



**1st Degree Junior Black Belt Requirements**  
**Joshu-Shoban-Ho**  
Theme: Achievement

			<p><b>White Stripe</b> <b>Kihon (Basics)/Yokusoku</b> <b>Kumite (Drills)</b> 1 Month &amp; 8 Classes</p>	<p><input type="checkbox"/> 1<sup>st</sup> 3 moves of <a href="#">Empi Waza</a> (Elbow Techniques)</p>
			<p><b>Orange Stripe</b> <b>Kata (form)</b> 1 Month &amp; 8 Classes</p>	<p><input type="checkbox"/> Last 3 moves of <a href="#">Empi Waza</a> (Elbow Techniques)</p>
			<p><b>Gold Stripe</b> <b>Life Skills/Character</b> <b>Building/Cultural Aspects</b> 1 Month &amp; 8 Classes</p>	<p><input type="checkbox"/> <b>Peer Pressure:</b> Explain how positive <b>peer role modeling</b> can make a difference in someone's life vs. how negative peer pressure can result in you doing harmful activities.</p> <p><input type="checkbox"/> <b>Need Parent Note</b> saying you've helped someone else by your actions</p>
			<p><b>Purple Stripe</b> <b>Physical Fitness/Self</b> <b>Defense</b> 1 Month &amp; 8 Classes</p>	<p><input type="checkbox"/> <b>Physical:</b> Perform <b>3</b> mile run for Black Belt test with signed note from Parent attesting to that fact</p>

**Joshu-Shoban-Ho Requirements**

**Junior Black Belt**  
**Joshu-Shoban-Ho**  
**1st Degree**  
**Black with White**  
**Stripe**

*"Junior Black Belt" is given to children too young to have developed into full adult black belts, but who are otherwise qualified. This rank is signified by a white stripe on one side, and a stripe running through the belt denoting the level)*

**Note:** 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 "junior black belt" are: Consistent attendance (2 classes a week) and you must simply carry yourself like a black belt

*Refinement of all of the previous requirements, plus:*

- Kata:** [Ananku](#) (No Relevant Meaning)
- Technical:** All of the previous requirements, plus **expertise** in:
  - 4 Yakusoku Kumite** (Agreement Drills, specifically, Ippon #1 & #2, Yonhon #1, and Empi Waza)
  - Kumite
  - Previous kata ([Fuji Kata Dai Ichi](#) and [Nj, Pinan Nidan, Pinan Shodan, Naihanchi Shodan, Pinan Sandan, Pinan Godan](#))
- Physical:** **100** Jumping Jacks, **50** push-ups, **50** sit-ups, **50** mtn. Climbers, **3** mile run (on Honor System)
- Black Belt paper** – Edit/update your 1 to 2 page paper on any aspect of karate and your plans after your Jr. Black Belt. Must be passed in and e-mailed
- Minimum of **40** Leadership Classes
- Complete the Black Belt Evaluation Cycle** (see *handout for details*)
  - Minimum age of 12
  - Minimum 5 months of attendance in rank
  - Minimum attendance requirement
  - Must earn all 4 stripes to be considered for Evaluation
    - Black Belt Evaluations- January & June