



## Karate Kid – Belts and Stripes

### Belts:

**Beginner:** White, Orange, Yellow

**Intermediate:** Camo, Green, Purple, Blue

**Advanced:** Low Brown, High Brown, Low Red, High Red

**Black Belt:** Red/Black, 1<sup>st</sup> Degree Decided

### Stripes:

**Beginner Belts** need to earn **five** stripes to be eligible to test to their next belt.

- **Stripe 1:** Student will follow instructor through the form demonstrating proper **kicks and stances**.
- **Stripe 2:** Student will follow instructor through the form demonstrating proper **hand techniques**.
- **Stripe 3:** Student will perform **bully self-defense** techniques.
- **Stripe 4:** Student will perform **stranger danger self-defense** techniques.
- **Parent Stripe** – this is the most important stripe! Students need to earn their new belt from their parents, not just by being able to do Taekwondo.
  - Students will practice their form two times and their self-defense combinations for five minutes a night at home for one week.
  - Parents will choose a chore or behavior that the student must do/follow for that week.

**Camo & Green Belts** need to earn **six** stripes to be eligible to test to their next belt.

- **Stripe 1:** Student will follow instructor through the form demonstrating proper **kicks and stances**.
- **Stripe 2:** Student will follow instructor through the form demonstrating proper **hand techniques**.
- **Stripe 3:** Student will perform **bully self-defense** techniques.
- **Stripe 4:** Student will perform **stranger danger self-defense** techniques.
- **Stripe 5:** Student will demonstrate **sparring** combinations chosen by the instructor.
- **Parent Stripe** – this is the most important stripe! Students need to earn their new belt from their parents, not just by being able to do Taekwondo.
  - Students will practice their form two times and their self-defense combinations for five minutes a night at home for one week.
  - Parents will choose a chore or behavior that the student must do/follow for that week.

**Purple & Blue Belts** need to earn **seven** stripes to be eligible to test to their next belt.

- **Stripe 1:** Student will follow instructor through the form demonstrating proper **kicks and stances**.
- **Stripe 2:** Student will follow instructor through the form demonstrating proper **hand techniques**.
- **Stripe 3:** Student will perform **bully self-defense** techniques.
- **Stripe 4:** Student will perform **stranger danger self-defense** techniques.
- **Stripe 5:** Student will demonstrate **sparring** combinations chosen by the instructor.
- **Stripe 6:** Student will demonstrate and perform their **board break**.
- **Parent Stripe** – this is the most important stripe! Students need to earn their new belt from their parents, not just by being able to do Taekwondo.
  - Students will practice their form two times and their self-defense combinations for five minutes a night at home for one week.
  - Parents will choose a chore or behavior that the student must do/follow for that week.

**All Brown & Red Belts** need to earn **seven** stripes to be eligible to test to their next belt.

- **Stripe 1:** Student will follow instructor through the form demonstrating proper **kicks and stances**.
- **Stripe 2:** Student will follow instructor through the form demonstrating proper **hand techniques**.
- **Stripe 3:** Student will perform **bully self-defense** techniques.
- **Stripe 4:** Student will perform **stranger danger self-defense** techniques.
- **Stripe 5:** Student will demonstrate **sparring** combinations chosen by the instructor.
- **Stripe 6:** Student will demonstrate and perform their **board break**.
- **Parent Stripe** – this is the most important stripe! Students need to earn their new belt from their parents, not just by being able to do Taekwondo.
  - Students will practice their form two times and their self-defense combinations for five minutes a night at home for one week.
  - Parents will choose a chore or behavior that the student must do/follow for that week.