

Orange Belt

Listed below are the tasks students will be responsible for demonstrating when they test for their next rank. At the tot and junior levels, they will receive stars on their belts to chart their progress. Stars will be awarded when students can demonstrate the material competently without the assistance of an instructor.



Yellow Star

Personal Safety

Defending against grabs and successfully breaking grips while avoiding the use of strikes and kicks

- 3 Techniques

Partnering Skills

Demonstrating the ability to work respectfully with a partner and taking proper space using self-control

- 8 Point Blocking with Partner



Blue Star

Combinations

Properly connecting strikes, kicks, and blocks into basic self-defense techniques

- 2 Combination

Supplemental Skills

Falling Safely

- Slapping Out



Red Star

Forms

Demonstrating the ability to move through the first long pattern ('Form' or 'Pinan') which combines footwork, strikes, and blocks

- 1 Pinan (Complete)



Black Star

Cumulative Review

Students are expected to perform required material from all previous ranks in a way that demonstrates a level of growth and effort as they advance from belt to belt

Mechanics

Demonstrating the foundational skills of the art with effectiveness appropriate to their rank

Strikes

- Reverse Hammer
- Crossing Knife
- Side Elbow
- Back Elbow

Kicks

- Reverse Crescent Kick
- Front Knee

Character Connections

Purple Bar - Mindfulness

Complete the "Grateful in Advance" and "Five Things" missions. See us in the office for your mission briefing.



Minimum Class Credits Required: 14

Rank Training Videos: Email us at Info@marlboroughkarate.com