

O'Fallon YMCA Martial Arts - Shotokan Rank Requirements

Line up quietly, stand without moving; eyes focussed on opponent; movements are crisp, intent should be evident; students should understand all their belt material as well as any previous material

Current Rank	New Rank	Kyu	Stripe 1 Hrs	Stripe 2 Hrs	Stripe 3 Hrs	Wude	Fitness	Essay	Expectations
White	Gold	11th	6	6	6	humility - open mind; no ego	1/8 mi, 5SU, 1PU, 10JJ		Knows how to line up, basic stances, blocks, strikes
Gold	Gold/Black	10th	6	6	6	respect - for self	1/4 mi, 10SU, 3PU, 20JJ		Shows humility and respect, gaining knowledge on basic techniques
Gold/Black	Orange	9th	8	8	8	respect - for others	1/2 mi, 15SU, 6PU, 30JJ	Why humility and respect are important in martial arts	Arms remain or return to on-guard positions during kicks, punches, and after blocks; gross motor skills in place for most basic techniques; coordination improving
Orange	Orange/Black	8th	8	8	8	righteousness	3/4 mi., 20 SU, 12PU, 40JJ		Student continues to improve in all previous material; Improved coordination, balance, and flexibility
Orange/Black	Green	7th	8	8	8	trust	1 mi, 25SU, 20PU, 50JJ	Why is righteousness (integrity), trust and loyalty important in society	Free sparring shows greater agility and better control of body movement; understand basic principles in the physics of karate (center of gravity, vectors of force, increasing mass behind striking techniques, levers)
Green	Blue	6th	10	10	10	loyalty	1.5 mi, 35 SU, 30PU, 50JJ	Your personal development of Will	Improving body coordination; stances gaining greater stability; student gaining more knowledge on smaller details of all techniques and stances
Blue	Purple	5th	10	10	10	will	2 mi, 40SU, 35PU, 50JJ		Building up endurance; techniques are more accurate; developing quick decision making skills
Purple	Red	4th	10	10	10	endurance	2.5mi, 50SU, 40PU, 50JJ	Personal evaluation of your endurance, perseverance, and patience	Developing greater speed in all techniques; power behind techniques increasing
Red	Brown	3rd	16	16	16	perseverance	3 mi, 50 SU, 50PU, 50JJ		Demonstrates basic principles in the physics of karate
Brown	Brown/Black	2nd	16	16	16	patience	3 mi, 50 SU, 50PU, 50JJ		Demonstrates strategy in sparring
Brown/Black	Black	1st	16	16	16	courage	3 mi, 50 SU, 50PU, 50JJ	Courage	Demonstrates confidence with the spirit of Wude code of ethics
Subtotal			114	114	114				
TOTAL			342	(minimum training hours)					

Stripe 1 - All basics and combination; performed in traditional stance and fighting stance

Stripe 2 - self defense; go hon/sanbon/kihon ippon and/orJiyu ippon kumite, ground fighting, rolls, falls, throws, joint locks

Stripe 3 - kata, general knowledge (history, terms, people, wude virtue, essays)

Fitness - as indicated