



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.