

Green Stripe 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 using basic grappling and felling skills

- Inside Wrist Press
- Outside Wrist Press

Partnering Skills

Effectively and respectfully practicing combinations with a partner that begin to focus on felling and grappling skills

- 15 & 16 Combinations



Blue Star

Combinations

Demonstrate timing and integration of all four self defense principles: striking, kicking, felling, and grappling

- 10 Combination
- 11 Combination
- 17 Combination
- 19 Combination

Supplemental Skills

Shaolin Kung Fu techniques that develop understanding of the characteristics and energies of the five animals

- Snake Technique



Red Stars

Forms

Demonstrate explosive power in strikes and kicks, precision of movement, and proper body structure

- 4 Pinan
- 5 Pinan
- 10 Point Blocking System



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

- Jab
- Cross
- Hook Punch
- Upper Cut

Kicks

- Front Heel Kick
- Front Blade Kick
- Smash Kick

Character Connections

Brown Bar - Balance

Set and achieve goals for improvement using the Navigator's Worksheet.
See us in the office for your mission briefing.



Minimum Class Credits Required: 60 

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