

STRIPES RANK	BLUE STRIPE January/May/September <u>KATA</u>	RED STRIPE February/June/October <u>PUNCHES</u>	GREEN STRIPE March/July/November <u>GRABS</u>	YELLOW STRIPE April/August/December <u>WEAPONS</u>	BLACK STRIPE Every Month SPARRING, MAT WORK and/or INTENSITY,	WHITE STRIPE Every Month TERMS, HISTORY, REPORTS, OTHER
WHITE	Blocking Form #1	Checking the Storm (Front Kick)	Retreating Butterfly (Front Wrist Escape)	Overhead Club #1 (X Block swing through)	Mat: Mount Sparring: Blocking, 4Strikes	Dojo, Sensei, Gi, Obi, Student Creed,
WHITE W/ STRIPE	1/2 Blocking Form #2	Evading the Storm (Side Kick)	3 Palms (Front Choke Escape)	1/2 Side Club #1	Mat: Guard Sparring: 3-5 hand attacks	Kenpo, Karate, Rolls, Shihan, Break-falls,
YELLOW	Blocking Form #2	Sword of Destruction (Karate Chop)	Hulk Smash (Gi Release)	1/2 Overhead Club #2 (X Block Roundhouse)	Mat: Mount Escape/Bridge Sparring: kick-punch-kick	US Flag Test, Fold Gi, Tie Belt, Kiai,
YELLOW W/ STRIPE	1/2 Pinion #1	Conquering Shield (Double Punch)	Knee of Vengeance (Gi Release)	Backhand Club #1 (Arm Bar)	Mat: Guard Escape/Elbow Sparring: Block & counter	TX Flag Test, Uke, Tore, Kata, Karateka,
ORANGE	Pinion #1	O-Soto Gari (Outside Leg Reap)	Back Choke (Arm Wrap)	Overhead Club #2 (X Block Foot Sweep)	Mat: Side & Head Control Sparring: Move, Jam	Kenpo Report, Ga, San, Ryu, Bo
ORANGE W/ STRIPE	1/2 Pinion #2	Defying the Storm (3 Kicks)	Elusive Praying Mantis (High Wrist Grab)	Side Club #2 (Arm wrap, elbow, knee)	Mat: Kesa Gatame (KG) Spar: Block, Counter/Jam	Belts: Mudansha, Kyu, Dan, Shodan,
PURPLE	Pinion #2	Dbl Elbows Inside	Rotating Destruction (Bear Hug)	Side Club #1 (O Soto Gari)	Mat: Back Control & FD1 Spar: Def. Push & side kick	Board Break-Hand, Mokuso, Nidan, Sai,
PURPLE W/ STRIPE	1/2 Circle of the Tiger	Dance of Death	Reversing Ram (Arm Lock)	1/2 Straight Knife #1 (Wrist Lock/Kote Gaeshi)	Mat: O Goshi, Shrimping Spar: Roundhouse to head	Kumite, Tatami, Seiza, Sifu, Jiu-Jitsu, Judo
BLUE	Circle of the Tiger	Tigers Claw	Headlock (Spin Inside)	Overhead Knife #1 Arm swing, kick, arm bar	Mat: KG escape, Stacking Sparring: Exchange kicks	Board Break-Foot, Belt Colors-Yudansha
BLUE W/ STRIPE	Pinion #3	Menacing Twirl (Front & Back Kick)	Full Nelson (Elbow drop, strikes)	Straight Knife #1 (Wrist Lock/Kote Gaeshi)	Mat: Scissor from Guard Sparring: Back kick counter	Kama, Jo, Nunchaku, Katana, Kung Fu, San,
GREEN	Circle of the Leopard	Unfurling Crane (Front & Crescent)	Looking in the Mirror (Front Wrist Escape)	Straight Knife #2 (Walk Down)	Mat: Flow Drill #2 Spar: 5 powerful strikes	Professor, Kendo, Chow, Cerio, Mitose
GREEN W/ STRIPE	Statue of the Crane	Dbl Elbows Outside	Circling Vice (Single Wrist Escape)	Slashing Knife #1 (Arm bar, Takedown)	Mat: Knee on Chest Spar: Lock up, throw, strike	Emperado, Kajukenbo, Gascon, Godin,
BROWN III	Cat 1	Twirling Sacrifice (Seonage)	Cobra Lock (Single Wrist Escape)	Thrusting Club (deflect, strike, takedown)	Mat: 4-Corner Flow Drill Sparring: 2- Man	Zen in the Martial Arts Karazenpo, KoshoRyu
BROWN II	Cat 2	Sweeping Tiger	Battering Ram (Front Choke Release)	Overhead Knife #2 (Figure Four)	Mat: Double Leg Takedown Spar: Give & Take to head	Weaponless Warriors, Chamberlain, Tamura,
BROWN I	Cat 3	Deflecting the Hammer	Hammering Vice (Gi Release)	Straight Knife #3	Mat: Sprawl Defense Spar: 10 unanswered strikes	Founders Report, Heike Ryu, Kano,