



# ALL STAR KARATE

BLUE FONT DENOTES AGES 5 & UNDER. BLACK FONT AGES 6 AND UP.

**WHITE BELTS** WHITE BELTS ARE ELIGIBLE TO TEST FOR THEIR STRIPES EVERY 5 CLASSES

## **BASICS-** (BLOCKS /PUNCHES/KICKS) Stripe 1: Red

High block, outside middle block, inside middle block, low block, stop block

High punch, jab, middle punch, palm heel, web hand, lateral elbow, rising elbow, rear elbow

Front kick, side kick, round kick, back kick, defensive front, defensive side, defensive round kick

Attention stance, ready stance, forward stance, side stance

## **SELF DEFENSE-** Stripe 2: Yellow

Loud voice, run, (phone #, if old enough)

**Single hand wrist grab:** Step back with same side as attacked wrist while low blocking away from attacker's grip. Pull hand away and punch to nose. Double step back.

## **FORM-** Stripe 3: Blue

Left high block, right high block. Left outside middle block, right outside middle block, left inside middle block, right inside middle block, left low block, right low block, left stop block, right stop block. Left high punch, right high punch. Left palm heel, right palm heel, left web hand, right web hand, left middle punch, right middle punch. Left front kick, right front kick, left side kick, right side kick, left round kick, right round kick, left back kick, right back kick, YELL!

## **TEST PREP-** Stripe 4: Green

Must know all skills of red, yellow, and blue stripe, and maintain a positive attitude.



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## **YELLOW BELTS**

YELLOW BELTS ARE ELIGIBLE TO TEST FOR THEIR STRIPES EVERY 5 CLASSES

### **BASICS-(BLOCKS /PUNCHES/KICKS) Stripe 1: Red**

Stepping jab, backfist-middle punch, jab-high punch, jab-ridgehand, knifehand strike, knifehand block, lateral elbow, rising elbow, rear elbow, rear ridge hand strike, slide up jab-step middle punch, sliding front kick, slide-up side kick, turning round kick, spinning back kick, sliding round kick, sliding side kick

### **SELF DEFENSE- Stripe 2: Yellow**

**Memory/Escape** - Know parents' full names (and address if old enough)/ Run to parent or loved one.

**Swinging punch 1:** Side step, knifehand block. Grab wrist, pull into middle punch, palm heel.

### **FORM- Stripe 3: Blue**

Turn 90 degrees left by moving foot into a left forward karate stance while performing a left middle block and then right middle punch. Left slide up jab, left step forward middle punch.

Turn 180 degrees right by moving right foot only into a right forward karate stance while performing a right middle block and then a left middle punch, right slide up jab, left step forward middle punch.

Slide your right foot to your left, step out 90 degrees to your left with your left foot with a left middle block, right middle punch, offensive right front kick (landing into a right side stance), right sliding side kick, left spinning back kick, left back fist, right middle punch. YELL!

### **TEST PREP- Stripe 4: Green**

Must know all skills of red, yellow, and blue stripe, and maintain a positive attitude.



# ALL STAR KARATE

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## ORANGE BELTS

ORANGE BELTS ARE ELIGIBLE TO TEST FOR THEIR STRIPES EVERY 5 CLASSES

### **BASICS-(BLOCKS /PUNCHES/KICKS) Stripe 1: Red**

Parry block, backfist- middle punch, dash punch, double dash punch, turning double round kick, sliding double round kick, flying front kick form II, sliding swing kick, turning sidekick, knee strike, lateral knifehand strike.

### **SELF DEFENSE- Stripe 2: Yellow**

**One-handed wrist grab** - Step back, defensive side kick to knee, pull arm and RUN!

**Double-handed wrist grab** - Step back, defensive side kick to knee, pull arm away. High punch, offensive front kick, retreat.

### **FORM- Stripe 3: Blue**

Look over your left shoulder, spinning 90 degrees to right with right spinning back kick, left ridge hand, right jab and a left ridge hand.

Turn 180 degrees left moving your left foot into a left forward karate stance while performing a left middle block, right ridge hand, left jab and a right ridge hand.

Slide left foot to right, step right foot 90 degrees into a right forward karate stance while performing a right middle block, then left high punch, left turning round kick, right spinning back kick, backfist middle punch. YELL!

### **TEST PREP- Stripe 4: Green**

Must know all skills of red, yellow, and blue stripe, and maintain a positive attitude.



# ALL STAR KARATE

BLUE FONT DENOTES AGES 5 & UNDER. BLACK FONT AGES 6 AND UP.

## GREEN BELTS

GREEN BELTS ARE ELIGIBLE TO TEST FOR THEIR STRIPES EVERY 5 CLASSES

### **BASICS-(BLOCKS /PUNCHES/KICKS) Stripe 1: Red**

Front shield block, rear shield block, front hand ridgehand strike, palm heel/web hand combination, Front hook punch, rear hook punch, front hook kick, rear axe kick, sliding crescent kick, spinning swing 180, front hammerfist strike, pulling sidekick, pulling round kick, jump front kick, flying front kick form I.

### **SELF DEFENSE- Stripe 2: Yellow**

**One handed wrist grab 2** - Stomp foot, wrist break away, RUN!

**Straight punch-** Step back, stop block. Flying front kick form II, jab, high punch

### **FORM- Stripe 3: Blue**

Look left, step back (with your left foot only) 90 degrees into a right forward karate stance while performing a right inside middle block, then double dash punch (high/middle), landing in a left forward karate stance.

Turn 180 degrees left by moving left foot into a left forward karate stance with a left middle block and then double dash punch (high/middle), landing in a right forward karate stance.

Turn 90 degrees right by picking up right foot into a left forward karate stance with a right middle block, left high punch, left turning side kick, left sliding swing kick, left backfist, right middle punch. YELL!

### **TEST PREP- Stripe 4: Green**

Must know all skills of red, yellow, and blue stripe, and maintain a positive attitude, and begin **SPARRING.**



# ALL STAR KARATE

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## **PURPLE BELTS**

PURPLE BELTS ARE ELIGIBLE TO TEST FOR THEIR STRIPES EVERY 8 CLASSES

### **BASICS-(BLOCKS /PUNCHES/KICKS) Stripe 1: Red**

Leg shield, spinning crescent kick, step middle punch/90 degree high punch, lateral drop punch, downward drop punch, spinning hammerfist strike, slide up jab-stepping jab-middle punch, sliding round/side double kick, turning round/side double kick, uppercut

### **SELF DEFENSE- Stripe 2: Yellow**

**Grab/Lift** - Kick below belt, run fingers across eyes

**TWO HANDED CHOKE-** Step back, break hold with double low block. Front kick with back leg, land forward with front hook, rear uppercut

### **FORM- Stripe 3: Blue**

Step back (with your right foot) 90 degrees in a left forward fighting stance while performing a left forearm block, right lateral, left slide up jab, right rising elbow strike to the cup of your hands, right rear elbow strike.

Turn 90 degrees right (right foot only) into a right forward karate stance, right middle block, left lateral, right slide up jab, left rising elbow strike to the cup of your hand.

Slide right foot to left, confront to middle (90 degrees left), step out with left foot into a left forward karate stance, left middle block, right high punch, right front kick, right sliding crescent kick, right sliding round kick, right backfist, left middle punch. YELL!

### **TEST PREP- Stripe 4: Green**

Must know all skills of red, yellow, and blue stripe, and maintain a positive attitude, and participate in at least 5 sparring classes.



# ALL STAR KARATE

**BLUE BELTS** BLUE BELTS ARE ELIGIBLE TO TEST FOR THEIR STRIPES EVERY 8 CLASSES

## **BASICS-(BLOCKS /PUNCHES/KICKS)**

### Stripe 1:

Front retreat step, rear retreat step, V-step, double retreat step, pulling round/side double kick, pulling double round kick, spear hand, flying knee form II, flying sidekick form II, stepping ridgehand/spinning back kick,

### Stripe 2:

offensive jab set:

offensive jab,sliding side/ offensive jab, spinning back kick/ offensive jab, spinning swing

offensive jab, high punch, turning round kick/ offensive jab, high punch, offensive front kick

offensive jab, sliding round kick

### **SELF DEFENSE- Stripe 3:**

**TWO HANDED SHOVE-** Step back into side stance with a front arm inside middle block. (Alt: Parry block). Reach across attacker's neck and shoulder while stepping forward and clasping hands together behind his/her neck.

### **FORM - Stripe 4:**

Look over your right shoulder, spinning 90 degrees into a left forward karate stance while performing a left spinning hammerfist, right high punch, left sliding front kick.

Turn 90 degrees right (right foot only) into a right forward karate stance, right spinning hammerfist, left high punch, right sliding front kick.

Confront to middle (90 degrees left), left pulling side kick, left jab, right high punch, right turning round kick, left spinning swing kick, YELL!

### **SPARRING - Stripe 5:**

5 sparring classes

**TEST PREP - Stripe 6: Green** Must know all skills of stripes 1 and 2 in left and right stance, and maintain a positive attitude.



# ALL STAR KARATE

## RED BELTS

RED BELTS ARE ELIGIBLE TO TEST FOR THEIR STRIPES EVERY 10 CLASSES

### **BASICS-(BLOCKS /PUNCHES/KICKS) Stripe 1:**

Inverted punch, offensive front/90 degree sidekick, front retreat step/spinning swing 180, step-rising ridgehand strike, jump spinning back kick

**Stripe 2:** Extended knuckle strike, finger fan, front retreat step/spinning crescent 360, step over spinning back kick, jump turning round kick, sliding swing/round double kick, spinning swing kick 360, flying sidekick form I,

### **SELF DEFENSE- Stripe 3:**

**REAR HEAD LOCK-** Jab the back of attacker's knee with a same side knee strike. Stand up straight, while delivering a hook punch from the opposite side hand.

### **FORM - Stripe 4**

Look 90 degrees right, right pulling side kick, left spinning back kick, landing in the same direction.

Turn 180 degrees right. Adjust left leg to a right side stance, right sliding side kick, right sliding round kick.

Slide right foot to left, turn 90 degrees to center, stepping out with left foot into a left forward karate stance, with left middle block, right high punch, right front kick, left turning round kick, right spinning swing kick. YELL!

### **SPARRING - Stripe 5: 5 sparring classes**

**TEST PREP-** Stripe 6: Green Must know all skills of stripes 1 and 2 in left and right stance, and maintain a positive attitude.



# ALL STAR KARATE

## ADVANCED RED BELTS

ADV RED BELTS ARE ELIGIBLE TO TEST FOR THEIR STRIPES EVERY 10 CLASSES

### **BASICS-(BLOCKS /PUNCHES/KICKS) Stripe 1:**

Descending elbow strike, stepover spinning swing 180, flying round kick form II, stepover spinning crescent 180, pulling round kick/backfist/high punch/off. front kick, pulling axe kick (rear leg)

### **Stripe 2:**

Jab/high punch/hook punch/uppercut (or inverted punch)

Slide up jab/stepping jab/high punch/pulling front kick

Offensive jab/high punch/turning round, spinning back

Stepping ridgehand/spinning crescent/off. front kick

### **SELF DEFENSE- LEG TACKLE- Stripe 3:**

Sprawl, push down on shoulders. Wrap arm around neck to guillotine choke. Clasp hands, stand up straight.

### **FORM- Stripe 4**

Look right. Right pulling side kick, left spinning back kick. Look right, adjust left foot to a right side stance. Right sliding side kick, right sliding round kick. Confront to left; left outside middle block, right high punch, right off. front kick, left turning round kick, right spinning swing kick, YELL!

### **SPARRING - Stripe 5: 5 sparring classes**

**TEST PREP-** Stripe 6: Green Must know all skills of stripes 1 and 2 in left and right stance, and maintain a positive attitude.

# ALL STAR KARATE





## **BROWN BELTS**

BROWN BELTS ARE ELIGIBLE TO TEST FOR THEIR STRIPES EVERY 15 CLASSES

### **BASICS-(BLOCKS /PUNCHES/KICKS) Stripe 1:**

Stepover spinning back kick/sliding side kick/backfist/middle punch

Off. jab/spinning back kick/high punch/turning round kick

Jab/pulling side kick/sliding side kick/high punch/turning round kick

Hurricane punch (dash punch/spinning hammerfist 180/high punch)

Tornado crescent kick

Stepping jab, spinning back kick, sliding side kick, back fist, middle punch

### **Combinations - Stripe 2:**

Pulling sidekick, back fist, high punch, turning round kick

Pulling side kick/front retreat step/jump spinning back kick

Pulling swing kick/front retreat step/jump turning round kick

Stepping jab/spinning back kick/high punch/turning round kick

Tornado round kick

Tornado front kick

### **Self Defense-Rear Choke Stripe 3:**

Raise one hand high while side-stepping to rising arm. Turn in that direction towards attacker while wrapping raised arm around attacker's wrists. While turning, execute a lateral elbow strike with other arm. Extend hand and grab the shoulder, pulling attacker into a rear knee strike.

### **FORM- Stripe 4:**

Look 90 degrees right, left spinning hammerfist, right middle punch, right off. front kick, left turning round kick.

Turn 180 degrees right to a right forward stance with a right outside middle block, left middle punch, left off. front kick, right turning round kick. Slide right foot to left, turn 90 degrees left with a left outside middle block, right high punch, right turning round kick, left spinning back kick, left sliding swing/round double kick, YELL!

# ALL STAR KARATE



## ADVANCED BROWN BELTS

ADV BROWN BELTS ARE ELIGIBLE TO TEST FOR THEIR STRIPES EVERY 20

CLASSES

### **BASICS-(BLOCKS /PUNCHES/KICKS) Stripe 1:**

Random techniques- instructor's choice- left forward stance

### **BASICS-(BLOCKS /PUNCHES/KICKS) Stripe 2:**

Random techniques- instructor's choice- right forward stance

### **SELF DEFENSE - Stripe 3:**

All Defenses White - Brown

### **FORM - Stripe 4**

Ready position (by moving left foot only)

Turn 45 degrees left by moving left foot into a left forward karate stance with a left high block, right high punch, step out with your right foot into a right forward karate stance with a right high block, left high punch.

Slide left foot to right, turn 135 degrees to rear, right defensive front kick, left ridge hand, left turning round kick, right spinning swing kick, left high punch. YELL!

Turn 180 degrees left (facing front), left slide up jab, right step forward high punch, right step through back fist, right step behind descending back fist, right stomp, YELL!

Turn 180 degrees left (back down center) while simultaneously performing a left high block and a right knife hand strike, then right offensive front kick coming down in a 225 degree angle, (45 degrees off center) landing into a left forward karate stance.

Step through with a front forearm/backfist, landing into a right forward karate stance

### **SPARRING - Stripe 5: 10 sparring classes**

**TEST PREP-** Stripe 6: Green Must know all skills of stripes 1 and 2 in left and right stance, and

maintain a positive attitude.