

Stripe Requirements

White belt – Public Speaking (Peewee only)

Stand in front of class and give name, address and phone number.

White Belt Stripes – Basics and Language

1st Stripe: “Sensei” – Meaning: Teacher/Coach

2nd Stripe: count to 10 in Japanese:

| | | | |
|---------|-----------|-----------|-------------|
| 1. Ichi | (ee-chee) | 6. Roku | (roh-ku) |
| 2. Ni | (nee) | 7. Shichi | (shee-chee) |
| 3. San | (sahn) | 8. Hachi | (hah-chee) |
| 4. Shi | (shee) | 9. Ku | (ku) |
| 5. Go | (goh) | 10. Ju | (ju) |

3rd Stripe: Memorize “Onegaishimasu” – Meaning: In this context, “Please teach me karate”

4th Stripe: “Domo arigato gozaimashita” – Meaning: “Thank you very much”

5th Stripe: Demonstrate three bows:
Shomen ni rei – Bow to dojo and the old masters
Sensei ni rei – Bow to the instructor
Otagai ni rei – Bow to all assembled

6th Stripe: Memorize the Dojo Precepts:

- Uphold the Principles of Propriety and Courtesy
- Cultivate the Spirit of Effort
- Perfect a Mind of Patience
- Live the Way of Truth
- Do Not Lose Self-Control or Act in a Violent Manner

Yellow Belt Stripes

1st Stripe: Basic Form #1

2nd Stripe: Basic Form #2

3rd Stripe: Basic Form #3

Note: Stripes are not awarded everyday. It is at the Sensei’s discretion. It is considered bad manners to ask to go for a stripe. Parents, please do not hesitate to talk to the Sensei for more of an in-depth explanation if necessary.