



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.



ALL STAR KARATE

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

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

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

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.**