advanced Green

#### **Eligible for Masters Team & Leadership Training**

1<sup>st</sup>: Combinations 10 2<sup>nd</sup>: Combination 17 3<sup>rd</sup>: Combination 1 4<sup>th</sup>: Combination 20 5<sup>th</sup>: Combination 4 6<sup>th</sup>: Side club #3

### Brown

1<sup>st</sup>: Combination 26 2<sup>nd</sup>: Combination 21 3<sup>rd</sup>: Gutting Knife #1 4<sup>th</sup>: Straight in Knife #3 5<sup>th</sup>: T-Block #1  
6<sup>th</sup>: Statue of the Crane

### Advanced Brown

1<sup>st</sup>: Combination 22 2<sup>nd</sup>: Combination 23 3<sup>rd</sup>: Back Slashing Knife #1 4<sup>th</sup>: Tensu Kempo #2 5<sup>th</sup>: Iron Fortress Kempo  
6<sup>th</sup>: 3 Kata

**\*All Brown Belt levels are also focused on review of all previous material.**

\*To qualify for the Jr Black Belt Test, performance of all the above material is required. Preparation classes are required to take Brown and Black Belt Tests. Brown and Black Belt Tests are administered at separate times outside of class time.