

INGRAM'S OKINAWAN KARATE **RANK REQUIREMENTS**

KYU	BELT	APPROXIMATE TRAINING TIME IN MONTHS	ADULT REQUIREMENTS	CHILD REQUIREMENTS
9	YELLOW	2	BASICS	BASICS
8	ORANGE	4	BASICS	BASICS
7	BLUE STRIPE	7	SEISAN	½ SEISAN
6	BLUE	10	SEIUNCHIN	SEISAN
5	GREEN	13	NAIHANCHI + SANCHIN	NAIHANCHI
4	BROWN STRIPE	16	WANSU	½ WANSU
3	BROWN	20	CHINTO	WANSU
2	1 BLACK STRIPE	24	KUSANKU	½ SUNSU
1	2 BLACK STRIPES	28	SUNSU	SUNSU
Sho Dan	BLACK BELT	36	BO + SAI	BO + SAI

All tests will include Self Defense (Hold Breaking)

All tests will include history questions appropriate for specific rank.

Sho Dan and Junior Sho Dan will include specific board breaks.

Sho Dan and Junior Sho Dan testing will include sparring matches.

Sho Dans must complete a 3 mile run in 30 minutes or less. (at age 40 and older, the run may be waived.)

Junior Sho Dans must complete a 1 mile run in 10 minutes or less.

Sho Dans and Junior Sho Dans must perform a predetermined number of situps and pushups.

All training time is at the discretion of your Sensei. Remember, Karate is an individual endeavor – progress cannot be compared to each other. All students move at their own pace and all promotions are at the sole discretion of the Chief Instructor.

Students under the age of 16 will receive a Junior Black Belt, which comes with reduced requirements. Once a student receives a Junior Black Belt, they will start working on requirements for Senior Black Belt. Once they become 16 and have met all of the prescribed Kata requirements, they only have to complete the upgraded physical requirements at which time they will be promoted to Senior Black Belt.