

# ORANGE BELT TEST REQUIREMENTS

## Eligibility:

- Minimum 6 months of consistent attendance as a yellow belt
- Able to do 10 push-ups and 10 sit-ups without stopping

## Perform kata (65%)

- **Sanchin** | Three powers
- **Gekisai Ichi** | Basics one

## Kumite (partner work) (25%)

- Jiyu kumite
- Point sparring

## Knowledge of basics and terminology (10%)

- Knowledge of all techniques exhibited in requirement kata
- Knowledge of all terminology in requirement kata

## Stripe belts:

Yellow/Orange stripe belts may be awarded to junior students who have put in the attendance and effort requirements but are unable to perform Gekisai Ichi without errors.

## Note:

*Students are expected to improve on all requirements learned in previous levels. At this level, students should prepare for their grading at least two weeks prior to their scheduled grading day. Practice each kata three times in a row, three days per week, on non-karate class days.*