

Pee Wee Students Ages 4+5

Pre-Yellow Belt Requirements

Fundamentals:

Hand Strikes:

- Front Punch
- Thrust Punch
- Back Punch
- Palm Heel
- Tiger's Claw
- Hammer Strike
- Knife Hand

Blocks:

- 8 Point Blocking System

Kicks:

- Snapping Front Ball Kick
- Snapping Side Kick
- Snapping Back Kick
- Knee

Footwork / Stances:

- Front Position
- Horse Stance
- Neutral Position
- Half-moon Stance

Techniques:

Stationary Attacks:

Wrist Release:

- #1 Circles
- #2 Twin Escape

One Hand Gi Grab:

- #1 Delayed Sword

Double Wrist Defense:

- #1 Twisted Talon

Head Lock:

- #1 Grip of Death

Two Hand Gi Grab:

- #1 Hug & Poke

Front Strangle:

- #1 Child's Blessing
- #2 Duck & Spin

Rear Strangle:

- #1 Walk in the Dark
- #2 Duck & Spin

The techniques presented here are the most basic in the system that appear in the first few regular checklists. Many have been modified to be as simple as possible for the younger students. This checklist differs from the Yellow belt checklist because the Pee Wee class is more concerned with teaching the students how to follow directions and listen to instructions. This rank has been included in the system to allow younger students the opportunity to experience progress earlier, rather than having to wait six months or more to earn their first belt.

Yellow Belt Requirements

Fundamentals:

Hand Strikes:

- ___ Front Punch
- ___ Thrust Punch
- ___ Back Punch
- ___ Hook Punch
- ___ Uppercut
- ___ Palm Heel
- ___ Back Fist
- ___ Knife Hand
- ___ Cross Knife
- ___ Ridge Hand

Blocks:

- ___ 8 Point Blocking System

Sets / Forms:

- ___ 1st ½ Hand Set 1

Techniques:

Stationary Attacks:

Wrist Release:

- ___ #1 Circles
- ___ #2 Twin Escape

Hammer Lock:

- ___ #1 Releasing Hammer

Two Hand Gi Grab:

- ___ #1 Hug & Poke

Moving Attacks:

Straight Punch:

- ___ #1 Shielding Mace

Kicks:

- ___ Snapping Front Ball Kick
- ___ Snapping Front Instep Kick
- ___ Snapping Side Kick
- ___ Snapping Back Kick
- ___ Knee

Footwork / Stances:

- ___ Front Position
- ___ Horse Stance
- ___ Neutral Stance
- ___ Half-moon Stance
- ___ Half-mooning

Combinations:

- ___ 6
- ___ 7

Single Wrist Defense:

- ___ #1 Beggar's Salute

Front Strangle:

- ___ #1 Child's Blessing

One Hand Gi Grab:

- ___ #1 Lone Kimono

Shoulder Grab:

- ___ #1 Sword & Hammer (Right to Left)

Hook Punch:

- ___ #1 Varying Mace

Orange Belt Requirements

Fundamentals:

Hand Strikes:

- ___ Tiger's Claw
- ___ Leopard's Paw
- ___ Spear Hand
- ___ Chicken Wrist
- ___ Rising Front Punch
- ___ Trigger Finger
- ___ U-Punch
- ___ Closed Punch
- ___ Hammer Strike
- ___ Cross Hammer

Footwork / Stances:

- ___ Cat Stance
- ___ Twist Stance
- ___ Side Horse Stance
- ___ Rear Slap-Out
- ___ Side Slap-Out

Techniques:

Stationary Attacks:

Wrist Release:
___ #3 Spreading Wings

Front Strangle:
___ #2 Duck into Darkness
___ #3 Threading the Needle

Rear Strangle:
___ #1 Walk in the Dark

Moving Attacks:

Straight Punch:
___ #2 Slashing Sword

Kicks:

- ___ Thrusting Front Ball Kick
- ___ Thrusting Side Kick
- ___ Thrusting Back Kick
- ___ Roundhouse Kick
- ___ Roundhouse Knee

Blocks:

- ___ 8 Point Blocking System with Counters

Combinations:

- ___ 3

Sets / Forms:

- ___ Complete Hand Set 1
- ___ Gedan (1 Pinan)
- ___ Chudan
- ___ Jodan

Single Wrist Defense:
___ #2 Boat in Water

Double Wrist Defense:
___ #1 Twisted Talon

Rear Bear Hug:
___ #1 Captured Twigs

One Hand Gi Grab:
___ #2 Delayed Sword

Hook Punch:
___ #2 Sword of Destruction

Purple Belt Requirements

Fundamentals:

Hand Strikes:

- ___ Roundhouse Elbow
- ___ Backward Elbow
- ___ Rising Elbow
- ___ Downward Elbow
- ___ Obscure Elbow
- ___ Circular Knife Hand
- ___ Circular Hammer Strike
- ___ Mace Strike
- ___ Reverse Hammer
- ___ Back Hand

Blocks:

- ___ 6 Point Blocking System

Combinations:

- ___ 2
- ___ 5

Techniques:

Stationary Attacks:

Wrist Release:

- ___ #4 Houdini's Escape

Single Wrist Defense:

- ___ #3 Cobra Lock

Two Hand Gi Grab:

- ___ #2 Mace of Aggression (Pull)

Front Bear Hug:

- ___ #1 The Mask (Arms Free)

Moving Attacks:

Straight Punch:

- ___ #3 Thundering Hammers

Kicks:

- ___ Crescent Kick
- ___ Reverse Crescent Kick
- ___ Stepping Stool
- ___ Rising Heel
- ___ Dragon's Tail

Footwork / Stances:

- ___ Push-Drag
- ___ Shuffle
- ___ Cross-Over
- ___ Forward Roll
- ___ Backward Roll

Sets / Forms:

- ___ 1st ½ Elbow Set
- ___ 2 Pinan
- ___ Empi Go

Head Lock:

- ___ #1 Grip of Death

Rear Strangle:

- ___ #3 Duck & Spin

Hair Grab:

- ___ #1 Clutching Feathers

Rear Bear Hug:

- ___ #2 Flight of Fury (Arms Free)

Hook Punch:

- ___ #3 Four Fists of the Hurricane

Blue Belt Requirements

Fundamentals:

Hand Strikes:

- Tiger's Mouth
- Sandwich Strike
- Driving Knife
- Upward Palm
- Downward Palm
- Forearm Strike
- 5 Finger Poke
- Immortal Man
- Crab Strike
- Spinning Back Fist

Blocks:

- Star Blocking System

Combinations:

- 4
- 18

Techniques:

Stationary Attacks:

Wrist Release:

- #5 Crossing Maces

Full Nelson:

- #1 Dropping the Sword

Two Hand Gi Grab:

- #3 Raking Mace (Pull)

Head Lock:

- #2 Grasp of Death

Moving Attacks:

Straight Punch:

- #4 Attacking Mace

Kicks:

- Axe Kick
- Hook Kick
- Side Blade Kick
- Mule Kick
- Spinning Back Kick

Footwork / Stances:

- Bow Stance
- Crane Stance
- T-Stance
- Forward Stance
- Back Stance

Sets / Forms:

- Complete Elbow Set
- Mawashi
- 1 Kata

Handshake:

- #1 Locked Gift

Double Wrist Defense:

- #2 Whirling Dervish

Shoulder Grab:

- #2 Obscure Wing (Right to Left)

One Arm Strangle:

- #1 Escape from Death

Hook Punch:

- #4 Shielding Hammer

Blue Belt with Green Stripe Requirements

Fundamentals:

Hand Strikes:

- ___ Willow Palm
- ___ Thumb Poke

Sets / Forms:

- ___ Hand Set 2
- ___ 2 Kata
- ___ Statue of the Crane

Techniques:

Stationary Attacks:

- Front Strangle:
- ___ #4 Wing of Freedom

- Single Wrist Defense:
- ___ #4 Twisted Handle

Moving Attacks:

- Straight Punch:
- ___ #5 Repeating Mace
 - ___ #6 Shield & Sword

- Uppercut:
- ___ #1 Raining Claw

- Two Hand Push:
- ___ #1 Alternating Maces

Weapon Attacks:

- Sidearm Club:
- ___ #1 Snake in the Storm

- Stationary Knife:
- ___ #1 Twisting Lance

Kicks:

- ___ Stepping Stool into Roundhouse
- ___ Smash Kick
- ___ Spinning Reverse Crescent

Combinations:

- ___ 8
- ___ 9

- Rear Strangle:
- ___ #3 Twirling Wings
 - ___ #4 Locking Mace

- Hammer Lock:
- ___ #2 Locked Wing

- Hook Punch:
- ___ #5 Five Swords

- Front Kick:
- ___ #1 Intellectual Departure

- Roundhouse Kick:
- ___ #1 Swinging Pendulum

- Overhead Club:
- ___ #1 Redirecting the Storm

Green Belt Requirements

Fundamentals:

Hand Strikes:

- ___ Thumbs to Eyes
- ___ Phoenix Strike

Sets / Forms:

- ___ 1st ½ Kicking Set
- ___ 3 Pinan

Kicks:

- ___ Scoop Kick
- ___ Scissor Kick
- ___ Wheel Kick

Combinations:

- ___ 12

Techniques:

Stationary Attacks:

Single Wrist Defense:

- ___ #5 Darting Mace

Double Wrist Defense:

- ___ #3 Begging Hands

Rear Bear Hug:

- ___ #3 Cracked Mask (Arms Pinned)

Full Nelson:

- ___ #2 Broken Leaves

One Hand Gi Grab:

- ___ #3 Rolling Wing

Moving Attacks:

Straight Punch:

- ___ #7 Blasting Elbows
- ___ #8 Leaping Crane

Hook Punch:

- ___ #6 Griffin's Defense

One Hand Push:

- ___ #1 Triggered Salute (Direct)
- ___ #2 Snapping Twig (Cross)

Front Kick:

- ___ #2 Deflecting Hammer

Over-the-Top Punch:

- ___ #1 Circles of Protection

Weapon Attacks:

Sidearm Club

- ___ #2 Breaking the Storm

Overhead Club

- ___ #2 Locked Storm

Stationary Knife

- ___ #2 Slashing Lance

Green Belt with Brown Stripe Requirements

Fundamentals:

Hand Strikes:

- ___ Crane's Beak
- ___ Dragon's Foot

Combinations:

- ___ 14
- ___ 15
- ___ 16

Techniques:

Stationary Attacks:

- Single Wrist Defense:
___ #6 Crossing Talon

- One Arm Strangle:
___ #2 Spin from Death

- One Hand Gi Grab:
___ #4 Conquering Shield

Moving Attacks:

- Straight Punch:
___ #9 Gathering Clouds
___ #10 Circling Destruction

- Front Kick:
___ #3 Thrusting Salute
___ #4 Buckling Branch

Weapon Attacks:

- Overhead Club:
___ #3 Evading the Storm

- Thrusting Club:
___ #1 Disarming the Storm

Kicks:

- ___ Post Kick
- ___ Spinning Hook Kick
- ___ Flying Side Kick

Sets / Forms:

- ___ Slip Set
- ___ 4 Pinan
- ___ Saifa

- Handshake:
___ #2 Gift of Destruction

- Shoulder Grab:
___ #3 Locking Snake (Right to Right)

- Hook Punch:
___ #7 Matador's Cloak

- Uppercut:
___ #2 Glancing Wing

- Side Kick:
___ #1 Hugging Pendulum

- Sidearm Club:
___ #3 Calming the Storm

3rd Degree Brown Belt Requirements

Fundamentals:

Hand Strikes:

- ___ Eagle's Talon
- ___ Crane's Wing

Blocks:

- ___ 10 Point Blocking System

Sets / Forms:

- ___ Complete Kicking Set
- ___ 5 Pinan

Techniques:

Stationary Attacks:

- Single Wrist Defense
- ___ #7 Gripping Talon

- One Hand Gi Grab
- ___ #5 Bow to the King

- Hair Grab:
- ___ #2 Twister

Moving Attacks:

- Straight Punch:
- ___ #11 Sleeper
- ___ #12 Dance of Death

- Side Kick:
- ___ #2 Retreating Pendulum

- Tackle:
- ___ #1 Charging Ram

Weapon Attacks:

- Overhead Club:
- ___ #4 Obstructing the Storm

- Stationary Knife:
- ___ #3 Releasing Lance

Kicks:

- ___ Snake Kick
- ___ Hurricane Kick
- ___ Jump Spinning Back Kick

Combinations:

- ___ 10
- ___ 11
- ___ 17
- ___ 19

- Front Bear Hug
- ___ #2 Striking Serpent's Head

- Two Hand Gi Grab
- ___ #5 Twin Kimono (Push)

- Hook Punch:
- ___ #8 Whirling Hatchet

- Two Hand Push:
- ___ #4 Parting Wings

- Roundhouse Kick:
- ___ #2 Triggered Destruction

- Sidearm Club:
- ___ #4 Returning Storm

2nd Degree Brown Belt Requirements

Fundamentals:

Combinations:

___ 1
___ 13
___ 20
___ 26

Sets / Forms:

___ 3 Kata
___ Encircled Liger

Techniques:

Stationary Attacks:

Single Wrist Defense:
___ #8 Glancing Spear

One Hand Gi Grab:
___ #6 Twisted Wing

Front Strangle:
___ #5 Child's Prayer

Double Wrist Defense:
___ #4 Advancing Mace

Front Bear Hug:
___ #3 Thrusting Prongs

Two Hand Gi Grab
___ #5 Destructive Twins

Rear Bear Hug:
___ #4 Crushing Hammer (Arms Pinned)

Head Lock:
___ #3 Locking Horns (Front)

Moving Attacks:

Straight Punch:
___ #13 Circling the Horizon
___ #14 Cutting Sword

Front Kick:
___ #5 Circle of Doom

Two Hand Push:
___ #3 Hooking Wings

Weapon Attacks:

Overhead Club:
___ #5 Captured Storm

Sidearm Knife:
___ #1 Broken Lance
___ #2 Smashing the Wine Jug

Overhead Knife:
___ #1 Redirecting the Lance

Sidearm Club:
___ #5 Pounding Storm

Thrusting Knife:
___ #1 Kiss the Ground
___ #2 Dance of the Drunken Mantis

Gun:
___ #1 Locked Rod

1st Degree Brown Belt Requirements

Fundamentals:

Combinations:

___ 21
___ 25

Sets / Forms:

___ Two Man Fist Set
___ 4 Kata

Techniques:

Stationary Attacks:

Single Wrist Defense:
___ #9 Spinning Talon

Two Hand Gi Grab:
___ #6 Hooking Limb

Front Bear Hug:
___ #4 Tripping Arrow

One Arm Strangle:
___ #3 Beating Death

Hammer Lock:
___ #3 Flight to Freedom

Rear Bear Hug:
___ #5 Spiraling Twig

Handshake:
___ #3 Gift of Destiny

Rear Strangle:
___ #5 Fallen Cross

Moving Attacks:

Straight Punch:
___ #15 The Back Breaker
___ #16 Smashing Crane

Tackle:
___ #2 Broken Ram

Two Hand Push:
___ #4 Thrusting Wedge

Weapon Attacks:

Overhead Club:
___ #6 Skirting the Storm

Sidearm Knife:
___ #3 Whipping Lance
___ #4 Wringing the Laundry

Overhead Knife:
___ #2 Locked Lance

Sidearm Club:
___ #6 Securing the Storm

Thrusting Knife:
___ #3 Snapping Lance
___ #4 Controlling Lance

Gun:
___ #2 Defying the Rod

1st Degree Black Belt Requirements

Fundamentals:

Blocks:

___ Plumb Tree

Combinations:

___ 24

Sets / Forms:

___ 5 Kata

Techniques:

Stationary Attacks:

Single Wrist Defense:

___ #10 Crossing Whip

Two Hand Gi Grab:

___ #7 Aggressive Snake

One Hand Gi Grab:

___ #7 Drunken Guard

Rear Bear Hug:

___ #6 Squatting Sacrifice (Free)

Front Strangle:

___ #6 Leaping Sacrifice

Rear Strangle:

___ #6 Cross of Destruction

Full Nelson:

___ #3 Falling Darkness

Double Wrist Defense:

___ #5 Desperate Falcons

Moving Attacks:

Straight Punch:

___ #17 Iron Anvil

___ #18 Piercing Wing

Tackle:

___ #3 Tangled Ram

Front Kick:

___ #6 Defensive Cross

Weapon Attacks:

Overhead Club:

___ #7 Toppling Storm

Sidearm Club:

___ #7 Sleeping Storm

Sidearm Knife:

___ #5 Lazy Dog

___ #6 Power of the Butt

Thrusting Knife:

___ #5 Catching the Lance

___ #6 Carrying the Rice

Overhead Knife:

___ #3 Raining Lance

Gun:

___ #3 Twisted Rod