



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.