

Purple to Orange Belt Requirements

BLOCKS

1. Wedging Block
2. Elbow Block
3. Circular
4. Hidden Elbow Block

WORKBOOK

- p. 42, #6
p. 44, #35
p. B1, #44
p. 44, #36

TRAINING TOOL

Two Blockers
Blocker
Blocker
Blocker

STRIKES

1. Palm Strike
2. Knucklefist Strike
3. Turning Backfist
4. Roundhouse Punch

WORKBOOK

- p. 55, #29
p. 62, #60, p. 24, #9
p. 51, #16
p. 49, #5

TRAINING TOOL

Small Body Shield
Focus Pad
Focus Pad
Large Body Shield

KICKS

1. Spinning Back
2. Turning Reverse Crescent
3. Flying Side
4. Spinning Hook

WORKBOOK

- p. 70, #7
See Sensei
p. 69, #1
p. 67, #16

TRAINING TOOL

Large Body Shield
Double Focus Pad
Large Body Shield
Double Focus Pad

STANCES

1. T Stance
2. Fixed Stance
3. Walking Stance
4. Tiger Stance

WORKBOOK

- p. 29, #8
p. 31, #15
p. 32, #17
See Sensei

TRAINING TOOL

Workbook
Workbook
Workbook
Practice

SELF-DEFENSE

1. Reach Around Choke
2. Rear Bear Hug
3. Rear Choke
4. Cross Hand Grab
5. Pulling Single Hand Front Choke
6. Two Hands Behind Back Grab

WORKBOOK

1. Grab opponents Head, throw, finishing strike
2. Slide to left into horse riding stance, use right foot to pull leg, right hand knifehand strike, pushing back for take down, stomping kick
3. Take arm up and over while spinning to face opponent, trap arm at elbow, pushing palm to shoulder to take down, finishing strike
4. Outward circle to trap wrist with arm, reverse knifehand to throat, kick leg out, punch, dropping knee kick
5. Grab choking hand, snap kick, twist out grabbed hand, pushing palm to chin, take down, finish
6. Stomping kick, dragon kick, cross hands, turn, roundhouse kick, jumping snap kick

TRAINING TOOL

Practice
Practice
Practice
Practice
Practice
Practice

KATA

1. Pyong E Dan
2. Pyong Sam Dan

WORKBOOK

Handout
Handout

TRAINING TOOL

Practice
Practice

Purple to Orange Belt Requirements

ONE STEPS

WORKBOOK

TRAINING TOOL

10. V. Front Snap Kick: Scooping block, snap to opposite leg, roundhouse kick to head

See Sensei

Practice

11. V. Neck Knifehand Strike: Inner forearm block, spin in, ridgehand to temple, grab head, throw, and punch in the face

See Sensei

Practice

12. V. Roundhouse Punch: Outer Forearm block to arm bar, Kick to knee pit, Roundhouse kick to face as falling down

See Sensei

Practice

13. V. Step Behind Side Kick: X sweep, Axe Kick, roll to roundhouse to head

See Sensei

Practice

14. V. Low/High Roundhouse: Double Scissor Block, Middle Palm Strike, Rising Elbow, Forearm Strike, Spinning Hook Kick

See Sensei

Practice

15. V. Middle Punch: Inner forearm grab and turn opposite direction, pulling arm over opposite shoulder, Pull arm over shoulder and down, sweep leg, holding onto arm, reach between wrist and elbow to lock at shoulder, falling elbow to neck

See Sensei

Practice

PERSONAL REQUIREMENTS

WORKBOOK

TRAINING TOOL

1. 90 degree Side Step

90 degrees to side

Practice

2. Assistant Instructor Patch

Merit Badge Book

Practice

3. Staff Patch

Merit Badge Book

Practice



Assistant Instructor Badge

Minimum Rank Required: Purple

Students are required to assist at least 30 hours outside the class

they regularly attend. Students are also required to assist at least 10 hours with 1 or more other Young Olympians Karate Instructors.

All student assisting must be completed under the supervision of an approved Young Olympians Instructor.

Students must keep their own log with the Date they assisted class and Instructor's Signature.

Example: Date: 9/10/98 Hrs: 3 Instructor: Kraig Hollingworth

Instructor's Signature: _____ Date: _____



Staff Merit Badge

Minimum Rank Required:

Instructor's Approval Only

Students must demonstrate the following listed below:

Formal Aspects

Proper Grip

Bowing

Sitting

History

Techniques

4 Stances

6 Blocks

6 Strikes

4 Advanced Techniques

Instructor's Signature: _____ Date: _____