



# SAM SOLIS FITNESS STUDIO

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## KARATE BELT PROGRESS

| Kyu / Dan    | Belt                         | Minimum Time and Classes Required (Since last grading) |
|--------------|------------------------------|--|
| 10th Kyu     | White Belt                   | 0 Classes  |
| 9th Kyu      | White Belt, Yellow Tip       | 3 weeks, 6 Classes                                     |
| 8th Kyu      | Yellow Belt                  | 3 weeks, 6 Classes                                     |
| 7th Kyu (ho) | Yellow Belt, Orange Tip      | 6 weeks, 12 classes                                    |
| 7th Kyu      | Orange Belt                  | 6 weeks, 12 classes                                    |
| 6th Kyu      | Green Belt                   | 4 months, 32 classes                                   |
| 5th Kyu      | Blue Belt                    | 5 months, 40 Classes                                   |
| 4th Kyu      | Red Belt                     | 5 months, 40 Classes                                   |
| 3rd Kyu      | Brown Belt                   | 6 months, 50 Classes                                   |
| 2nd Kyu      | Brown Belt, Black Tip        | 6 months, 50 Classes                                   |
| 1st Kyu      | Brown Belt, Double Black Tip | 6 months, 50 Classes                                   |
| Shodan Ho    | Provisional Black Belt       | 6 months, 50 classes                                   |
| Shodan       | 1st Dan Black Belt           | 1 year, 100 classes                                    |
| Nidan        | 2nd Dan Black Belt           | 2 years, 200 classes                                   |

**White:** Purity is often signified by the color white. "As with the oak tree, the seed must now be planted and nourished to develop strong roots." The basic student has no knowledge of martial arts and begins their training with a clean mind

**Yellow:** The sun appears to be yellow. "The seed is beginning to see the sunlight." The basic student begins to understand the basic fundamentals of martial arts.

**Orange:** Orange is found among the many colors of the sunrise. "The sun is beginning to rise. As with the morning's dawn, only the beauty of the sunrise is seen rather than the immense power." The basic student sees the beauty of the martial arts but has not yet experienced the power in the technique.

**Green:** As the oak tree develops, it sprouts green leaves. "The oak tree's power begins to soar to higher levels." The student's technique is developing power. The components of the basic techniques are beginning to work in unison.

**Blue:** The sky appears as blue. "The oak tree reaches for the sky towards new heights." Having passed the mid-way point, the intermediate student focuses his/her energy upwards toward Black Belt.

**Brown:** Brown is known as an earthy color, such as dirt. "The oak tree is firmly rooted in the earth." At this point the student starts their advanced training. They are beginning to have a firm grasp of the basics and are developing "deep roots" in the martial arts.

**Red:** Variations of red are found among the many colors of the sunset. "The sun is setting. The first phase of growth has been accomplished." The first phase (the period of time from White to Red Belt) of growth is coming to an end. The physical skill has been developed, but lacks control; therefore, physical and mental discipline must now be achieved.

**Black:** The colors of the spectrum are bound together and are not reflected off an object, resulting in the absence of color which we call black. "The oak tree has reached maturity and has overcome the darkness. . . . It must now plant seeds for the future." The color black is created when all the colors of the light spectrum have been absorbed into an object. That object has "taken control" of the colors and retained them. If one color was to "escape," the object would no longer be black but would appear as that color. The student has mastered the first 12 levels of training at Superstar Karate. He/she has "absorbed" all the knowledge of the color ranks and overcome or "mastered" that level or training.