

CHILDREN COLOR BELT STRIPE SYSTEM:

Stripes provide a variety of benefits for Children. They help motivate and reward students, teach them to set small, attainable goals on their way to a bigger goal, and provide a way for them to know exactly where they are on their journey to the next belt.

White stripes are awarded for a variety of merit based reasons. Yellow through purple belts need one white stripe while blue through brown belts need two white stripes in addition to the four color stripes to test.

Colored stripes are earned based on their knowledge of the curriculum and their attendance. 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	9	Kicking Sequences	12	Form & 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
Green	7	Fundamentals & Kicking Sequences	15	First Half of Form	22	Full Form	30	Self Defense
Purple	7	Fundamentals & Kicking Sequences	15	First Half of Form	22	Full Form	30	Self Defense
Blue	10	Fundamentals & Kicking Sequences	20	First Half of Form	30	Full Form	40	One Step Sparring, Self Defense & Falling
Red	10	Fundamentals & Kicking Sequences	20	First Half of Form	30	Full Form	40	One Step Sparring, Self Defense & Falling
High Red	12	Fundamentals & Kicking Sequences	20	First Half of Form	30	Full Form	40	One Step Sparring, Self Defense & Falling
Brown	12	Fundamentals & Kicking Sequences	20	First Half of Form	30	Full Form	40	One Step Sparring, Self Defense & Falling
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