



Belt Requirements for: White, Yellow & Orange

	White		Yellow		Orange	
	#	√	#	√	#	√
Combination(s) (RED Stripe)	6		3		2	
	7			5		
Kata (BLUE Stripe)	Half Moon Drill (hands at elbows, striking, kicking, blocking) One Pinon (sections 1 & 2)		One Pinon (sections 2-5)		Two Pinon	
Kempos (BLACK Stripe)	5 Rules 5 Animals		5 Rules 5 Animals School Motto		5 Rules (w/definitions) 5 Animals (w/meanings) School Motto	
Jiu-Jitsus (WHITE Stripe)	Double Wrist (up, down) Single Wrist (across, inverted)		Front Choke (apple sauce, #2) Back Choke (crashing eagle 1, twister)		Front Bear Hug (clinch, frame w/hands FREE) Back Bear Hug (legbar, open the door w/hands FREE)	
Blocking System	Eight Point		Eight Point w/Counterstrikes		N/A	

- √ = You have learned the technique and can perform it.
- Students are expected to regularly practice all of their required material.
- Students will receive their stripes when they can perform the material with little or no help.



Belt Requirements for: Purple, Blue & Blue-Stripe

	Purple		Blue		Blue-Stripe	
	#	√	#	√	#	√
Combination(s) (RED Stripe)	4		8		12	
	18		9			
Kata (BLUE Stripe)	One Kata		Two Kata		Statue of the Crane	
Kempos (BLACK Stripe)	Double Swords (Beginner) T-Stance High/Low		Double Swords (Intermediate) T-Stance Low/High		Swinging Hammer Spine Driver 5 Block Ridge Hand	
Jiu-Jitsus (WHITE Stripe)	Lapel Grab (sumo, crashing circles) Bridge Escape (Hands ON, Headlock)		Front Bear Hug (hands TRAPPED) Back Bear Hug (butt thrust, leg toss w/hands TRAPPED)		Bridge Escape (Striking) Stand & Retreat	
Blocking System	Sixteen Palms (1-8)		Sixteen Palms (9-16)		Sixteen Palms (counterstrikes)	

- √ = You have learned the technique and can perform it.
- Students are expected to regularly practice all of their required material.
- Students will receive their stripes when they can perform the material with little or no help.



Belt Requirements for: Green & Green-Stripe

	Green		Green-Stripe	
	#	√	#	√
**Combinations (RED Stripe)	14		10	
	15		11	
	16		17	
			19	
**Kata(s) (BLUE Stripe)	Three Pinon		Four Pinon	
			Five Pinon	
**Kempo(s) (BLACK Stripe)	Exploding Heart (1, 2, 3) Tiger Palm (1 & 2)		Double Swords (advanced) Windmill	
**Jiu-Jitsus (WHITE Stripe)	Elbow Escape Full Nelson (kick/drag/stomp, take down)		Hip Escape Kimora Escape Kimora/Strangle Hold Escape	
Blocking System	Ten Point (first half)		Ten Point (all)	

- √ = You have learned the technique and can perform it.
- Students are expected to regularly practice all of their required material.
- Students will receive their stripes when they can perform the material with little or no help.
- ** = Student must demonstrate ALL PREVIOUS requirements for that stripe. Chief Instructor initial required before rank advancement.



Belt Requirements for:

3rd, 2nd & 1st Degree Brown

	3 rd Brown		2 nd Brown		1 st Brown	
	#	√	#	√	#	√
**Combinations (RED Stripe)	1		21		24	
	13		22		25	
	20		23		26	
**Kata (BLUE Stripe)	Three Kata		Four Kata		Five Kata	
**Kempos (BLACK Stripe)	Busy Hands Eight Elbows Armbar Snake		Raking Tiger Black Tiger Total Crane Guillotine Snake		Ax Kick Snake Basic Leopard Inside Dragon Outside Dragon	
**Jiu-Jitsus (WHITE Stripe)	Headlock Standing (striking, clinched) Guillotine Escape Punch Block (1 & 2)		Headlock Ground (frame/ax kick, knees/side mount) Punch Block (3 & 4)		Japanese Strangle Hold (1, 2 & 3) Kicking & Bracing (on your back) Stand In Base	
Blocking System	N/A		Plum Tree		Plum Tree	

- √ = You have learned the technique and can perform it.
- Students are expected to regularly practice all of their required material.
- ** = Student must demonstrate ALL PREVIOUS requirements for that stripe. Chief Instructor initial required before rank advancement.



**Belt Requirements for:
1st & 2nd Degree Black**

	1 st Black		2 nd Black	
	#	√	#	√
Combinations	27		31	
	28		32	
	29		33	
	30		34	
			35	
Kata(s)	Six Kata		Sho Tung Kwok	
	Honsuki			
Kempos	Tiger Claw Back Fist (1 & 2) Crashing Crane Broken Wing Crane 5 Paw Leopard Leopard Claw Constrictor (1 & 2) Dragon Palm Punch Threw Dragon		Double Palm Snake 3 Block Back Fist Kempo (1, 2 & 3) Hooking Monkey Forearm Monkey Wounded Tiger Slashing Dragon (1, 2 & 3) Dragon Tail (1 & 2) Kicking Crane	
Jiu-Jitsus	Open Guard Pass Mount Control (hook & brace, low swim, high swim) Side Mount Back Mount Remount		Americana Armlock (standard, neck hug) Rear Naked Choke (strong, weak side) Armbar (mount, guard) Triangle Choke (standard, giant killer)	
Blocking System	N/A		Twelve Hands of the Tiger	



**Belt Requirements for:
3rd & 4th Degree Black**

	3rd Black		4th Black	
	#	✓	#	✓
Combinations	36		41	
	37		42	
	38		43	
	39		44	
	40			
	Kata	Swift Tigers		Invincible Wall
Kempos	Inside Iron Fortress Kempo (1 & 2) Outside Iron Fortress Kempo (1 & 2) Poison Thumbs Tiger Ten Eagle (1 & 2) Figure 8 Dragon		ANY Kempo/Animal Techniques (5-10)	
Jiu-Jitsus	Headlock Escape (leg hook, super base & punch block) 12 Locks (w/flow drill & applications)			
Blocking System	N/A		N/A	