

ADULT COLOR BELT STRIPE SYSTEM:

Students in the Adult program will earn stripes of their next color rank based on their knowledge of the curriculum and their attendance. This system helps students understand what a reasonable amount of time is to develop an intimate understanding of each part of their curriculum. Once students earn four stripes of their next color belt they are allowed to test at the next available testing.

The table below shows what students need to know and approximately how many classes they need to attend prior to earning each color stripe. Instructors retain the right to promote students more quickly or slowly than described based on a variety of factors including behavior, effort, skill level, and private lessons.

	<i>1st Stripe ¹</i>		<i>2nd Stripe</i>		<i>3rd Stripe</i>		<i>4th Stripe ²</i>	
	# Classes	Curriculum	# Classes	Curriculum	# Classes	Curriculum	# Classes	Curriculum
White	3	Hand Techniques & Stances	6	Kicks & Kicking Sequences	9	Oren Saju Chedegi	12	Wen Saju Chedegi & Self Defense
Yellow	5	Fundamentals & Kicking Sequences	10	First Half of Form	15	Full Form	20	Self Defense
Orange	5	Fundamentals & Kicking Sequences	10	First Half of Form	15	Full Form	20	Self Defense & Previous Form
Green	7	Fundamentals & Kicking Sequences	15	First Half of Form	22	Full Form	30	Self Defense & Previous Forms
Purple	7	Fundamentals & Kicking Sequences	15	First Half of Form	22	Full Form	30	Self Defense & Previous Forms
Blue	10	Fundamentals & Kicking Sequences	20	Full Form	30	One Step Sparring & Falling	40	Self Defense & Previous Forms
Red	10	Fundamentals & Kicking Sequences	20	Full Form	30	One Step Sparring & Falling	40	Self Defense & Previous Forms
High Red	12	Fundamentals & Kicking Sequences	20	Full Form	30	One Step Sparring & Falling	40	Self Defense & Previous Forms
Brown	12	Fundamentals & Kicking Sequences	20	Full Form	30	One Step Sparring & Falling	40	Self Defense, Falling & Previous Forms
High Brown	High brown belts will receive stripes during black belt candidacy corresponding with curriculum milestones.							

¹ Fundamentals refer to the kicks, hand techniques, and stances required at the current rank

² Sparring attendance for blue belts and above must also be met prior to earning the fourth stripe