



STRIPE RANK	BLUE STRIPE Jan - May - Sept KATA	RED STRIPE Feb - June - Oct PUNCHES	GREEN STRIPE March - July - Nov GRABS	YELLOW STRIPE April - August - Dec WEAPONS	BLACK STRIPE Every Month SPARRING, MAT WORK and/or INTENSITY,	WHITE STRIPE Every Month TERMS, HISTORY, REPORTS, OTHER	3-STEPS TO A GREAT KID™ The Martial Arts Character Development Program		
WHITE	Blocking Form #1	Checking the Storm (Front Kick)	Retreating Butterfly (Fnt Wrist Escape)	Overhead Club #1 (X Block, swing through)	Mat: Mount Sparring: Blocking, 4Strikes	Dojo, Sensei, Gi, Obi, Creed, Read "Student Manual"	Month	Character Virtue	Safety Topic
WHITE W/ STRIPE 4 MONTHS	Blocking Form #2	Evading the Storm (Side Kick)	3 Palms (Front Choke Escape)	Side Club #1 w/ O-Soto	Mat: Guard Sparring: 3-5 hand attacks	USA Flag Test Kenpo, Karate, Rolls, Shihan	January	Respect - Recognize the worth of something and hold it in high regard	Ouch! These Things Hurt
YELLOW 8 Months	Pinion #1	Sword of Destruction (Karate Chop)	Hulk Smash (Gi Release)	Overhead Club #2 (X Blk, Rndhs, Sweep)	Mat: Mount Escape/Bridge Sparring: kick-punch-kick	Fold Gi, Tie Belt, Kiai, Break-falls, Read "Do Unto Otters"	February	Responsibility - taking good care of someone or something	The Buddy System
YELLOW W/ STRIPE 12 Months	Pinion #3	Conquering Shield (Double Punch)	Knee of Vengeance (Gi Release)	High Club #1 (Duck in, Arm Bar, Sweep)	Mat: Guard Escape/Elbow Sparring: Block & counter	TX Flag Test - Uke, Tore, Kata, Karateka	March	Character - doing what is right even when nobody is watching	Home Alone Safety
ORANGE 16 Months	Pinion #2	O-Soto Gari (Outside Leg Reap)	Back Choke (Arm Wrap)	Side Club #2 (Arm wrap, elbow, knee)	Mat: Side & Head Control Sparring: Move, Jam	Read "3 Little Ninja Pigs" Ga, San, Ryu, Bo	April	Etiquette - polite and well mannered	Bicycle Safety
ORANGE W/ STRIPE 20 Months	Circle of the Tiger	Defying the Storm (3 Kicks)	Elusive Praying Mantis (High Wrist Grab)	Overhead Club #3 (Block/Punch, Ogoshi)	Mat: Kesa Gatame (KG) Spar: Block, Counter/Jam	Belt colors: Mudansha, Kyu, Dan, Shodan	May	Leadership - setting a good example and helping others	Summer Safety
PURPLE 2 Years	Circle of the Leopard	DbI Elbows Inside	Rotating Destruction (Bear Hug)	Straight Knife #1 (Wrist Lock/Kote Gaeshi)	Mat: Bck Cntrl & Flw Drl 1 Spar: Def. Push & side kick	Write the "Kenpo Report" Board Break-Hand, Mokuso	June	Effort - hard work and doing your best	Internet or Animal Safety
PURPLE W/ STRIPE 2 Years 4 Months	Palama set 1/3	Dance of Death	Reversing Ram (Arm Lock)	Side Club #3 (3 strikes w/ club)	Mat: O Goshi, Shrimping Spar: Roundhouse to head	Kumite, Tatami, Seiza, Sifu, Jiu-Jitsu, Judo, Nidan, Sai	July	Teamwork - working together, taking turns, sharing	Stranger Danger
BLUE 2 Years 8 Months	Combat Bo	Tigers Claw	Headlock (Spin Inside)	Overhead Knife #1 Arm swing, kick, arm bar	Mat: KG escape, Stacking Sparring: Exchange kicks	Read "_____" Brd Brk-Foot, Yudansha Clrs	August	Sincerity - being honest and truthful	School Safety
BLUE W/ STRIPE 3 Years	Palama set 2/3	Menacing Twirl (Front & Back Kick)	Full Nelson (Elbow drop, strikes)	Straight Knife #2 (Disarm, Guillotine strike)	Mat: Scissor from Guard Sparring: Back kick counter	Kama, Jo, Nunchaku, Katana, Kung Fu, San, Mitose,	September	Perseverance - sticking with it 'til it's done, "If at first you don't succeed..."	Bully Self Defense
GREEN 3 Years 4 Months	Statue of the Crane	Unfurling Crane (Front & Crescent)	Looking in the Mirror (Front Wrist Escape)	Straight Knife #3 (Walk Down, A/B/C finish)	Mat: Flow Drill #2 (FD2) Spar: 5 powerful strikes	Read "Little Eagle" Chow Professor, Kendo, Emperado,	October	Self Control - controlling your emotions and behavior	Halloween Safety
GREEN W/ STRIPE 3 Years 8 Months	Palama set 3/3	DbI Elbows Outside Chop Chop	Circling Vice (Single Wrist Escape)	Slashing Knife #1 (Evade, Arm bar, Takedown)	Mat: Knee on Chest Spar: Lock up, throw, strike	Kajukenbo, Gascon, Godin, Cerio	November	Caring - being kind and considerate of others	Always Ask First
BROWN III 4 Years	Cat 1 Shaolin Fighting Stick	Twirling Sacrifice Bending Tree	Cobra Lock (Wrist) Angry Mule (Bear Hug)	Thrusting Club (Deflect, Strike, Takedown)	Mat: 4-Corner Flow Drill Sparring: 2- Man	Read "Zen in the Martial Arts" Karazenpo, Kosho Ryu	December	Listening to Others - look, listen, and remember	Who am I?
BROWN II 4 Years 6 Months	Cat 2 Escrima - Sinawali flow	Sweeping Tiger #26 Combination	Battering Ram (Choke) Rock & a Hard Place (2P)	Overhead Knife #2 (Figure Four)	Mat: Double Leg Takedown Spar: Give & Take to head	Read "Weaponless Warriors" Chamberlain, Tamura	The 3 Steps to a Great Kid™ character development program continues for the older students as the "Junior Black Belt Leadership Program". The JBBLP program prepares students for their Junior Black Belts which they can attain by age 10. The JBBLP program trains students to become leaders in the martial arts and better citizens within our community. Students may be invited into the program at Blue Belt and everyone should be involved by Green Belt.		
BROWN I 5 Years	Cat 3 Plum Tree Blocking System	Deflecting the Hammer Tiger Throws (#17)	Hammering Vice (Gi) Hair Grabs	Straight Knife #4 (Returning the Gift)	Mat: Sprawl Defense Spar: 10 unanswered strikes	Write the "Founders Report" Heike Ryu, Kano			

