

Martial Arts Training International

Orange Belt Requirements

1st Stripe

General Conditioning:

10 sit ups, 10 push-ups

Basic Knowledge:

Shorinji Kempo Karate is a Japanese style

Polite greeting: (1. eye contact
(2. Firm hand shake
(3. Introduction

We yell "Kia" to:

- 1) Scares your opponent
- 2) Release energy

2nd Stripe

Stances:

Attention, ready, forward, horse

3rd Stripe

Kicks & parts of foot used:

Front kick; snap (instep)
thrust (ball)

Round kick; snap (instep)
thrust (ball)

4th Stripe

Blocks

forearm blocks: 4

High, low, inside\out & out side\ in

Strikes:

Reverse punch, Knife Hand, palm heel strike

Hand positions:

Guarded
Chambered

Yellow Belt Requirements

1st Stripe

General Conditioning:

15 sit ups, 15 push-ups

2nd Stripe

Stances:

Attention, ready, forward, horse

Cross step stance, side sparring stance

3rd Stripe

Kicks & parts of foot used:

Sidekick:

Side snap (knife edge)

Side thrust (knife edge)

Cross step side (knife edge)

Back kick: snap (heel)

Thrust (heel)

4th Stripe

Blocks:

Knife hand blocks: 4

High, low, inside out, out side in

Double arm block

Strikes:

Reverse punch, Knife Hand, palm heel

Hammer fist, ridge hand,

Vertical punch, inverted punch

Blue Belt Requirements

1st Stripe

General Conditioning:
20 sit ups, 20 push-ups

Basic Knowledge:
3 rules of concentration:
Focus your eyes, mind and body

2nd Stripe

Stances:

Attention, ready, forward, horse
Cross step stance, side sparring
Extended pigeon toed, rooted tree,

3rd Stripe

Kicks & parts of foot used:

Crescent jam (arch), crescent sweep (heel)
Outside inside crescent (arch)
Inside outside crescent (knife edge)
Front leg hook kick (heel)
Rear leg hook kick (heel)

4th Stripe

Blocks:

4 Ridge hand blocks
X-block high, x block low

Strikes:

Reverse punch, Knife Hand
Hammer fist, palm heel, ridge hand,
Vertical punch, inverted punch
Back fist, back hand, spear hand

Green Belt Requirements

1st Stripe

General Conditioning:
25 sit ups, 20 push-ups

General Knowledge:
8 qualities of a black belt:

- | | |
|----------------------|-------------------|
| 1) Hard working | 5) Loyal |
| 2) positive attitude | 6) Respectful |
| 3) Honest | 7) Self confident |
| 4) Self control | 8) Disciplined |

2nd Stripe

Stances:

Attention, ready, forward, horse
side sparring, Extended pigeon toed
Rooted tree, **V stance**

3rd Stripe

Kicks & parts of foot used:

Spinning back (heel)
Spinning side (knife edge)

4th Stripe

Blocks:

Hammer fist blocks

Strikes:

Reverse punch, Knife Hand
Hammer fist, palm heel, ridge hand,
Vertical punch, inverted punch
Back fist, back hand, spear hand
Koken, ox jaw, 1 finger jab

Green Stripe Belt Requirements

1st Stripe

General Conditioning:
25 sit ups, 25 push-ups

General Knowledge:
8 qualities of a black belt:

- | | |
|----------------------|-------------------|
| 1) Hard working | 5) Loyal |
| 2) positive attitude | 6) Respectful |
| 3) Honest | 7) Self confident |
| 4) Self control | 8) Disciplined |

2nd Stripe

Stances:

Attention, ready, forward, horse
Extended pigeon toed, side sparring
Rooted tree, cat stance
V stance, **cat stance**,

3rd Stripe

Kicks & parts of foot used:

Spinning back (heel)
Spinning side (knife edge)
Spinning crescent (Knife edge)
Spinning hook (heel)

4th Stripe

Blocks:

Hammer Fist Blocks

Strikes:

Reverse punch, Knife Hand
Hammer fist, palm heel, ridge hand,
Vertical punch, inverted punch
Back fist, back hand, spear hand
Koken, ox jaw, 1 finger jab
2 finger reinforced poke

Purple Belt Requirements

1st Stripe

General Conditioning:
30 sit ups, 30 push-ups

General Knowledge:

5 principles to an effective strike:
1) Position 2) accuracy 3) balance 4) speed 5) power

2nd Stripe

Stances:

Attention, ready, forward, horse
cross step stance, side sparring
Extended pigeon toed, Rooted tree
V stance, cat stance
Leaning back,

3rd Stripe

Kicks & parts of foot used:

Jumping snap
Jumping thrust
Jumping round

4th Stripe

Blocks:

4 Koken blocks

Strikes:

Reverse punch, Knife Hand
Hammer fist, palm heel, ridge hand,
Vertical punch, inverted punch, Back fist, back hand, spear hand
Koken, ox jaw, 1 finger jab, 2 finger reinforced poke

Knuckle punch:

1 knuckle
2 knuckle
4 knuckle

Purple Stripe Belt Requirements

1st Stripe

General Conditioning:

35 sit ups, 35 push-ups

General Knowledge:

5 principles to an effective strike:

1) Position 2) accuracy 3) balance 4) speed 5) power

2nd Stripe

Stances:

Attention, ready, forward, horse

cross step stance, side sparring

Extended pigeon toed, Rooted tree

V stance, cat stance

Leaning back,, **deep leaning back stance**

3rd Stripe

Kicks & parts of foot used:

Jumping snap

Jumping thrust

Jumping round

Jumping side

Jumping back

4th Stripe

Blocks:

4 Koken blocks

Strikes:

Reverse punch, Knife Hand

Hammer fist, palm heel, ridge hand,

Vertical punch, inverted punch, Back fist, back hand, spear hand

Koken, ox jaw, 1 finger jab, 2 finger reinforced poke

Knuckle punch:

1 knuckle

2 knuckle

4 knuckle

Middle knuckle

Thumb knuckle

Brown Belt Requirements

1st Stripe

General Conditioning:
40 sit ups, 35 push-ups

2nd Stripe

Stances:

Attention, ready, forward, horse
cross step stance, side sparring
Extended pigeon toed, Rooted tree
V stance, cat stance

Leaning back, deep leaning back stance

Crane Stance

3rd Stripe

Kicks & parts of foot used:

Flying front thrust (ball)

Flying side (knife-edge)

4th Stripe

Blocks:

Palm heel blocks

Strikes:

Reverse punch, Knife Hand

Hammer fist, palm heel, ridge hand,

Vertical punch, inverted punch, Back fist, back hand, spear hand

Koken, ox jaw, 1 finger jab, 2 finger reinforced poke

Bear paw, Tiger claw, eagle claw, pinchers

Knuckle punch:

1 knuckle

2 knuckle

4 knuckle

Middle knuckle

Thumb knuckle

Brown Stripe Belt Requirements

1st Stripe

General Conditioning:

40 sit ups, 40 push-ups

2nd Stripe

Stances:

Stances:

Attention, ready, forward, horse

cross step stance, side sparring

Extended pigeon toed, Rooted tree

V stance, cat stance

Leaning back, deep leaning back stance

Crane Stance

3rd Stripe

Kicks & parts of foot used:

Flying front thrust (ball)

Flying side (knife-edge)

Double action round kick (instep)

Switch kick (instep)

4th Stripe

Blocks:

Palm heel blocks

Strikes:

Reverse punch, Knife Hand

Hammer fist, palm heel, ridge hand,

Vertical punch, inverted punch, Back fist, back hand, spear hand

Koken, ox jaw, 1 finger jab, 2 finger reinforced poke

Bear paw, Tiger claw, eagle claw, pinchers

Tiger mouth, Leopard paw, chicken beak, cupped palm

Knuckle punch:

1 knuckle

2 knuckle

4 knuckle

Middle knuckle

Thumb knuckle

Red Belt Requirements

1st Stripe

General Conditioning:
45 sit ups, 40 push-ups

2nd Stripe

Stances:

Attention, ready, forward, horse
Extended pigeon toed, side sparring, rooted tree, cat stance
V stance, cross step stance, leaning back
Crane, deep back stance, **3-point stance**

Shorinji Shodan No Kata

3rd Stripe

Kicks & parts of foot used:
Jump spinning back kick
Jump spinning sidekick

4th Stripe

Blocks:

Shoulder blocks

Strikes:

Reverse punch, Knife Hand
Hammer fist, palm heel, ridge hand,
Vertical punch, inverted punch, Back fist, back hand, spear hand
Koken, ox jaw, 1 finger jab, 2 finger reinforced poke
Bear paw, Tiger claw, eagle claw, pinchers
Tiger mouth, Leopard paw, chicken beak, cupped palm

Knuckle punch:

1 knuckle, 2 knuckle, 4 knuckle, middle knuckle, thumb knuckle

Knee strikes: 4

Vertical, horizontal, inside of knee, outside of knee

Review all prior testing material in preparation of Black Belt Test

Red Stripe Belt Requirements

1st Stripe

General Conditioning:

45 sit ups, 45 push-ups

2nd Stripe

Stances:

Attention, ready, forward, horse
Extended pigeon toed, side sparring, rooted tree, cat stance
V stance, cross step stance, leaning back
Crane, deep back stance, 3-point stance

Shorinji Shodan No Kata

3rd Stripe

Kicks & parts of foot used:

Jump spinning back kick

Jump spinning sidekick

Jump spinning hook kick

Jump spinning inside out crescent kick

Jump spinning outside inside double spin crescent kick

4th Stripe

Blocks:

Shoulder blocks

Shin blocks

Strikes:

Reverse punch, Knife Hand

Hammer fist, palm heel, ridge hand,

Vertical punch, inverted punch, Back fist, back hand, spear hand

Koken, ox jaw, 1 finger jab, 2 finger reinforced poke

Bear paw, Tiger claw, eagle claw, pinchers

Tiger mouth, Leopard paw, chicken beak, cupped palm

Knuckle punch:

1 knuckle, 2 knuckle, 4 knuckle, middle knuckle, thumb knuckle

Knee strikes: 4

Vertical, horizontal, inside of knee, outside of knee

Elbow strikes: 4

Up, down, straight back, side to side

Review all prior testing material in preparation of Black Belt Test

Black Belt Requirements

All previous requirements plus:

1st Stripe

General Conditioning:

50 sit ups, 50 push-ups

Shorinji Shodan No Kata

2nd Stripe

Stances:

Attention, ready, forward, horse

Extended pigeon toed, side sparring, rooted tree, cat stance

V stance, cross step stance, leaning back

Crane, deep back stance, 3-point stance

3rd Stripe

Kicks & parts of foot used:

All previous kicks

Inverted round kick (instep)

Spinning wheel kick (heel)

Dragon Tail (heel)

Ax kick (heel)

Kamishin ka round kick (shin)

4th Stripe

Blocks:

Forearm, knife hand, ridge hand, hammer fist,

koken, palm heel, x blocks, iron wall block,

Bob & weave, Shoulder blocks, Shin blocks

Strikes:

Reverse punch, Knife Hand

Hammer fist, palm heel, ridge hand,

Vertical punch, inverted punch, Back fist, back hand, spear hand

Koken, ox jaw, 1 finger jab, 2 finger reinforced poke

Bear paw, Tiger claw, eagle claw, pinchers

Tiger mouth, Leopard paw, chicken beak, cupped palm

Knuckle punch:

1 knuckle, 2 knuckle, 4 knuckle, middle knuckle, thumb knuckle

Knee strikes: 4

Vertical, horizontal, inside of knee, outside of knee

Elbow strikes: 4

Up, down, straight back, side to side

Head butt:

Front, back

Hip strike:

Front, back, side

Shodan Formal Techniques

1. **3 Punches-** Straight punch= Right inside out side block- punch 3 times to ribs, right round kick to stomach.
2. **Elbow Strike-** Straight punch= Right inside outside block -step to horse stance & left arm strikes opponents elbow,
3. **Three Kicks-** Straight Punch= Right inside outside block- right Side kick to opponents knee then to ribs then right hook kick to head
4. **Spin crescent-** Straight Punch= Right inside outside Block, right double action round kick to stomach and face, left round kick to back of knee, right spinning crescent kick to face.
5. **Deflection Block-** Straight Punch= left deflection block & right knife hand to ribs, left knife hand to nose, right vertical punch to chest, right thrust kick to chest.
6. **Pie to the Face-** Round Punch= Left inside outside block, right palm heel strike to opponents nose, right circle ridge hand to groin, right coken to chin, right thrust kick to chest, right jumping thrust to chest
7. **Double Arm Block-** Round Punch= horse stance and double arm block, right elbow to ribs, right hammer fist groin, right back fist to nose, step out and right side kick to Knee
8. **Inverted Punch, Knee-** Round Punch=Left Inside Outside middle, right inverted punch to stomach, right knee to stomach, right palm heel to chest (push), jumping thrust to chest
9. **Jumping Back kick-** Straight Punch=Left Inside Outside block, left side kick to knee & Ribs, right thrust kick, left jump spinning back kick to chest
10. **Tornado Kick-** Straight punch to stomach= crescent kick block, side kick Knee, left spin back kick, right crescent kick, double jump spinning crescent (tornado kick)