

Children's Promotion Requirements

The following requirements are approximations. At each new level, a student should be able to demonstrate improvement from their previous level of performance. A parent's approval on the Promotion Recommendation Form is required for promotion, as well as note from the student's teacher or parent stating how the student is doing in school. Completion of STARS Projects is required for promotion in the children's program. Mr. Stone wants to see his students as proficient as possible; therefore, he will make the final decision on promotions.

White belt

- ☉ Basic knowledge of school and student creed.
- ☉ Basic self-defense techniques such as punching, kicking, and blocking.
- ☉ Minimum of 2 classes

White belt with one yellow stripe

- ☉ Basic knowledge of Sanchin kata
- ☉ Basic knowledge of Kumite 3
- ☉ Familiar with Questions 1-3 of Uechi Ryu Study Guide
- ☉ Minimum of 8 classes

White belt with two yellow stripes

- ☉ Able to perform the opening Sanchin kata on your own and up to the first 4 strikes
- ☉ Able to perform the attacks of Kumite 3
- ☉ Familiar with Questions 1-5 of Uechi Ryu Study Guide
- ☉ Minimum of 16 classes

White belt with three yellow stripes

- ☉ Able to perform the first half of Sanchin kata (front movements and back movements)
- ☉ Able to perform the attacks and defense moves of Kumite 3
- ☉ Familiar with Study Guide Questions 1-8
- ☉ Minimum of 24 classes

White belt with solid bar

- ☉ Able to perform Sanchin kata up to the doubles.
- ☉ Able to perform the attacks and defense moves of Kumite 3 with a partner



- ☉ Familiar with Uechi Ryu Study Guide Questions 1-10
- ☉ Minimum of 40 classes

Yellow belt

- ☉ Able to perform all of Sanchin kata .
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Basic knowledge of Kanshiwa kata.
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-15
- ☉ Minimum of 56 classes

Yellow belt with one purple stripe

- ☉ Able to perform all of Sanchin kata .
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Basic knowledge of Kanshiwa kata, up to the elbow strike, on your own.
- ☉ Able to perform Kyu-kumite 1 through 3 attacks
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-18
- ☉ Minimum of 72 classes

Purple Belt

- ☉ Able to perform all of Sanchin kata
- ☉ Able to perform all of Kanshiwa kata on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 3 attacks
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-20
- ☉ Minimum of 96 classes

Purple belt with one red stripe

- ☉ Able to perform Sanchin and Kanshiwa on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 3 attacks
- ☉ Basic knowledge of Konchu kata.
- ☉ Able to perform Kyu-kumite 4 and 5 attacks only
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-25



- ☉ Minimum of 120 classes

Purple belt with two red stripes

- ☉ Able to perform Sanchin and Kanshiwa on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 3 attacks and defense moves
- ☉ Able to perform Kyu-kumite 4 and 5 as attacks as well as knowledge on defense.
- ☉ Basic knowledge of Konchu kata up to the spear hand strike (nukite) in the back.
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-28
- ☉ Minimum of 144 classes

Red Belt

- ☉ Able to perform Sanchin and Kanshiwa on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 3 attacks and defense moves
- ☉ Able to perform Kyu-kumite 4 and 5 attack and defense without a partner
- ☉ Able to perform Konchu kata on your own.
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-30
- ☉ Minimum of 168 classes

Red belt with one green stripe

- ☉ Able to perform Sanchin, Kanshiwa, and Konchu on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 3 attacks and defense moves
- ☉ Able to perform Kyu-kumite 4 and 5 defense moves with a partner
- ☉ Basic knowledge of Seichin kata up to the first six moves (wrist blocks).
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-30
- ☉ Minimum of 192 classes

Red belt with two green stripes

- ☉ Able to perform Sanchin, Kanshiwa, and Konchu on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 3 attacks and defense moves
- ☉ Able to perform Kyu-kumite 4 and 5 defense moves with a partner
- ☉ Basic knowledge of Seichin kata up to the first club attack.
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-35
- ☉ Minimum of 216 classes

Green belt

- ☉ Able to perform Sanchin, Kanshiwa, and Konchu on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 3 attacks and defense moves

- ☉ Able to perform Kyu-kumite 4 and 5 defense moves with a partner
- ☉ Basic knowledge of Seichin kata up to the crane stance (shoulder grab with knee strike).
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-50
- ☉ Minimum of 240 classes

Green belt with one brown stripe

- ☉ Able to perform Sanchin, Kanshiwa, Konchu, and Seichin on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 5 attacks and defense moves
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-60
- ☉ Minimum of 264 classes

Brown belt with one black stripe

- ☉ Able to perform Sanchin, Kanshiwa, Konchu, and Seichin on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 5 attacks and defense moves
- ☉ Basic knowledge of Dan Kumite 1 attack only
- ☉ Basic knowledge of Seisan up to the crane stance (shoulder grab with knee strike)
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-75
- ☉ Minimum of 288 classes

Brown belt with two black stripes

- ☉ Able to perform Sanchin, Kanshiwa, Konchu, and Seichin on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 5 attacks and defense moves
- ☉ Able to perform Dan Kumite 1 attack & defense
- ☉ Able to perform Seisan up to the leaning elbow
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-85
- ☉ Minimum of 336 classes

Brown belt with three black stripes



- ☉ Able to perform Sanchin, Kanshiwa, Konchu, and Seichin on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 5 attacks and defense moves
- ☉ Able to perform Seisan
- ☉ Able to perform Dan Kumite 1 attack and defense
- ☉ Familiar with Uechi Ryu Study Guide Questions 1-100
- ☉ Minimum of 384 classes

Junior Black belt

- ☉ Able to perform Sanchin, Kanshiwa, Konchu, Seichin, Seisan on your own.
- ☉ Able to perform Kumite 3 (all the attacks and defense with a partner)
- ☉ Able to perform Kyu-kumite 1 through 5 attacks and defense moves
- ☉ Able to perform Dan Kumite 1 attack and defense
- ☉ Able to perform beginning and secondary exercises
- ☉ Familiar with Uechi Ryu Study Guide Questions All and pass written test with 90% score
- ☉ Able to write a letter to Mr. Stone on becoming a black belt and what karate means to you.
- ☉ Minimum of 384 classes