

East Coast Karate

Adult Karate Curriculum

Adult Beginner Curriculum

Time/Classes	Rank	Kata	Yakusoku Kumite	Physical
24 Classes 3 Months	10 th Kyu Purple Belt	Kihon Ippon Kihon Nihon Kihon Sanbon	None	10 Push-Ups 10 Sit-Ups
24 Classes 3 Months	9 th Kyu Yellow Belt	Fukyu Dai Ichi Fukyu No Kata	Kihon Yakusoku Kumite	10 Push-Ups 15 Sit-Ups
24 Classes 3 Months	8 th Kyu Orange Belt	Naihanchi Shodan	Fukyu Yakusoku Kumite	15 Push-Ups 20 Sit-Ups
24 Classes 3 Months	7 th Kyu Blue Belt	Naihanchi Nidan	Yakusoku Kumite Dai San	20 Push-Ups 25 Sit-Ups
24 Classes 3 Months	6 th Kyu Green Belt	Naihanchi Sandan	Yakusoku Kumite Dai Ni	25 Push-Ups 30 Sit-Ups
24 Classes 3 Months	5 th Kyu Green/White Belt	Pinan Shodan	Yakusoku Kumite Dai Yon	30 Push-Ups 35 Sit-Ups
24 Classes 3 Months	4 th Kyu Green/Black Belt	Pinan Nidan Pinan Sandan	Yakusoku Kumite Dai Ichi	35 Push-Ups 40 Sit-Ups
24 Classes 3 Months	3 rd Kyu Brown Belt	Pinan Yondan Pinan Godan	Yakusoku Kumite Dai Go Kogeki	40 Push-Ups 60 Sit-Ups ½ Mile Run
48 Classes 6 Months	2 nd Kyu Brown/White Belt	Passai Sho	Yakusoku Kumite Dai Go Uke	45 Push-Ups 75 Sit-Ups 1 Mile Run
48 Classes 6 Months	1 st Kyu Brown/Black Belt	Kusanku Sho Passai Dai	Yakusoku Kumite Dai Roku Kogeki	50 Push-Ups 80 Sit-Ups 2 Mile Run

Adult Black Belt Curriculum

Time/Classes	Rank	Kata	Kumite	Physical
48 Classes 6 Months Min Age 13 Blk Belt Cycle	1 st Degree Black Belt	Chinto	Yakusoku Kumite Dai Roku	60 Push-Ups 100 Sit-Ups 3 Mile Run
200 Classes 18-24 Months Min age 15 Blk Belt Cycle	2 nd Degree Black Belt	Kusanku Dai Gojushiho	Yakusoku Kumite Dai Nana	75 Push-Ups 125 Sit-Ups 3.5 Mile Run
200 Classes 24-30 Months Min age 17 Sr year of HS Min. Blk Belt Cycle	3 rd Degree Black Belt	Gorin Shodan in Weapons Required	All Yakusoku Kumite	100 Push-Ups 150 Sit-Ups 4 Mile Run
36mo at Sandan min. Min age 20 Blk Belt Cycle	4 th Degree Black Belt	All Kata 1 Research Kata (Rohai, Rokushu, Hakutsuru) Nidan in Weapons Required	All Yakusoku Kumite	125 Push-Ups 175 Sit-Ups 5 Mile Run
36mo at Yondan min. Min age 30 Blk Belt Cycle	5 th Degree Black Belt	All Kata 1 Research Kata (Rohai, Rokushu, Hakutsuru) Sandan in Weapons Required	All Yakusoku Kumite	Per Sensei Request
48mo at Godan min. Min age 35 Blk Belt Cycle	6 th Degree Black Belt	All Kata 1 Research Kata (Rohai, Rokushu, Hakutsuru) Yondan in Weapons Required	All Yakusoku Kumite	Per Sensei Request

NOTE:

The above mentioned requirements are considered MINIMUM requirements for the rank mentioned. All students progress at their own pace. Students will receive stripes for their Kata, Yakusoku Kumite and Attendance prior to being eligible for testing. These curriculum items can be checked by any Black Belt 2nd Degree and Higher. Regular under-belt testing is held 4 times per year. March, June, September and December. Requirements will be checked on the week prior to the test. Brown Belts needing running requirements met should attend a Black Belt Cycle run and have their running requirements checked off there. Black Belt Cycle runs take place every Saturday morning at 8am at the CHS track. These are not mandatory meetings, but students are encouraged to attend if the need/want practice on their running. Black Belt Cycles take place twice a year. All students testing to Black Belt or higher must complete the BBC. Please refer to the BBC explanation form for more details.