

THE FORGE, LLC
PHOENIX KARATEDO ASSOCIATION
FORGE DOJO
KID PHOENIX HANDBOOK
BOB BUCHANAN, SENSEI

Karateka: _____

The Phoenix Karatedo Association, Kyokushinkai (our parent organization) does not recognize separate belt ranks for children. In other words, a yellow belt is a yellow belt, regardless of their age. The standard for each rank is the same across the Association.

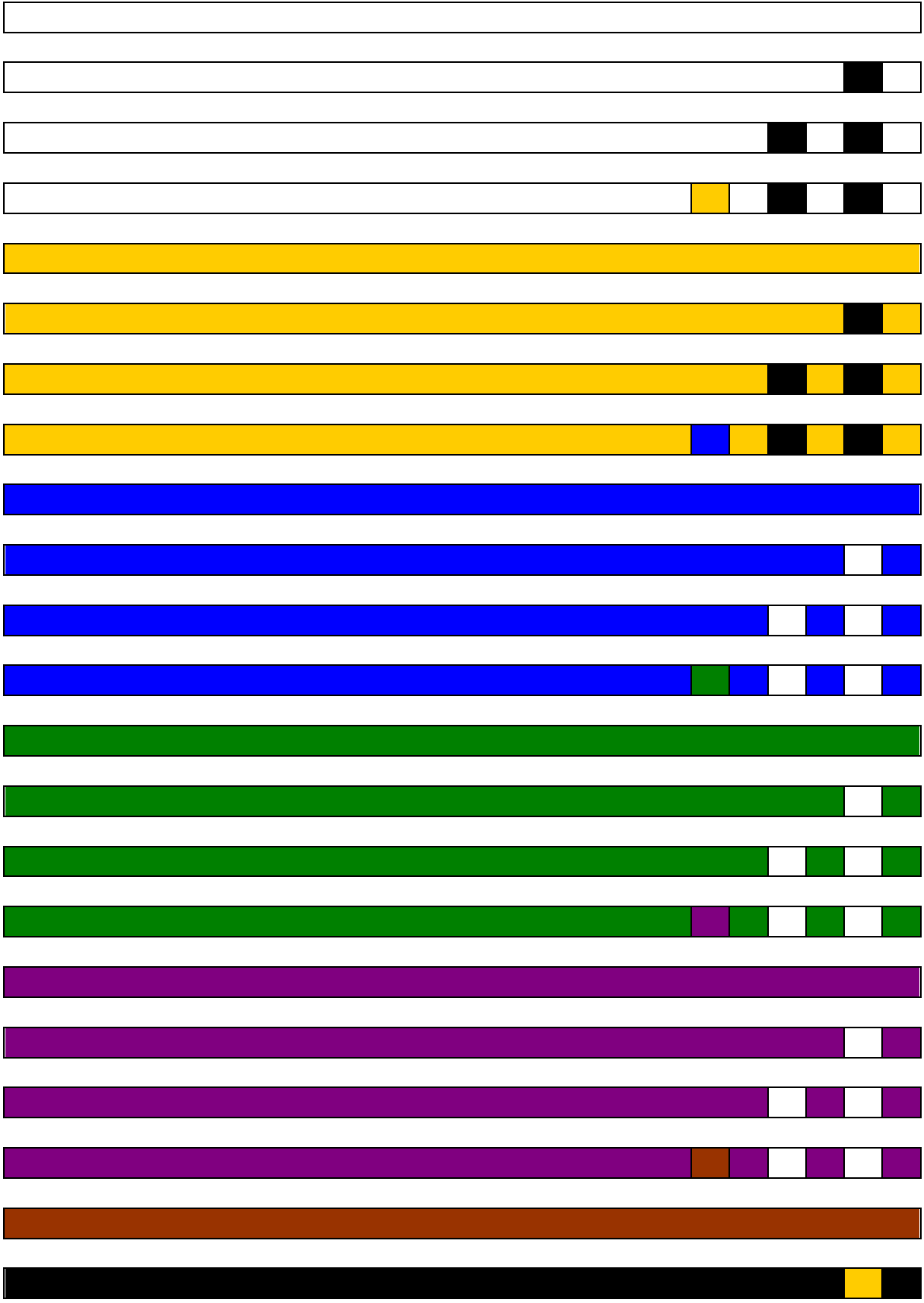
This guidebook is intended to help our younger students (4-10) and their families understand the requirements for each rank in our dojo and will serve as a standard for all of us here at Phoenix Gaithersburg/The Forge, LLC. Furthermore, this document is an attempt to adapt the Association's textbook, Phoenix Budo, in order to make it more accessible for our younger students. The Kid Phoenix curriculum is an effort to compliment, not replace, the Association's text

Students are able to use this book to track their progress and set goals for themselves. Each belt and stripe has it's own requirements which are listed. To help students grow in responsibility, there is a place by each requirement where they can make a note (check mark, etc.) when they believe they're ready. By each requirement, there is also a place for Sensei (or another Yudansha) to initial that the student has indeed met that specific requirement.

While this guidebook is an attempt to lay out the significant requirements for each rank, understand that the requirements listed are not exhaustive. Along with growing in skill for each promotion, it is expected that students will also make strides in their developing character. This, understandably, is more individualistic and will require specific feedback. Remember that karate, true budo karate, is about the perfection of character!

The Path to Shodan

- I. White Belt
 - a. 1st Stripe
 - b. 2nd Stripe
 - c. Yellow Stripe
- II. Yellow Belt
 - a. 1st Stripe
 - b. 2nd Stripe
 - c. Blue Stripe
- III. Blue Belt
 - a. 1st Stripe
 - b. 2nd Stripe
 - c. Green Stripe
- IV. Green Belt
 - a. 1st Stripe
 - b. 2nd Stripe
 - c. Purple Stripe
- V. Purple Belt
 - a. 1st Stripe
 - b. 2nd Stripe
 - c. Brown Stripe
- VI. Brown Belt
- VII. The Transition from Kohai to Yudansha
- VIII. Glossary



White Belt

The white belt is a symbol of purity and of innocence. White belts are brand new to the Phoenix Way and have much to learn, but nothing worth having comes easy!

Requirements for White Belt- 1st Stripe

I know:

Student Check

Sensei Initials

STANCES

_____	Zenkutsu Dachi	_____
_____	Kiba Dachi	_____
_____	Yoi Dachi	_____
_____	Fudo Dachi	_____
_____	Kokutsu Dachi	_____

HAND STRIKES

_____	Seiken Chudan Tsuki	_____
_____	Seiken Gedan Tsuki	_____
_____	Seiken Jodan Tsuki	_____
_____	Uraken Gammen Uchi	_____
_____	Uraken Sayo Gammen Uchi	_____
_____	Uraken Hizo Uchi	_____

LEG STRIKES

_____	Hiza Geri	_____
_____	Mae Geri	_____
_____	Yoko Geri	_____
_____	Ushiro Geri	_____
_____	Mawashi Geri	_____

BLOCKS

_____	Jodan Uke	_____
_____	Chudan Uchi Uke	_____

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White Belt

The white belt is a symbol of purity and of innocence. White belts are brand new to the Phoenix Way and have much to learn, but nothing worth having comes easy!

Requirements for White Belt- 2nd Stripe

I know:

Student Check

Sensei Initials

STANCES

_____	Neko Ashi Dachi	_____
_____	Kumite Dachi	_____
_____	Kake Dachi	_____
_____	Sanchin Dachi	_____
_____	Musubi Dachi	_____

HAND STRIKES

_____	Shuto Gammen Uchi	_____
_____	Shuto Hizo Uchi	_____
_____	Shuto Uchi Uchi	_____
_____	Shuto Sakutso Uchi	_____
_____	Shuto Sakutso Uchi Kome	_____

LEG STRIKES

_____	Kin Geri	_____
_____	Mae Keage	_____
_____	Yoko Keage	_____
_____	Ushiro Keage	_____

BLOCKS

_____	Chudan Soto Uke	_____
_____	Sune Uke	_____

	
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White Belt

The white belt is a symbol of purity and of innocence. White belts are brand new to the Phoenix Way and have much to learn, but nothing worth having comes easy!

Requirements for White Belt- Yellow Stripe

I know:

Student Check

Sensei Initials

STANCES

_____ Moroashi Dachi _____

HAND STRIKES

_____ Nukite _____

_____ Shotei _____

_____ Seiken Tate Tsuki _____

_____ Seiken Shiita Tsuki _____

_____ Seiken Age Tsuki _____

_____ Seiken Ago Tsuki _____

KATA

_____ Tsuki No Kata _____

_____ Ju Ni Ho _____

BLOCKS

_____ Gedan Barai _____

_____ Sune Uke _____

KNOWLEDGE

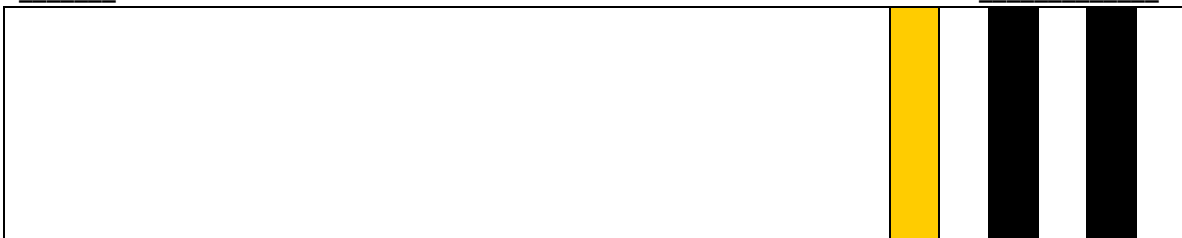
_____ What does karate mean? _____

_____ What does Kyokushin mean? _____

_____ What does Sensei mean? _____

_____ What is the Phoenix? _____

_____ Who are Sensei Bob's teachers? _____



If you've made it this far, you're ready to test for your yellow belt! Sensei will talk with you and your parents to select a day for your test that will allow for you to have someone from your family to be here to support you. For your test, feel free to invite anyone that you would like to share the experience with you. It's a big day and a big step!

For your test, you will be expected to know and perform all of the requirements on the White Belt pages. You're ready, so come in with a confident, warrior spirit! Osu!

Your Yellow Belt test will be on: _____



Yellow Belt

The yellow belt is the brightest of all of our belt colors because it symbolizes an “awakening” for you as a karateka. While you aren’t a beginner anymore, you’ve still got plenty to learn. Keep working hard!

Requirements for Yellow Belt- 1st Stripe

I can:

Student Check

Sensei Initials

WALKING THE FLOOR

_____	Zenkutsu Dachi w/punches	_____
_____	Zenkutsu Dachi w/kicks	_____
_____	Zenkutsu Dachi w/ combinations	_____
_____	Kokutsu Dachi w/punches	_____
_____	Kokutsu Dachi w/kicks	_____

KATA

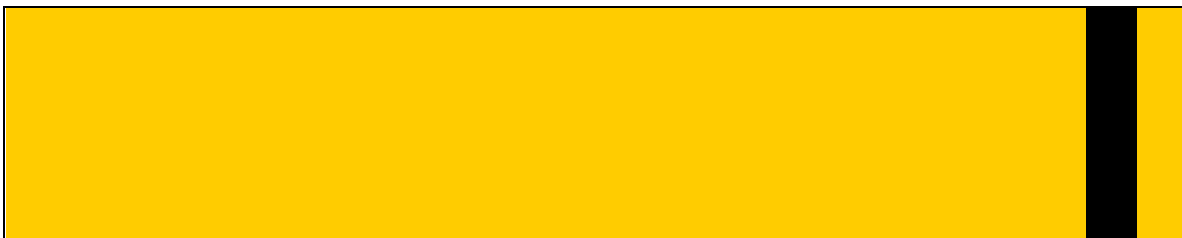
_____	Taikyoku Sono Ichi	_____
_____	Taikyoku Sono Ni	_____

LEG STRIKES

_____	Uchi Mawashi Keage	_____
_____	Soto Mawashi Keage	_____

COMBINATIONS

_____	Jab, Mawashi Geri	_____
_____	Jab, Cross, Mawashi Geri	_____
_____	Jab, Cross, Hook, Mawashi Geri	_____
_____	Jab, Cross, Hook, Uppercut, Mawashi Geri	_____



Yellow Belt

The yellow belt is the brightest of all of our belt colors because it symbolizes an “awakening” for you as a karateka. While you aren’t a beginner anymore, you’ve still got plenty to learn. Keep working hard!

Requirements for Yellow Belt- 2nd Stripe

I can:

Student Check

Sensei Initials

WALKING THE FLOOR

_____	Kumite Dachii w/punches	_____
_____	Kumite Dachii w/kicks	_____
_____	Kumite Dachii w/ combinations	_____
_____	Sanchin Dachii w/kicks	_____

LEG STRIKES

_____	Mawashi Hiza Geri	_____
_____	Mae Geri-Yoko Geri	_____

KUMITE

_____	Five, 30 second rounds	_____
_____	Ten, 30 second rounds	_____

COMBINATIONS

(with greater accuracy)

_____	Jab, Mawashi Geri	_____
_____	Jab, Cross, Mawashi Geri	_____
_____	Jab, Cross, Hook, Mawashi Geri	_____
_____	Jab, Cross, Hook, Uppercut, Mawashi Geri	_____



Yellow Belt

The yellow belt is the brightest of all of our belt colors because it symbolizes an “awakening” for you as a karateka. While you aren’t a beginner anymore, you’ve still got plenty to learn. Keep working hard!

Requirements for Yellow Belt- Blue Stripe

I can:

Student Check

Sensei Initials

WALKING THE FLOOR

_____	Zenkutsu Dachi w/punches	_____
_____	Zenkutsu Dachi w/kicks	_____
_____	Zenkutsu Dachi w/ combinations	_____
_____	Kokutsu Dachi w/punches	_____
_____	Kokutsu Dachi w/kicks	_____

KATA

_____	Taikyoku Sono San	_____
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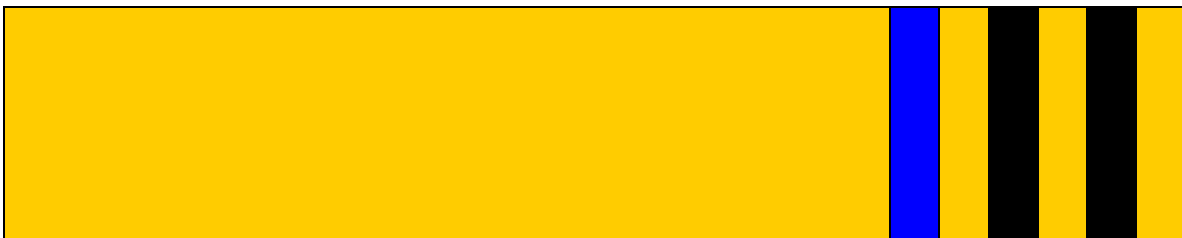
KUMITE

_____	Ten, 30-second rounds	_____
_____	Ten, 60-second rounds	_____
_____	Holdbreaks (5)	_____

COMBINATIONS

(applied in kumite/sparring)

_____	Jab, Mawashi Geri	_____
_____	Jab, Cross, Mawashi Geri	_____
_____	Jab, Cross, Hook, Mawashi Geri	_____
_____	Jab, Cross, Hook, Uppercut, Mawashi Geri	_____

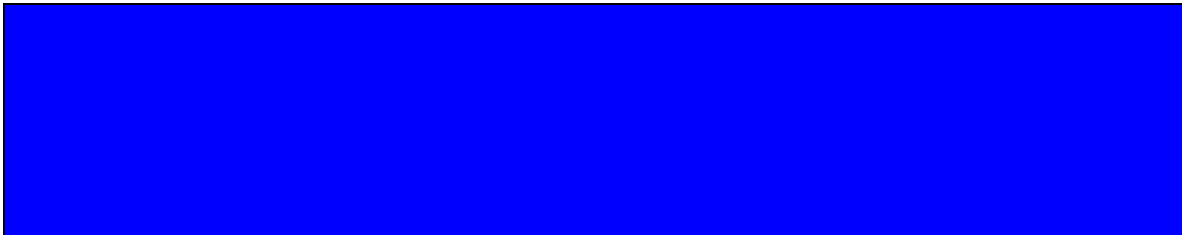


If you've made it this far, you're ready to test for your blue belt! Sensei will talk with you and your parents to select a day for your test that will allow for you to have someone from your family to be here to support you. For your test, feel free to invite anyone that you would like to share the experience with you.

This is the first belt test with a kumite/sparring requirement. You will be expected to fight continuously for 10 minutes. Please make sure you bring all of your sparring equipment for your test; otherwise it will be postponed.

For your test, you will be expected to know and perform all of the requirements on the White and Yellow Belt pages. You're ready, so come in with a confident, warrior spirit! Osu!

Your Blue Belt test will be on: _____



Blue Belt

The blue belt represents the first of our “worker” belts. By this time, you’ve got a lot of tools to work with. Now is when we begin to learn how to put the different techniques together. This is also a time when we really begin focusing on kumite and our own personal fitness.

Requirements for Blue Belt- 1st Stripe

I can:

Student Check

Sensei Initials

TECHNIQUES

_____	Shuto Mawashi Uchi	_____
_____	Shuto Mawashi Uke	_____
_____	Uchi Uke/Gedan Barai	_____

KATA

_____	Pinan Sono Ichi	_____
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COMBINATIONS

_____	Two, 3-step combinations	_____
_____	Three, 3-step combinations	_____
_____	Three, 4-step combinations	_____

KUMITE

_____	Six, 60-second rounds	_____
_____	Seven, 90- second rounds	_____



Blue Belt

The blue belt represents the first of our “worker” belts. By this time, you’ve got a lot of tools to work with. Now is when we begin to learn how to put the different techniques together. This is also a time when we really begin focusing on kumite and our own personal fitness.

Requirements for Blue Belt- 2nd Stripe

I can:

Student Check

Sensei Initials

TECHNIQUES

_____	Osae Uke	_____
_____	Sukui Uke	_____
_____	Seiken Jun Tsuki	_____

KATA

_____	Pinan Sono Ni	_____
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COMBINATIONS

_____	Three, 3-step combinations	_____
_____	Four, 3-step combinations	_____
_____	Four, 4-step combinations	_____

KUMITE

_____	Ten, 60-second rounds	_____
_____	Ten, 90- second rounds	_____



Blue Belt

The blue belt represents the first of our “worker” belts. By this time, you’ve got a lot of tools to work with. Now is when we begin to learn how to put the different techniques together. This is also a time when we really begin focusing on kumite and our own personal fitness.

Requirements for Blue Belt- Green Stripe

I can:

Student Check

Sensei Initials

TECHNIQUES

_____ Takedowns (3)
_____ Holdbreaks (5)

KATA

_____ Sanchin

COMBINATIONS

_____ Five, 3-step combinations
_____ Six, 3-step combinations
_____ Seven, 4-step combinations

KUMITE

_____ Fifteen, 60-second rounds
_____ Ten, 90- second rounds



If you've made it this far, you're ready to test for your green belt! Sensei will talk with you and your parents to select a day for your test that will allow for you to have someone from your family to be here to support you. For your test, feel free to invite anyone that you would like to share the experience with you.

In addition to performing all of the required techniques on the White, Yellow, and Blue Belt pages, you will be expected to fight continuously for 15 minutes. Please make sure you bring all of your sparring equipment for your test; otherwise it will be postponed.

Your Green Belt test will be on: _____



Green Belt

With its dark, rich color, the green belt represents the second of our “worker” belts. During this stage of training, karateka focus on sharpening the tools in their skill set and continues building their physical fitness.

Requirements for Green Belt- 1st Stripe

I can:

Student Check

Sensei Initials

PERSONAL

_____ Material assigned by Sensei _____

TECHNIQUES

_____ Kokken Uchi _____

KATA

_____ Yansu _____

COMBINATIONS

_____ Two, 6-step combinations _____

_____ Three, 5-step combinations _____

_____ Three, 4-step combinations (lead w/kick) _____

KUMITE

_____ Ten, 60-second rounds _____

_____ Fifteen, 90- second rounds _____



Green Belt

With its dark, rich color, the green belt represents the second of our “worker” belts. During this stage of training, karateka focus on sharpening the tools in their skill set and continues building their physical fitness.

Requirements for Green Belt- 2nd Stripe

I can:

Student Check

Sensei Initials

PERSONAL

_____ Material assigned by Sensei _____

TECHNIQUES

_____ Walk the floor in Kiba Dachi _____

_____ Hiji Ate _____

KATA

_____ Pinan Sono San _____

COMBINATIONS

_____ Three, 6-step combinations _____

_____ Four, 5-step combinations _____

_____ Four, 4-step combinations (lead w/kick) _____

KUMITE

_____ Twelve, 60-second rounds _____

_____ Sixteen, 90- second rounds _____



Green Belt

With its dark, rich color, the green belt represents the second of our “worker” belts. During this stage of training, karateka focus on sharpening the tools in their skill set and continues building their physical fitness.

Requirements for Green Belt- Purple Stripe

I can:

Student Check

Sensei Initials

PERSONAL

_____ Material assigned by Sensei _____

KATA

_____ Ju Chin (The 10 Battles) _____

KUMITE

_____ Fifteen, 60-second rounds _____

_____ Eighteen, 90- second rounds _____



If you've made it this far, you're ready to test for your purple belt! Sensei will talk with you and your parents to select a day for your test that will allow for you to have someone from your family to be here to support you. For your test, feel free to invite anyone that you would like to share the experience with you.

The purple belt test is meant to force you to "feel the Phoenix". In addition to performing Ju Chin, you will also be expected to spar for 20 consecutive minutes.

Your Purple Belt test will be on: _____



Purple Belt

With its bright color, the purple belt represents a second “awakening” and it is during this season that the karateka begins to make karate their own. This is a time full of questioning and practice as this represents the “proving ground” for the brown belt.

Requirements for Purple Belt- 1st Stripe

I can:

Student Check

Sensei Initials

PERSONAL

_____	Lead a small group through kata	_____
_____	Plan an exercise/conditioning session for class	_____
_____	Takedowns	_____
_____	Material assigned by Sensei	_____

KATA

_____	Pinan Sono Yon	_____
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KUMITE

_____	Twelve, 60-second rounds (advanced)	_____
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Purple Belt

With its bright color, the purple belt represents a second “awakening” and it is during this season that the karateka begins to make karate their own. This is a time full of questioning and practice as this represents the “proving ground” for the brown belt.

Requirements for Purple Belt- 2nd Stripe

I can:

Student Check

Sensei Initials

PERSONAL

_____	Lead a small group through kihon	_____
_____	Plan an exercise/conditioning session for class	_____
_____	Material assigned by Sensei	_____

KATA

_____	Gekkisai Dai	_____
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KUMITE

_____	Twenty, 60-second rounds (advanced)	_____
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Purple Belt

With its bright color, the purple belt represents a second “awakening” and it is during this season that the karateka begins to make karate their own. This is a time full of questioning and practice as this represents the “proving ground” for the brown belt.

Requirements for Purple Belt- Brown Stripe

I can:

Student Check

Sensei Initials

PERSONAL

_____	Lead the class through kihon	_____
_____	Lead the class through two kata	_____
_____	Takedowns	_____
_____	Material assigned by Sensei	_____

KATA

_____	Pinan Kata Ura	_____
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KUMITE

_____	Eighteen, 90-second rounds (advanced)	_____
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If you've made it this far, you're ready to test for your brown belt! Sensei will talk with you and your parents to select a day for your test that will allow for you to have someone from your family to be here to support you. For your test, feel free to invite anyone that you would like to share the experience with you.

The brown belt is considered the gateway to the black belt and Yudansha ranks. While a brown belt is still considered to be a kohai (junior), much more is expected from a karateka at this level.

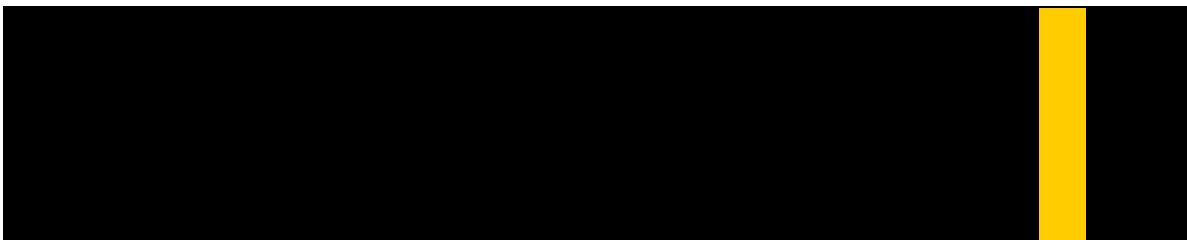
The brown belt test is divided into two parts, which are spread across two separate class times. One part will focus on your ability to lead through kata and kihon, while the second part will examine your kumite skills, takedowns, and mental/spiritual toughness.

Your Brown Belt test will be on: _____



The Transition from Kohai to Yudansha

The transition from brown belt to black belt is a significant one that can be seen as a journey of its own. Traditionally, there is a full year of training between the two ranks and, while there are standards that must be met, much of the training for black belt become individual in nature and the relationship between teacher and student is stressed even further. Once a student achieves the rank of brown belt, they (and their parents) will meet with Sensei to develop the training plan to help prepare the student to join the ranks of the Yudansha (black belts).



Directions and Targets

Japanese

age
ago
gammen
gyaku
hidari
hiji
migi
morote
oi
ushiro

Pronunciation

a-gay
a-go
ga-men
gyak-oo
hid-ar-ee
hee-gee
mee-gee
more-oh-tay
oy
oo-she-ro

English

rising
chin
face
reverse, rear
left
elbow
right
double or reinforced
front
rear, to the back

Blocks

Japanese

soto uke
uchi uke
gedan barai
juji uke
jodan uke
mawashi uke
osae uke
uke

Pronunciation

so-toe oo-kay
oo-chee oo-kay
gay-dan ba-ri
joo-gee oo-kay
jo-dan oo-kay
ma-wa-she oo-kay
o-say oo-kay
soo-nee oo-kay

English

out to in block
in to out block
lower parry
cross block
upper block
double circular block
suppressing block sune
shin block

Kicks

Japanese

ashi barai
hiza geri
kake geri
kin geri
mae geri
mae keage
mawashi geri
soto keage
ushiro geri
ushiro keage
yoko geri
yoko keage

Pronunciation

ah-she ba-rye
he-zah ga-ree
kah-kay ga-ree
kin ga-ree
my ga-ree
my kay-gay
ma-wash-ee ga-ree
so-toe kay-gay
oo-she-ro ga-ree
oo-she-ro kay-gay
yo-ko ga-ree
yo-ko kay-gay

English

sweep
knee strike
hook kick
snap kick to the groin
front snap kick
front straight leg kick
roundhouse kick
outside crescent kick
back snapping kick
back straight kick
side snapping kick
side straight kick

Strikes

Japanese

awase tsuki
hiji ate
haito uchi
nukite
seiken age tsuki
seiken ago tsuki
seiken chudan tsuki
seiken gedan tsuki
seiken jodan tsuki
seiken shiita tsuki
seiken tate tsuki
shotei
shuto gammen uchi
shuto hizo uchi
shuto sakotsu uchi
tetsui
uraken gammen uchi
uraken hizo uchi
uraken sayu gammen uchi

Pronunciation

a-wa-say zoo-key
he-gee ah-tay
hi-toe oo-chee
new-key-tay
say-ken ah-gay zoo-key
say-ken ah-go zoo-key
say-ken choo-dan zoo-key
say-ken gay-dan zoo-key
say-ken jo-dan zoo-key
say-ken she-ta zoo-key
say-ken ta-tay zoo-key
sho-tie
shoo-toe ga-men oo-chi
shoo-toe he-zo oo-chi
shoo-toe sa-koot-so oo-chi
tet-soo-ee
oo-ra-ken ga-men oo-chi
oo-ra-ken he-zo oo-chi
oo-ra-ken say-oo
Ga-men oo-chee

English

U-punch
elbow strike
ridgehand
spearhand
uppercut
punch to the chin
punch to midsection
forefist low thrust
forefist high thrust
inverted short punch
vertical fist thrust
palm heel strike
knifehand to face
knifehand to kidney
knifehand to collarbone
hammerfist
backfist strike to face
backfist strike to kidney
left-right backfist to face

Stances

Japanese

kake dachi

kiba dachi

kokutsu dachi

kumite dachi

moroashi dachi

musubi dachi

nekoashi dachi

sanchin dachi

tsuruashi dachi

zenkutsu dachi

yoi dachi

Pronunciation

kah-kay da-chee

key-bah da-chee

ko-koot-su da-chee

koo-muh-tay da-chee

more-oh ah-shee da-chee

moo-soo-bee da-chi

neck-oh ah-she da-chee

san-chin da-chee

soo-ro-ah-she da-chee

zen-koot-soo da-chee

yo-ee da-chee

English

hooked stance (80/20)

horse stance (50/50)

back stance (70/30)

fighting stance (50/50)

one foot forward

stance (50/50)

open toe stance (50/50)

cat foot stance (80/20)

immovable stance (50/50)

crane stance (100/0)

forward stance (70/30)

ready stance (50/50)