



**Black Belt Requirements- Shodan-Ho**  
**Theme: Achievement**

			<p><b>White Stripe</b> <b>Kihon (Basics)/</b> <b>Yokusoku Kumite (Drills)</b> 1 Month &amp; 8 Classes</p>	<input type="checkbox"/> 1 <sup>st</sup> 3 moves of <a href="#">Empi Waza</a> (Elbow Techniques)
			<p><b>Orange Stripe</b> <b>Kata (form)</b> 1 Month &amp; 8 Classes</p>	<input type="checkbox"/> Last 3 moves of <a href="#">Empi Waza</a> (Elbow Techniques)
			<p><b>Gold Stripe</b> <b>Life Skills/Character Building/</b> <b>Cultural Aspects</b> 1 Month &amp; 8 Classes</p>	<input type="checkbox"/> <b>Peer Modeling:</b> Explain how positive <b>peer role modeling</b> can make a difference in someone's life vs. how negative modeling can result in harm. <input type="checkbox"/> Help someone else by your actions
			<p><b>Purple Stripe</b> <b>Physical Fitness/Self Defense</b> 1 Month &amp; 8 Classes</p>	<input type="checkbox"/> <b>Physical:</b> Perform <b>3</b> mile run

**Black Belt Requirements- Shodan-Ho**

		<p><b>Shodan-Ho Probationary 1st Degree Black Belt</b></p>	<p><b>Note:</b> Students earning their black belts, of all ages, go through a probationary period (6 months to a year for adults, and 6 months for juniors), where a brown stripe is placed on the belt. This stripe is removed when a student has demonstrated they have fulfilled all the requirements; only then are they awarded their black belt diploma. The criteria for full "black belt" are: Consistent attendance (2 classes a week) and you must simply carry yourself like a black belt</p> <p><i>Refinement of all of the previous requirements, plus:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Kata:</b> <a href="#">Ananku</a> (No Relevant Meaning)</li> <li><input type="checkbox"/> <b>Technical:</b> All of the previous requirements, plus <b>expertise</b> in:             <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>5 Yakusoku Kumite</b> (Agreement Drills, specifically, Ippon #1 &amp; #2, Yonhon #1, Empi Waza, and Pinan Shodan Imote)</li> <li><input type="checkbox"/> Kumite</li> <li><input type="checkbox"/> Previous kata (Fuji Kata Dai Ichi and Ni, Pinan Nidan, Pinan Shodan, Naihanchi Shodan, Pinan Sandan, Pinan Godan)</li> </ul> </li> <li><input type="checkbox"/> <b>Physical:</b> <b>100</b> Jumping Jacks, <b>50</b> push-ups, <b>50</b> sit-ups, <b>50</b> mtn. Climbers, <b>3</b> mile run (on Honor System)</li> <li><input type="checkbox"/> <b>Black Belt paper</b> – Edit/update your 1 to 2 page paper on any aspect of karate and your plans after your Black Belt. Needs to be passed in and emailed</li> <li><input type="checkbox"/> Minimum of <b>40</b> Leadership Classes</li> <li><input type="checkbox"/> <b>Complete the Black Belt Evaluation Cycle</b> (see <i>handout for details</i>)             <ul style="list-style-type: none"> <li><input type="checkbox"/> Minimum age of 16</li> <li><input type="checkbox"/> Minimum 5 months of attendance in rank</li> <li><input type="checkbox"/> Minimum attendance requirement</li> <li><input type="checkbox"/> Must earn all 4 stripes to be considered for Evaluation                 <ul style="list-style-type: none"> <li><input type="checkbox"/> Black Belt Evaluations- January &amp; June</li> </ul> </li> </ul> </li> </ul>
		<p><b>Shodan Internationally Accredited 1st Degree Black Belt</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> All of the above, plus 1 year of training, <b>75</b> Leadership Classes (cumulative)</li> <li><input type="checkbox"/> See Kyoshi for Black Belt Curriculum</li> <li><input type="checkbox"/> Shodans work on refinement of their techniques, advanced dynamics, and applications</li> <li><input type="checkbox"/> They focus on Advanced kata and curriculum</li> </ul>