

TMSK Karate Grading & Promotions

Minimum age for black belt certification is 16 years of age. TMSK believes a black belt holder must have a reasonable amount of physical strength to make effective the skills learned as well as sufficient maturity to make good decisions about the use of those skills. Although there are exceptions a minimum age requirement will give the “black belt” **respect and meaning**.

A ‘**junior**’ black belt may be acquired at 14 years of age.

Belt Examination & Promotion

Fulfilling the attendance requirement and passing the examination are required for promotion. Knowing how to do the techniques well is a good first step. More importantly is the ability to apply them and that takes time and experience. That being said, a shorter time frame can be made for those with exceptional abilities as well as for those who take personal time to practice and those who test their skills in tournaments. For those who regularly take time to assist in teaching others (e.g. children classes) they may also be eligible for a shorter exam time frame.

To ensure a high success rate the examinee should first inquire with an instructor as to his/her readiness prior to applying for an examination.

Exam day & time

Examination will take place during class time and in 2 phases (2 classes) during the last 30 minutes. The first phase will cover basics and any individual demonstrations. The 2nd phase will cover the partner related work. Example: defense & sparring.

White to Yellow

Adult (14 yrs +): 60 – 70 classes on the average plus the successful examination of the requirements below.

Youths (7 – 14 yrs): 4 stripes plus the successful examination of the requirements below. Stripe promotions are attendance (20 classes) dependent with no examination necessary. After 4 stripes the student must receive a recommendation from the Chief Instructor or a member of the Grading Board to test. Work ethics and attitude are considerations.

.....

Basics:

Punches

Jab
Reverse
Hook (Roundhouse)
Uppercut

Strikes

Ridge hand
Back fist
Elbow

Kicks

Front
Roundhouse
Knife foot (sidekick)
Back kick
Hook kick
Crescent (fw & rev)

Blocks

Rising (closed & open)
Outside (closed & open)
Inside (closed & open)
Down/low
Knife hand

Stances & Footwork (with technique or combinations)

50/50 forward stance	Shifting
60/40 forward stance	½ step
Square stance	Side shift

Karate combinations

6 x double combinations

Karate defense/counters

2 x striking counters against a jab
2 x striking counters against a reverse punch
2 x striking counters against a front kick
2 x striking counters against a roundhouse kick

Sparring

1 minute continuous attack
1 minute continuous defense
2 x 3 minute sparring with 2 partners

Yellow to Orange (brown highlight represents new items)

Adult (14 yrs +): 70 – 80 classes on the average plus the successful examination of the requirements below.

Youths (7 – 14 yrs): 4 stripes plus the successful examination of the requirements below. Stripe promotions are attendance (25 classes) dependent with no examination necessary. After 4 stripes the student must receive a recommendation from the Chief Instructor or a member of the Grading Board to test. Work ethics and attitude are considerations.

Basics:

Punches

Jab
Reverse
Hook (Roundhouse)
Uppercut

Strikes

Ridge hand
Back fist
Elbow

Kicks

Front
Roundhouse
Knife foot (sidekick)
Back kick
Hook kick
Crescent (fw & rev)

Blocks

Rising (closed & open)
Outside (closed & open)
Inside (closed & open)
Down/low
Forearm sweep
Knife hand

Stances & Footwork (with technique or combinations)

50/50 forward stance	Shifting	Shift/Shift
60/40 forward stance	½ step	Shift/ ½ step
Square stance	Side shift	Shift/full step

Karate combinations

6 x double combinations
4 x triple combinations

Karate sweeps/throws/takedowns

2 x against a jab
2 x against a front kick

Grappling Throws/Takedowns

1 single leg bjj takedown
1 double leg bjj takedown

Grappling defense

1 single leg shoot defense
1 double leg shoot defense
2 x double collar grip
2 x side headlock

Sparring

1 minute continuous attack
2 x 1 minute continuous defense
3 x 3 minute sparring with 3 partners

Orange to Green (brown highlights represent new items)

Adult (14 yrs +): 80 - 90 classes on the average plus the successful examination of the requirements below.

Youths (7 – 14 yrs): 4 stripes plus the successful examination of the requirements below. Stripe promotions are attendance (30 classes) dependent with no examination necessary. After 4 stripes the student must receive a recommendation from the Chief Instructor or a member of the Grading Board to test. Work ethics and attitude are considerations.



All basics / stances & footwork per orange level requirements

Karate combinations

8 x double combinations

6 x triple combinations

Karate sweeps/throws/takedowns

3 x against a jab

3 x against a front kick

2 x against a roundhouse kick

Grappling Throws/Takedowns

2 single leg bjj takedown

2 double leg bjj takedown

1 hand throw

1 leg throw

1 hip throw

Grappling defense

2 single legs shoot defense

2 double leg shoot defense

2 x double collar grip

2 x side headlock

Sparring

2 x 2 minute continuous attack/defense

3 x 5 minute sparring with 3 partners

Green to Blue (brown highlight represents new items)

Adult (14 yrs +): 80 - 90 classes on the average plus the successful examination of the requirements below.

Youths (7 – 14 yrs): 4 stripes plus the successful examination of the requirements below. Stripe promotions are attendance (30 classes) dependent with no examination necessary. After 4 stripes the student must receive a recommendation from the Chief Instructor or a member of the Grading Board to test. Work ethics and attitude are considerations.

Consider helping out in the children classes at this point – it will help you better understand what you have learned through teaching

.....

All basics / stances & footwork per orange level requirements

Karate combinations

8 x double combinations
6 x triple combinations

Karate defense/counters

2 x defending a double hand/hand combination
2 x defending a double leg/leg combination
2 x defending a double hand/leg combination

Karate sweeps/throws/takedowns

3 x against a jab
3 x against a front kick
2 x against a roundhouse kick
2 x against a side kick

Sparring

2 x 2 minute continuous attack/defense
3 x 5 minute sparring with 3 partners

Grappling Throws/Takedowns/chokes

2 single leg bjj takedown
2 double leg bjj takedown
3 hand throws
2 leg throws
2 hip throws
1 frontal choke
1 standing rear choke

Grappling defense

2 single legs shoot defense
2 double leg shoot defense
2 x double collar grip
2 x side headlock
1 escape from guillotine choke
1 escape from a standing rear choke

Blue to Brown (brown highlight represents new items)

Adult (14 yrs +): 90 - 100 classes on the average plus the successful examination of the requirements below.

Youths (7 – 14 yrs): 4 stripes plus the successful examination of the requirements below. Stripe promotions are attendance (35 classes) dependent with no examination necessary. After 4 stripes the student must receive a recommendation from the Chief Instructor or a member of the Grading Board to test. Work ethics and attitude are considerations.

Assist in teaching some classes will help you better understand what you have learned.

.....

Spinning techniques:

back kick; hook kick; roundhouse kick; hammerfist

Kata

One of the following:

Jion, Bassai Dai; Kosokun Sho

Self defense

1 – 10 push defense

Karate combinations

3 x double combinations

4 x triple combinations

Karate defense/counters

2 x defending a double hand/hand combination

2 x defending a double leg/leg combination

2 x defending a double hand/leg combination

Karate sweeps/throws/takedowns

3 x against a jab

3 x against a front kick

2 x against a roundhouse kick

2 x against a side kick

Sparring

2 x 2 minute continuous attack/defense

3 x 5 minute sparring with 3 partners

Grappling Throws/Takedowns/chokes

3 hand throw

4 leg throws

3 hip throws

2 standing frontal choke

2 standing rear choke

2 chokes from back mount

Grappling defense

2 x double collar grip

2 x side headlock

2 escape from guillotine choke

2 escape from a standing rear choke

2 escapes from double neck clench

2 escapes from side control

2 escapes from back mount choke

Brown to Black (1st)/Jr. Black (brown highlight represents new items)

Adult (14 yrs +): 100 - 110 classes on the average plus the successful examination of the requirements below.

Youths (7 – 14 yrs): 4 stripes plus the successful examination of the requirements below. Stripe promotions are attendance (35 classes) dependent with no examination necessary. After 4 stripes the student must receive a recommendation from the Chief Instructor or a member of the Grading Board to test. Work ethics and attitude are considerations.

Assist in teaching some classes will help you better understand what you have learned.

.....

Basics

Basics / stances & footwork per orange level

Kata (one of the following)

**Seienchin; Rohai; Sochin; Seipai;
Nipaipo; Gojushiho; Kururunfa; Suparimpei**

Karate combinations

**8 x double combinations
6 x triple combinations**

Karate defense/counters

**4 x defending a double hand/hand combination
4 x defending a double leg/leg combination
4 x defending a double hand/leg combination**

Karate sweeps/throws/takedowns

**3 x against a jab
3 x against a front kick
2 x against a roundhouse kick
2 x against a side kick**

Sparring

**2 x 2 minute continuous attack/defense
3 x 5 minute sparring with 3 partners**

Grappling Throws/Takedowns/chokes

**5 hand throw
4 leg throws
3 hip throws
4 chokes from back mount**

Grappling defense

**2 x single collar grip
2 x bear hugs
2 escape from guillotine choke
4 escapes from side control
2 escapes from chokes from behind
2 escapes from double neck clench**

Self defense

1 – 10 push defense (R & L)

Throws/takedowns/Sweeps

Judo Randori (10 minutes) – finish with a strike, controlled position, or submission.