



Karate Skills by Rank

Striped White Belts

- Spirit! Kiai from down deep, chin up, put your heart into the movement
- Count! in drills
- Proper stance postures
- Proper chambering - fists back when punching & knees up when kicking!
- Don't lean when punching
- Positive attitude: "Never give up. " "With directed effort, *all* is within your grasp."

Orange Belts

- Proper rotation and linear driving of hara to new stance direction
- Proper breathing
- Proper formation of fist and foot as a striking weapon
- Proper gaze: lead with it

Gold Belts

- Maximize power in punches and kicks through proper technique.
- Coordination of body rotation in punches and blocks. Not just arm motion.

Blue Belts

- Proper twisting of torso/pulling of chambered hand to maximize power in punch
- Proper targeting - placement of fist or foot to target keeping torso up, not leaning, during kicks
- Coordinated/balanced movement between stances

Green Belts

- Smooth balanced movement between stances, without "head-bob,"
- Proper muscle recruitment (resulting in "whip-like" motion)
- Proper timing of multiple actions
- Coordinated movement in multiple actions
- Using footwork to drive hara to maximize power

Purple Belts

- Actions must snap, be crisp
- Dynamic, yet fluid movement, maximizing speed and power

Brown Belts

- Clearing of emotion, total concentration on action
- Clearing of mind, total concentration on environment

Black Belts

- Lose your ego
- Open your mind and become a white belt again