

Kids Beginner Strip Test Requirements

White Belt

Red-Tenkan (Turning & Entering), Forward & Backward Rolls

Yellow- Gi & Tie Belt

Blue- Cross-hand ikkyo & Kokyu Dosa

Green- Knee Walking & Wrist Exercises

Yellow Belt (20 hours)

Red- Katate dori Kaiten Nage

Green- Tsuki Kaiten-nage

Blue- Shomenuchi ikkyo, omote & ura

White- Tsuki Kotegaeshi

Orange Belt (30 hours)

White- Katate dori Ikkyo, omote & ura

Yellow- Cross-hand Iriminage

Green- Yokomenuchi Ikkyo, omote & ura

Blue- Shomenuchi Iriminage

Red Belt (40 hours)

White- Kata dori Ikkyo

Yellow- Suwariwaza Shomenuchi Ikkyo

Green- Morote dori Kokyunage

Blue- Ryote dori Tenchinage

Black- Katate dori Shihonage

Green Belt (40 hours)

White- Katate dori Nikyo- gyaku hanmi, ura

Yellow- Ushiro Tekubi dori Ikkyo, omote & ura

Red- Morote dori Jujinage

Blue Belt (50 hours)

White- Shomenuchi Nikyo, omote & ura

Yellow- Morote dori Iriminage

Red- Morote dori Nikyo, ura

Green- Tsuki Iriminage

Purple Belt (50 hours)

White- Shomenuchi Sankyo, omote & ura

Yellow- Katate dori Sankyo, gyaku hanmi

Red- Ushiro tekubi dori Kokyunage

Green- Ushiro tekubi dori Iriminage