



## Belt Requirements for: White, Yellow & Orange

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