

Beginner Testing Curriculum

Yellow Belt Test Curriculum	Orange Belt Test Curriculum	Blue Belt Test Curriculum
Stances & Linear Movement	Stances & Linear Movement	Stances & Linear Movement
<ul style="list-style-type: none"> • Attention Stance • Parallel Stance • Guard Stance 	<ul style="list-style-type: none"> • Step • Double Step • Slide • Shuffle 	<ul style="list-style-type: none"> • Slide, Slide • Shuffle, Slide • Shuffle, Step, Slide • Guard Change (jumping & pull-step)
Kihon (Basics)	Kihon (Basics)	Kihon (Basics)
<ul style="list-style-type: none"> • Circle Block (2 part) • Straight Punch (alternating) 	<ul style="list-style-type: none"> • Front Kick (rear leg) • Jab 	<ul style="list-style-type: none"> • Round Kick (rear leg) • Reverse Punch (stationary and elongating)
Kata (Forms)	Kata (Forms)	Kata (Forms)
<ul style="list-style-type: none"> • Sanchin Opening (9 part) 	<ul style="list-style-type: none"> • Sanchin Opening and Section 1 (up to doubles) 	<ul style="list-style-type: none"> • Sanchin
Ukemi (Ground Concepts)	Ukemi (Ground Concepts)	Ukemi (Ground Concepts)
<ul style="list-style-type: none"> • None For This Rank 	<ul style="list-style-type: none"> • None For This Rank 	<ul style="list-style-type: none"> • Side Defensive Position & Movement • Back Defensive Position & Movement
Terminology & Culture	Terminology & Culture	Terminology & Culture
<ul style="list-style-type: none"> • See Question & Answer Sheet • Show How to Properly Tie a Karate Belt 	<ul style="list-style-type: none"> • See Question & Answer Sheet 	<ul style="list-style-type: none"> • See Question & Answer Sheet
Athletic Conditioning	Athletic Conditioning	Athletic Conditioning
Jumping Jacks, Mountain Climbers, Wall Sit, Plank, Bear Crawl, Lunges, High Press Pose		