

**ELORA KARATE DOJO**  
Requirements for belt / rank testing  
Updated Jan 2024

## Yellow Belt

### Eligibility for testing

- At least 4 months of consistent class attendance as White Belt.
- Ability to perform Sanchin alone, without major errors.
- Gives their best efforts in class. Participates safely in partner activities.
- Understands the basic format and protocols of karate class.
- Demonstrates respectful behaviour towards peers and instructors.
- Ability to do 10 consecutive push-ups and sit-ups with proper form.

### Performance requirements

#### Kata

- Sanchin (Three Powers)

#### Kihon / Basics

- Basics stances and walking
- High, middle, low area targets
- High, middle, low area blocks
- Lunge punch vs reverse punch
- Closed hand vs open hand
- Front kick vs side kick

#### Dojo vocabulary

- Onegeishimas (ona-guy-she-mus)
- Domo arrigotto / thank you
- Hajime / begin
- Yamei / stop
- Sensei / teacher

#### Techniques / stances

- Msubi dachi / bowing stance
- Heiko dachi / parallel stance
- Sanchin dachi / short stance
- Shiko dachi / low stance
- Jo, chu, gei / high, middle, low
- Tsuki / punch
- Oy tskui / lunge punch
- Gyakku tskui / revers punch
- Shuto / knife hand
- Mae geri / front kick
- Yoko geri / side kick

### Training expectations

- Good attendance necessary to maintain progress. Make up missed core classes by attending optional classes.
- Begin practicing at home at least one week prior to your belt test. Sanchin practice takes about 5 minutes of focus at home: repeat your kata 3 times in a row. Practice on non-karate nights for best results.
- Belt testing is a formal assessment of all requirements in a group setting. Belt testing is closed to spectators to minimize distractions. Belts are awarded on a separate day when spectators are invited.