



ARTS INTERNATIONAL
CONSERVATORY & DOJO

803-957-2323



ALL BEGINNER

WHITE BELT

REQUIREMENTS:

All Student's will be required to purchase a Gi Set, break 1-board (stomp technique),
Introduce yourself, recite and write on an index card - White Belt (Courage) Bible verse Joshua 1:9.
Bow to Sensei (Feet together - hands by your side) Yes Ma'am or Sir Sensei

ALL STUDENT'S RANK TESTING INTRODUCTION:

Bow to Judges and/or Sensei (Feet together - hands by your side)

"Good Afternoon, my name is _____, I train at *Arts International*
(*Conservatory & Dojo*), and I will be doing open hand form (Tai Yon Kyu).
(Or whichever form you are doing) With your permission may I begin Sir! Bow...!

REQUIREMENTS FOR TESTING PER YOUR NEXT LEVEL RANK:

Introduction, Bible Verses, and Character Trait (recite and written listed in the back
of the manual), Fitness Requirement, Block Chart, Kicks and Strike Chart, Stances,
Sparring, Katas (Open Hand and Weapons), Hand Technique and Breaking.

Ex: half steps will evaluate at the highest color on their next belt.

ESTIMATED COST FOR TESTING INCLUDES YOUR NEXT RANK COLORED BELT

Cost: \$35.00	Yellow/White, Yellow
Cost: \$55.00	Green/Yellow, Green, Blue/Green
Cost: \$75.00	Blue, Red, Brown (Four phase testing)
Cost: \$100.00	Brown/Black Stripe (Four phase testing)
Cost: \$150.00	Jr. BLACK BELT (Four phase testing)
Cost: \$300.00	Sr. BLACK BELT (Four phase testing) (Endurance)(Knowledge)(Character)(Wisdom)

Welcome and Blessings on your Martial Arts Journey,

SENSEI SUSANNE SANDERS

Fitness Requirements

White, Yellow/White, Yellow

15 push-ups, 15 sit-ups, 15 jumping jacks, hold center split

Green/Yellow, Green, Blue/Green

25 push-ups, 25 sit-ups, 25 jumping jacks, hold center split

Blue, Red, Brown *(Four phase testing: fitness, technique, sparring, and written)*

50 push-ups, 50 sit-ups, 50 jumping jacks, hold center split

Brown/Black Stripe *(Four phase testing: fitness, technique, sparring, and written)*

75 push-ups, 75 sit-ups, 75 jumping jacks, hold center split

BLACK BELT *(Four phase testing: fitness, technique, sparring, and written)*

100 push-ups, 100 sit-ups, 100 jumping jacks, hold center split

All sections can be broken down in groupings to finish totals.

Form Requirement for Belt Testing

White - Yellow/White: Open Hand Form 1 / Beginning of Bo Staff Form 1

Yellow - Yellow/Green: Open Hand Forms 1-2 / Bo Staff Form 1, Kama Form 1

Green - Blue/Green: Forms 1-3 / Bo Staff Forms 1-2, Kama Forms 1-3

Blue Belt - Red Belt: Open Hand Forms 1-4 / Bo Staff Forms 1-2, Kama Forms 1-4

Brown Belt – Brown Black Stripe: Forms 1-5 / Bo Staff Forms 1-2, Kama Forms 1-5

Black Belt: All Charts & Forms (Open Hand, Weapons, Traditional)

Block Chart

1-Up Block

2-Down Block

3-Circle Block

4-Single-In Block

5-Singe-Out Block

6-Double In

7-Double Out

8-Double X Up

9-Double X Down

10-Comb the hair Right & Left

Strike Chart

Front Fist
Back Fist
Bottom Fist
One Knuckle
Middle Knuckle
Four Knuckle
Ridge Hand
Back Hand
Bear Claw
Tiger Mouth
Two Fingers
One Finger
Knife Hand
Spear Hand
Palm Heel
Ox Jaw Hand
Elbow
Headbutt

Foot Placement or Strike Zone in each Kick

Ball of the foot - Front Kick
Foot Edge - Side Kick
Heel - Ax Kick
Sole - Hook Kick
Instep - Round Kick
Knee Strike

Stances-dachi

Seiza - Kneeling stance (litt. proper sitting)

Musubi-dachi - Standing stance

Heisoku-dachi - Closed leg stance

Heiko-dachi - Parallel stance

Hachiji-dachi - Natural stance

Kiba-dachi/Naihanchi-dachi - Horse stance

Shiko-dachi - Horse stance, open feet

Sanchin-dachi - Three battle stance, hourglass stance

Zenkutsu-dachi - Front stance

Han Zenkutsu-dachi - Half front-stance

Fudo-dachi - Immovable stance

Kokutsu-dachi - Back stance

Neko-ashi-dachi - Cat stance

Tsuru-ashi-dachi - Crane stance

Kosa-dachi - Cross stance

Renoji-dachi – L-Stance

Kicks

Round Kick

Side Kick

Front Snap Kick

Front Thrust Kick

Hook Kick

Double Round Kick

Side Kick, Round Kick

Round Kick, Side Kick

Hook Kick, Round Kick

Rear Leg Round Kick

Crescent Kick

Reverse Crescent Kick

Rear Leg Reverse Crescent Kick

Spin Side Kick

Spin Back Kick

Spin Crescent Kick

Spin Wheel

Spin Hook

Rear Leg Hook

Tornado Kick

Back Jump Round kick

Front Jump Side Kick

Flying Side Kick

Kick Chart

Yellow Belt: (8,7 Gup) (New: Front and back Ridge hand & round kick)

1. Front punch, Back punch
2. Front punch, Bk punch, Front ridge hand
3. Front punch, Off front leg Front kick, Back punch
4. Front punch, Off front leg Side kick, Back punch
5. Front punch, Off front leg Round kick, Back punch
6. Front punch, Off back leg Front kick, Back punch
7. Front punch, Off back leg Side kick, Back punch
8. Front punch, Off back leg Round kick, Back punch
9. 1,2 punch, Back front kick, Back round kick, Back ridge hand

Green Belt: (6 Gup) (New: 1,2 punch, back reverse side kick)

10. Back leg Front kick, Back leg round kick, Back punch
11. Front leg Round kick, Front leg side kick, Back punch
12. Back leg round kick, Back reverse side kick, Back punch
13. Back leg round kick, back leg round kick, back punch
14. 1,2 punch, back leg round kick, back reverse side kick, back ridge hand

Blue Belt: (5 Gup) Red Belt: (New: Front reverse side kick, front hook kick)

15. 1,2 punch, front reverse side kick, back punch
16. Back punch, front reverse side kick, front side kick, back punch
17. Front hook kick, back leg round kick, back reverse side kick, back punch
18. Front leg round kick, back reverse side kick, bk leg round kick, bk ridge hand

Brown Belt: (4 Gup) (New: Back and front reverse hook kick, front tornado kick)

19. Back reverse hook, back round, back punch
20. Front hook, back front kick, back reverse hook, back punch
21. Step Back punch, front (spin) reverse hook (land front), back punch
22. Back round kick, tornado, back reverse hook, back ridge hand

Black Belt: (3 Gup)

(New: Back reverse crescent kick, front jump side kick, back jump round kick, front kick-round kick)

23. Back reverse crescent kick, back punch, back round kick, back punch
24. Front side kick, front jump side kick, back punch
25. Back jump round kick, back reverse hook kick, back punch
26. 1,2 punch, back front kick-round kick, back reverse side kick, back rdg. hand.

Hand Techniques

Jab

Cross

Jab Cross

Front/Rear Ridge hand

Jab Rear Ridge

Back Fist

Spin Back Fist

Under punch

Uppercut

Jab Uppercut

Hook

The asterisk next to the name is, because while it is hand strike taught in Taekwondo it is illegal in tournaments.

The Jab

In Taekwondo, the jab is used to measure distance and defense. It is also used to bait an opponent to act and open themselves up for a counter. You can prod an opponent with a jab when they come in to attack or get them to react to set up a kick.

Straight or Cross Punch

A punch with your back hand that involves rotating your body to generate power. Hitting the opponent with your first two knuckles. It is the same movement as in boxing and it can be thrown either to the head or body depending on the organization. Straight punches to the body are great to use for when an opponent is moving forward.

Uppercut

To execute this punch, you turn your body to load the punch and send it upward at an opponent. Both hands can be used, and it is good for close combat to rip a body shot.

Hook Punch

A short compact punch used to hit the sides of an opponent. Your body makes a tight turning movement when throwing this punch. This punch can be used to hook over an opponent's guard to strike them or hit a body shot in close combat.

Backfist

There are diverse types of backfist, but this first type is performed with the front hand. It is similar to a jab, but you hit with the padded part on the back of your

-hand. The motion is a flick of your hand reaching out and hitting the side of the opponent's head.

Turn Backfist/Spinning Backfist

These are the other two types of backfists used in Taekwondo and there is a slight difference between the two. A turn backfist is a 180 degree turn before hitting the opponent with the back of your hand.

The spinning backfist is a 360-degree spin that comes another strike that initiates the spin. Both are usually set up with a punch or kick to set the backfist up.

Hammer fist (Bottom Fist)

To throw this punch, you do the same motion you would as if you were swinging a hammer. A downward motion hitting with the padded part of your hand that can go over an opponent's guards. This punch can also be thrown off a turn or spin to add more force.

Extended Knuckle Punch

You make a fist and use your thumb to push your index or middle finger up and reinforce the finger's middle joints. It is used as a stinging strike to hit a weak part of an opponent's body such as the temple.

Spear Hand Strike*

This is an open hand strike, where all your fingers are fully extended, and it resembles a spear. Target areas for this strike are soft parts of the body like the side of the neck. *(Also, hand strikes to the throat are illegal.)

Knife Hand Strike*

This is the karate chop move, where you chop down on an opponent's neck with the outside ridge of your hand. (This is also an illegal move in competitions, as well as being a neck strike.)

Ridge Hand Strike

For this strike, your hand and fingers are extended, and you strike with the meaty part of your hand under the thumb. This is a really good strike, because it is thrown the similar to a hook and overhand punch.

But it covers more distance to the hand being open and can easily pass over an opponent's guard and strike the sides of their head. (Also legal in competitions.)

Palm Strike/Palm Heel Strike*

Your hand is open with the fingers tucked in to strike the chin or nose. It is a good self-defense technique, but very illegal in competitions.

Throat Strike/Tiger Claw*

You form a C with your hand and strike at the throat of your opponent. Tiger Claw is not allowed in any competition.

Fighting Combinations

Offensive Techniques:

1. Jab – Jab - Right Straight
2. Liver Shot- left Hook – Right Straight
3. Jab(high) – Right Straight(low) – Left Hook(high)
4. Right Body Shot – Right Straight (to head) – Left Hook
5. Feint(fake) Down – Slide Front Leg Front Kick – Right Straight
6. Front Leg Front Kick – Back Leg Round House Sweep to Calf (leave your right leg forward) – Left Straight
7. Switch Jab – Left Front Kick – Right Straight – Left Hook
8. Back Leg Thigh Kick, Plant Back – Back Leg Rib Kick – Wedge – Left Leg Rib Kick
9. Slide Side Kick (touch the floor) – Sidekick again – Right Straight
10. Back Leg Front Kick – Spinning Back Kick
11. Aim – Cross Rear Step – Right Straight (faking a spin combo)
12. Jab – Spinning Back Fist – Return to Stance
13. Switch Jab – Step Through and Right Round House Sweep to Calf – Left Cross
14. Feint Down – Jab Low – Spinning Back Fist High
15. Switch Step – Fake Left Front Kick – Right Straight
16. Double Jab – Right Leg thigh Kick
17. Aim – Cross Rear Step – Lead (left) Leg Back Kick – Spinning Back Kick
18. Feint Down – Jump up Front Leg Side Kick
19. Feint Down – Jumping Back Leg Rib Kick
20. Feint Down – Jump Spinning Back Kick
21. Front Spinning Back Kick

Defense Techniques:

1. Slip Right and Left
2. Duck
3. Weave Right and Left
4. Feint(fade) Back
5. Slide Step Back
6. Angle Step Forward

FIGHTING Combo FORMS

1. Bob, Uppercut, Cross, Front thrust kick, Cross, Front thrust kick, Cross, Rear leg round kick, Spin back kick
2. Back fist, Side Kick, Skip side kick, Cross, Rear leg round kick, Cross Rear leg double round kick, Cross Ridge hand
3. Reverse crescent kick, Cross, Front thrust kick, Rear ridge hand Rear leg reverse crescent, Cross, Uppercut Block, Spin backfist
4. Double round kick, Side kick, Round kick, Hook kick Fake kick, Backfist, Cross, Rear leg round kick
5. Foot sweep, Round kick (to groin), Back fist, Side kick, Hook kick Grab Crescent kick, Reverse punch (low), Reverse punch (high)
6. Round kick (face) Round kick (face) Round kick (groin) Round kick, side kick, Hook kick, Fake kick, Backfist, Spin crescent kick
7. Jab, Jab, Jab, cross Jab, uppercut Jab hook, Jab, cross, uppercut

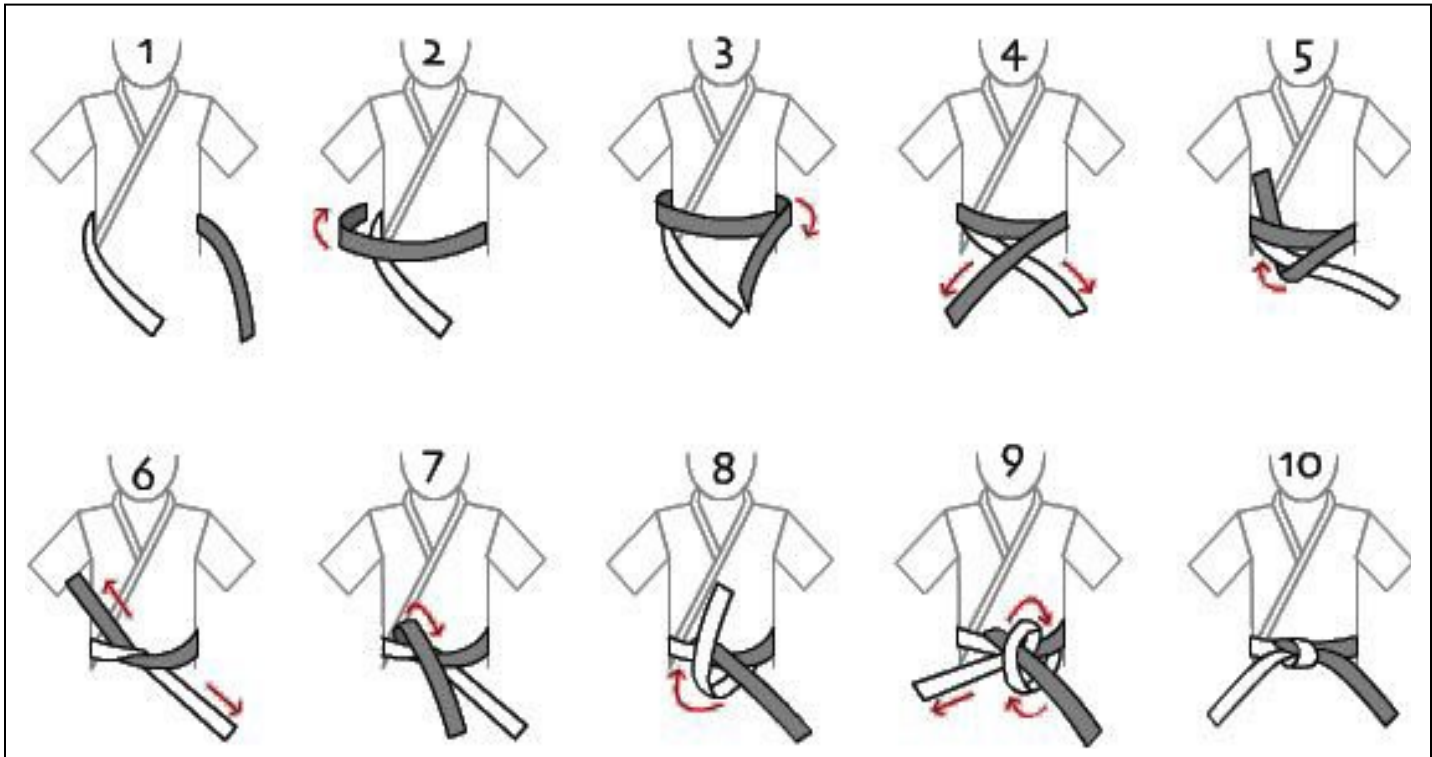
Requirements for Belt:

White – Yellow (1-3)

Yellow – Green (1-5)

Green – Blue (1-7)

How to properly tie your Belt.



Combining Simple Korean Terms to Name Basic Techniques

Olyeo
올려 High Section

Mom-tong
몸통 Middle Section
/ Torso

Arae
아래 Low Section

Techniques

Seogi
서기 Stance
Chagi
차기 Kick
Makgi
막기 Block
Jireugi
지르기 Punch
(closed hand strikes)
Chigi
치기 Strike
(open hand strikes)
Jjireugi
찌르기 Thrust

Directions & Modifiers

Dwi 뒤 Back Direction	Ap 앞 Front Direction
Yeop 옆 Side Direction	Twimyeo 뛰며 Jumping
Dollyeo 돌려 Turning	Bitureo 비틀어 Twisting
Bandal 반달 Crescent	Kodureo 거들어 Assisted
Nae-ryeo 내려 Downward	Olyeo 올려 Upward
An 안 Inner	Bakkat 바깥 Outer



내려 막기
Nae-ryeo Makgi
Downward Block

also called
아래 막기
Arae Makgi
Low-Section Block
aka Low Block



바깥 막기
Bakkat Makgi
Outer Block
aka Outside Block

or
Bakkat Pal-Mok
Bakkat Makgi
Outer-Wrist
Outside Block



내려 차기
Nae-ryeo Chagi

Downward Kick
aka Axe Kick



앞 돌려 차기
Ap Dollyeo Chagi

Front Turning
Kick
aka Roundhouse



올려 막기
Olyeo Makgi
Upward Block
or High-section Block
aka High Block



Momtong
Kodureo
Bakkat
Makgi

Middle Section
Assisted
Outward
Block



앞 차기
Ap Chagi

Front Kick



뒤 차기
Dwi Chagi

Back Kick



몸통 막기
Mom-tong Makgi
Middle-section Block
aka Middle Block

also called
안 막기
An Makgi
Inner Block



Sonnal
Momtong
Kodureo
Bakkat
Makgi

Knifehand
Middle Section
Assisted
Outward
Block



옆 차기
Yeop Chagi

Side Kick

Additional Techniques:

Baleun Bal = Fast Foot aka Skip Roundhouse
Dolgae Chagi = Whirling Kick aka Tomado Kick
Bandal Chagi = Crescent Kick
An Chagi = Inward (Crescent) Kick
Bakkat Chagi = Outward (Crescent) Kick
Hwe Chuk = Arcing Heel aka Back Hook Kick

Chamber Position

KICKING FORM

BY DAREBEE

@ darebee.com

Chamber position is the 'cocking form' of the leg prior to firing off a kick. It is formed from either the front or back leg and it is the required stage before you can successfully launch any kick.

Back Arm

Your back arm is there to guard your chin and also launch an attack should you decide not to kick.

Lead Arm

Keep it near your lead knee or a little higher to act as a guard. Its main function is to help your body balance.

Knee

The height you raise your knee to determines the height of your kick. A direct hip-knee-target line of attack is formed by the position.

Hip

The body is arched over the hip so that the weight is carried by the skeleton, rather than the muscles. This way you have greater stability and can maintain this position longer, without tiring.

A raised knee also acts as a guard. This is the position practically every kick gets fired off from.

Back Leg

Key to retaining balance, the back leg takes 100% of the weight with emphasis given to the ball of the foot. You spin on it during kick execution to determine the type of kick, its reach and power.

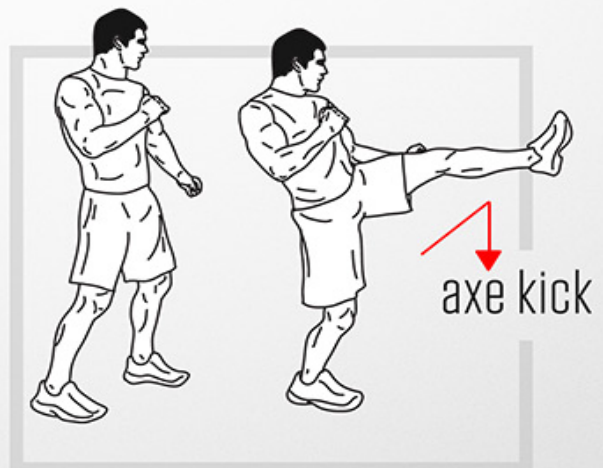
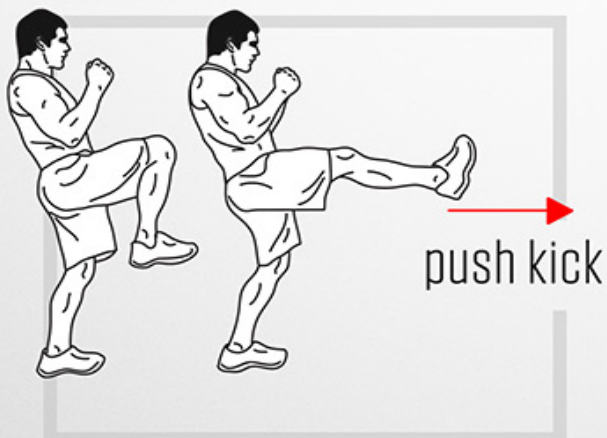
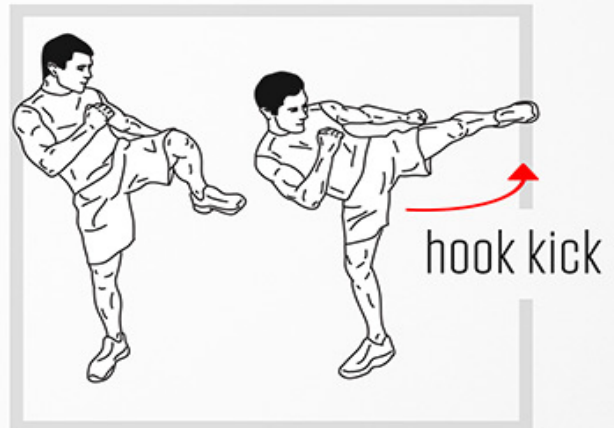
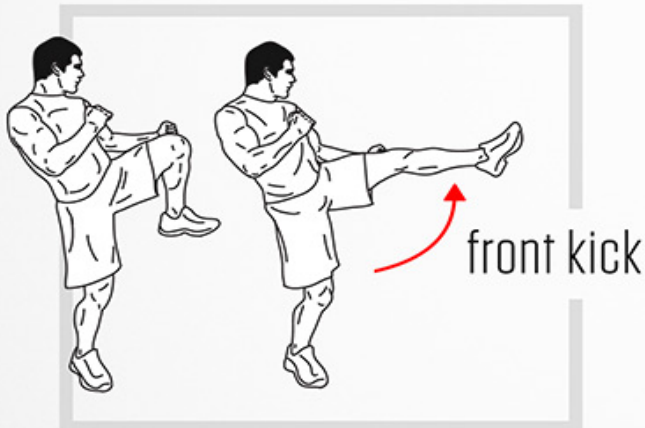
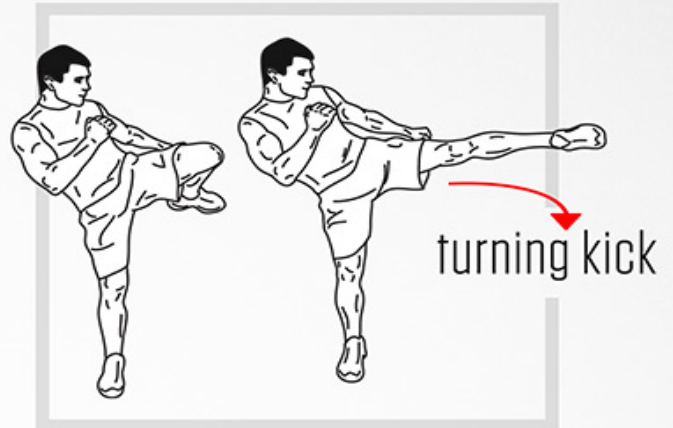
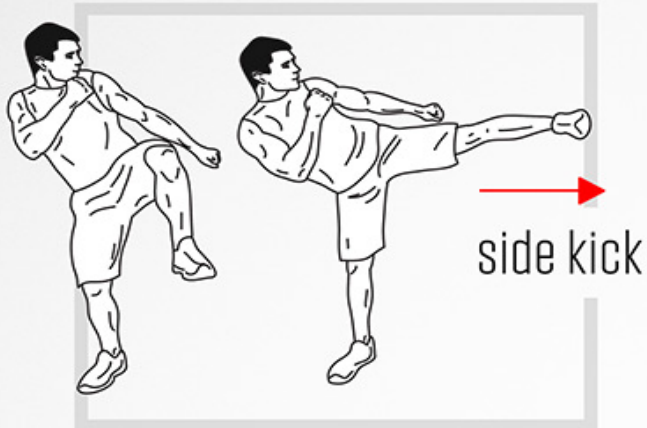
Front Leg

Cocked and ready to fire. Bring your shin in, close to your thigh prepping the muscles for explosive movement. From this position you can execute any kick using either concentric or eccentric muscle movement.



Types of Kicks

by DAREBEE © darebee.com



Japanese Karate Vocabulary



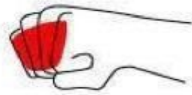
Karate Terminology

Numbers in Japanese

Ichi: One
Ni: Two
San: Three
Shi or Yon: Four
Go: Five
Roku: Six
Shichi or Nana: Seven
Hachi: Eight
Kyu: Nine
Ju: Ten
Ni Ju: Twenty
San Ju: Thirty
Yon Ju: Forty
Go Ju: Fifty
Roku Ju : Sixty
Nana Ju : Seventy
Hachi Ju : Eighty
Kyu Ju: Ninety
Hyaku: One hundred

Ake Uke	Up Block
Age Tsuki	Rising Punch (like in Empi)
Ashi Barai	Sweeping
Awase Tsuki	U-Punch (like in Nijushiho)
Budo	Martial Art – or The Martial Arts Way
Bunkai	Kata Application
Bushi	Warrior
Bushido	The Way of the Warrior
Choku Tsuki	Straight Punch
Chudan	Middle level/mid section or body level (solar plexus)
Dachi	Stance
Dan	(Black Belt) Rank
Deai	Direct (interception) counter against an attack
Dojo	House of the Way (Training room)
Dohai	One's equal in rank/age (see sempai & kohai)
Enbusen	Walking Pattern of the Kata
Fumikomi	Stomping Kick
Gedan	Lower level (groin and leg level)
Gi	Karate Uniform (also called Dogi)

Shou Fa
(Hand postures)
手法



Quan
(Fist)
拳



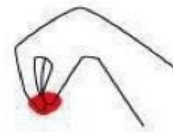
Quan Bei
(Back fist)
拳背



Hu Zhua
(Tiger claw)
虎爪



Zhang
(Palm)
掌



Gou
(Hook)
钩



Shuang Zhi
(Two-finger hand)
双指



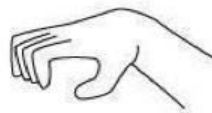
Dan Zhi
(One-finger hand)
单指



Long Zhua
(Dragon claw)
龙爪



Bao Zhua
(Leopard claw)
豹爪



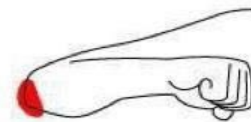
Ying Zhua
(Eagle claw)
鹰爪



Quan Lun
(Hammer fist)
拳掄



Qiao
(Bridge arm)
桥



Zhou
(Elbow)
肘



HEISOKU
DACHI



HACHIJI
DACHI
(YOI)



ZEN KUTSU
DACHI



KO KUTSU
DACHI



KIBA
DACHI



KAKE
DACHI



NEKO ASHI
DACHI

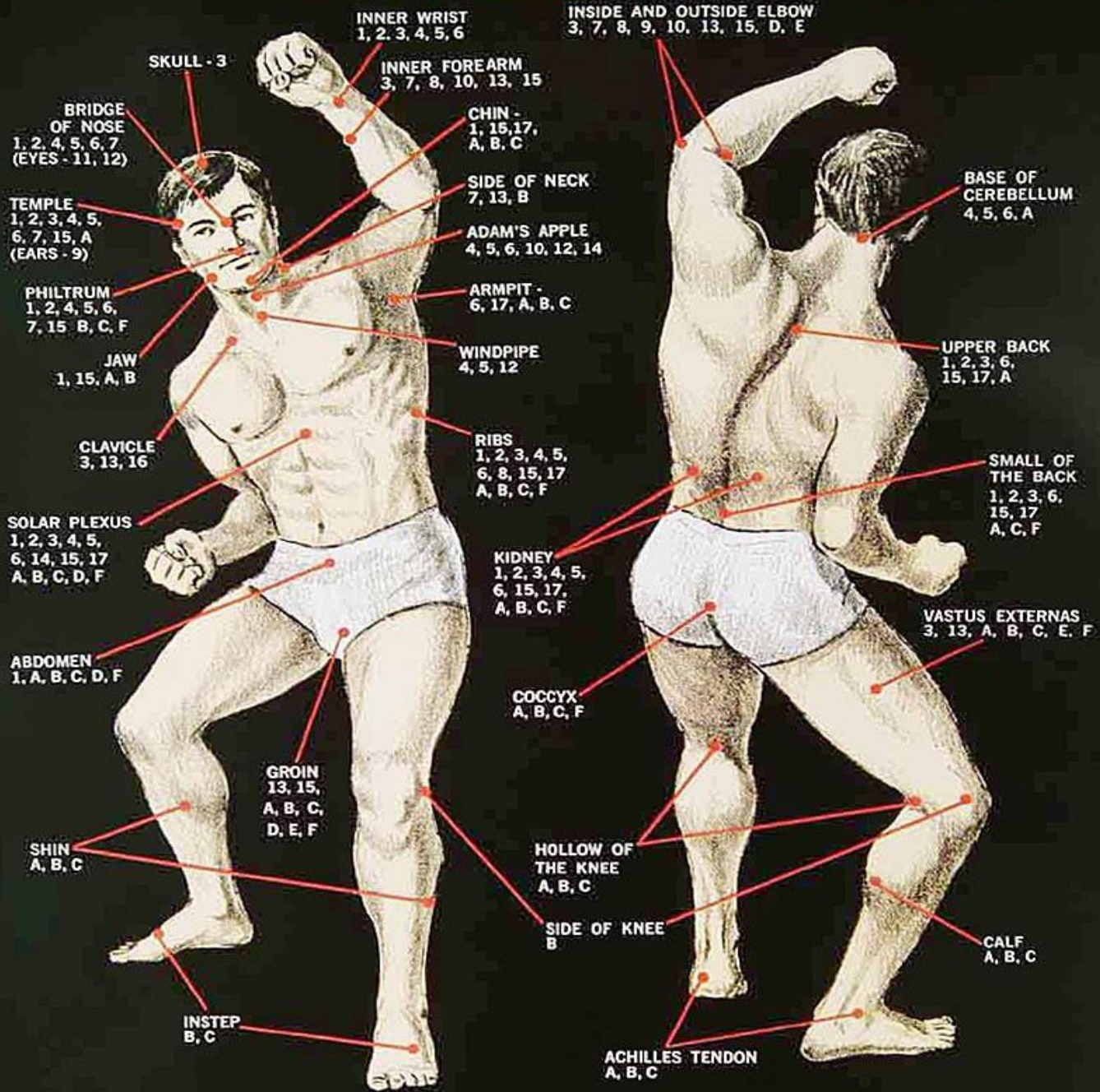


FUDO
DACHI



SANCHIN
DACHI

KARATE STRIKING POINTS



www.Kime-Karate.com

METHOD OF ATTACK	1 FIST	2 BACK FIST	3 BOTTOM FIST	4 ONE-KNUCKLE FIST	5 MIDDLE FINGER ONE-KNUCKLE FIST	6 FORE-KNUCKLE FIST	7 EDGE HAND
8 BACK HAND	9 BEAR HAND	10 TIGER MOUTH HAND	11 TWO-FINGER SPEAR HAND	12 ONE-FINGER SPEAR HAND	13 KNIFE HAND	14 SPEAR HAND	15 PALM HEEL
16 CHIN HAND	17 ELBOW	A BALL OF THE FOOT	B FOOT EDGE	C HEEL	D SOLE	E INSTEP	F KNEE

HWA-RANG

Named after legendary Hwa-Rang youth group which originated in the Silla Dynasty.



CLOSED
READY
STANCE "C"



1. Move left foot to form middle sitting stance while doing left palm heel block.



2. Execute right middle section punch.



3. Execute left middle section punch.



4. Move right foot to form left back stance while doing twin outer forearm blocks.



5. Execute left high section upset punch.



6. Execute right middle section side punch.



7. Sliding right foot, form closed back stance while doing downward knifehand strike.



8. Step forward with the left foot to form left front stance while doing a middle section punch.



9. Move left foot 90 degrees to form left front stance while doing left low section block.



10. Move right foot forward to form right front stance while doing right middle section punch.



11. Shift weight to front foot and move left foot to right while doing trapping movement with left hand.



12. Execute left middle section side piercing kick while pulling hands together in opposite direction.



13. Lower right foot to form left back stance while doing right middle section knife hand strike.



14. Move left foot forward to form left front stance while doing left middle section punch.



15. Move right foot forward to form right front stance while doing right middle section punch.

HWA-RANG (Cont.)



16. Move left foot counter-clockwise 270 degrees to form right back stance while doing middle section double forearm block.



17. Move right foot forward to form right front stance while doing right middle section supported spear finger thrust.



18. Move left foot to line with right foot then turn counter-clockwise 180 degrees to form right back stance while doing middle section double knife hand block.



19. Execute right middle section round kick.



20. Lower foot near other foot then do left middle section round kick.



21. Lower foot to form right back stance while doing middle section double knife hand block.



22. Move left foot counter-clockwise 90 degrees to form left front stance while doing low section block.



23. Move left foot to form right back stance while doing right middle section reverse punch.



24. Move right foot forward to form left back stance while doing left middle section reverse punch.



25. Move left foot to form right back stance while doing right middle section reverse punch.



26. Move left foot to form left front stance while doing low section "X" block.



27. Move right foot counter-clockwise 180 degrees while doing middle section double elbow strikes.



28. Slide left foot counter-clockwise 270 degrees to form closed stance while doing combination left low block and right inner forearm block.



29. Reverse hand positions.



30. Move left foot to form right back stance while doing middle section double knife hand block.



31. Move left foot to right then move right foot to form left back stance while doing a middle section double knife hand block.



END: Right foot returns to closed ready stance "C".

JR. TAEKWON-DO GUP PATTERN MEANINGS

(For students under 10 years old)

SAJU-JIRUGI (+) (14 MOVES)

Four directional punch.

SAJU-MAKGI (+) (16 MOVES)

Four directional block.

CHOI-JI (+) (19 MOVES)

Heaven and Earth, it is the pattern practiced by the beginner.

DAN-GUN (I) (21 MOVES)

The legendary founder of Korea in the year 2333 B.C.

DO-SAN (☩) (24 MOVES)

The patriot Ahn Chang-Ho. The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

WON-HYO (I) (28 MOVES)

Noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

YUL-GOK (±) (38 MOVES)

Philosopher and scholar Yi I nicknamed the "Confucius of Korea." The 38 movements of this pattern refer to his birthplace on the 38° latitude and the diagram (±) represents "scholar."

JOONG-GUN (I) (32 MOVES)

The patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison in 1910.

TOI-GYE (±) (37 MOVES)

The noted scholar Yi-Hwang, an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37° latitude, the diagram (±) represents "scholar."

HWA-RANG (I) (29 MOVES)

The Hwa-Rang youth group which unified Silla, Baek Je, and Korgoryo into Korea in the early 7th century. The 29 movements refer to the 29th infantry Division where TaeKwon-Do developed into maturity.

CHOONG-MOO (I) (30 MOVES)

Was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship, the Kobukson, in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Pressure Points/Vital Points

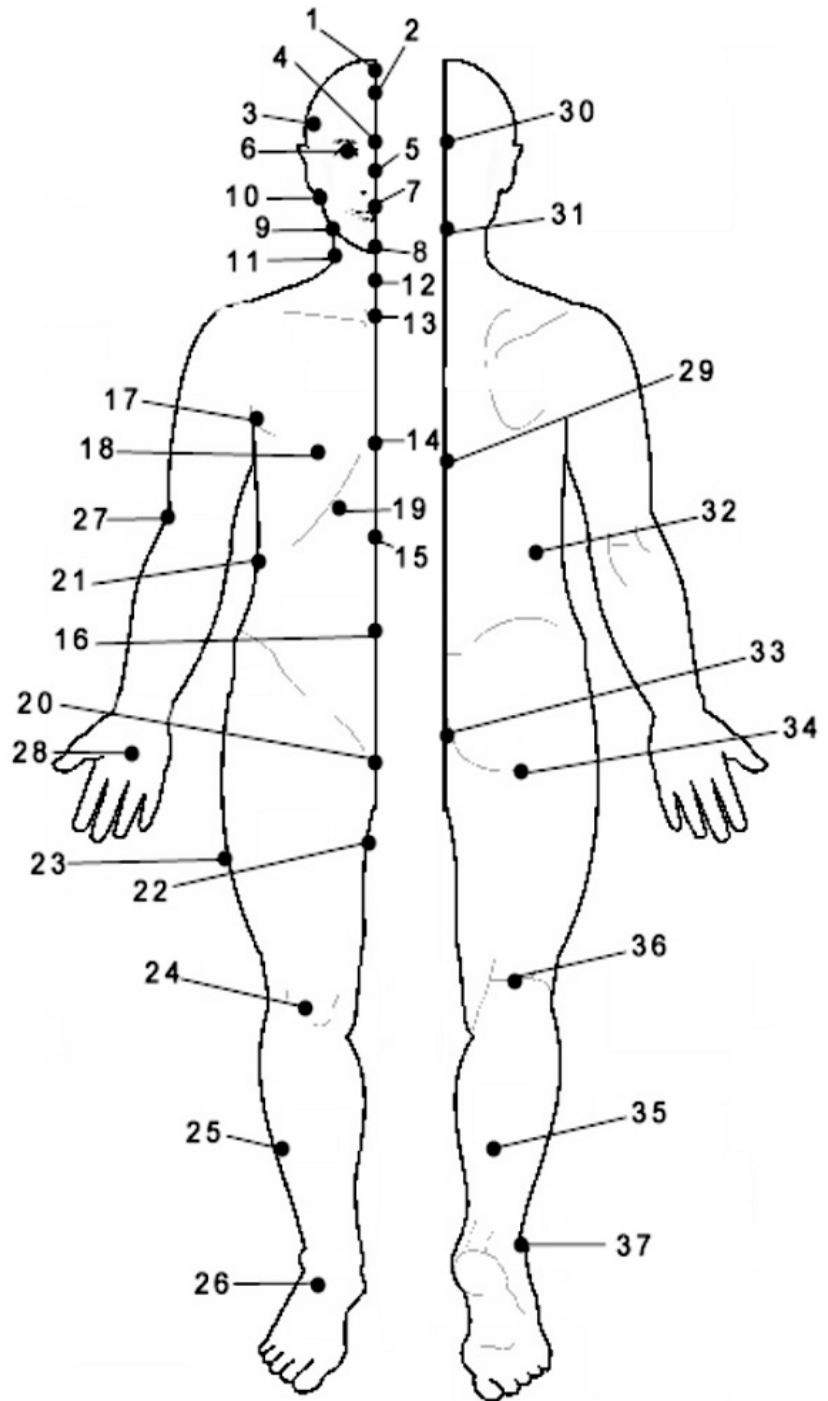
Weak Points of the Human Anatomy

Front of the body

1. Top of head
2. Frontal area, between coronal suture and forehead
3. Temple
4. Base of nose, between eyes
5. Bridge of nose
6. Eyes
8. Lower edge of jaw
9. Articulation of lower jaw, below and in front of ears
10. Cavity below ears
11. Side of neck: jugular vein or carotid artery, vagus nerve
12. Adam's apple
13. Top of sternum
14. Bottom of sternum
15. Solar plexus
16. Lower abdomen
17. Rib cage, below
18. Rib cage, below
19. Rib cage, either abdomen
20. Testicles
21. Side of stomach
22. Inner part of upper thigh
23. Outside of thigh
24. Knee cap and joint
25. Shin
26. Top of foot, just beneath ankle
27. Elbow
28. Back of hand

Back of Body

29. Spine
30. Back of head
31. Back of neck
32. Kidneys
33. Tip of spine
34. Back of upper thigh
35. Lower calf
36. Back of knee
37. Ankle (below ankle bone)



Belt Ranking & Scripture Character

Sensei Susanne Sanders

White – Courage

“Have I not commanded you be strong and courageous. Do not be afraid, and do not be dismayed, for the Lord your God is with you wherever you go.” (*Joshua 1:9*)

Yellow / White – Dedication

“And whatsoever ye do in word or deed, *do* all in the name of the Lord Jesus, giving thanks to God and the Father by him.” (*Colossians 3:17*)

Solid Yellow Belt – Mercy

“Blessed are the merciful, for they shall obtain mercy.: (*Matthew 5:7*)

Green / Yellow – Faith

Now faith is the substance of things hoped for, the evidence of things not seen.” (*Hebrew 11:1*)

Solid Green Belt – Judgment

“He keepeth the paths of judgment, And preserveth the way of his saints.” (*Proverbs 2:8*)

Blue / Green – Strength

“But those who wait on the Lord shall renew their strength. They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” (*Isaiah 40:31*)

Solid Blue Belt – Self-Control

“For the grace of God has appeared that offers salvation to all people. It teaches us to say “NO” to ungodliness and worldly passions, and to live self-controlled, up right, and godly lives in this present age.” (*Titus 2: 11-12*)

Solid Red Belt – Compassion (Love)

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud.” (*1 Cor. 13:4*)

Solid Brown Belt – Wisdom

”But if any of lacks wisdom, let him ask of God, who give to all generously and without reproach, and it will be given to him.” *James 1:5*

Brown / Black Stripe – Perseverance

“You need to endure (persevere) so that when you have done the will of God, you will receive what he has promised.” (*Hebrew 10:36*)

Full Black Belt – Truth

“The Lord is near to all who call on him, to all who call on him in truth.” (*Psalms 145:18*)



Belt Ranking & Character

Sensei Susanne Sanders

White – Courage

Yellow / White – Dedication

Solid Yellow Belt – Mercy (4th Degree- Yon Kyu)

Green / Yellow – Faith

Solid Green Belt – Judgment (3rd Degree- San Kyu)

Blue / Green – Strength

Solid Blue Belt – Self-Control (2nd Degree- Ni Kyu)

Solid Red Belt – Compassion (Love) (1st Degree- Ik Kyu)

Solid Brown Belt – Wisdom (2nd Degree- Ik Kyu)

Brown / Black Stripe – Perseverance (1st Degree- Ik Kyu)

Full Black Belt – Truth (1st Degree- Sho Dan) 😊