



Fields' United House of Karate



Testing Requirement Guide (Coded by Current Belt Color)

Sunday, February 20, 2022

Fields' Karate

KATA	Belt Color	Comments
		Cumulative
Heian Shodan	White	"Peaceful Mind, #1" Shorin-Ryu
Heian Nidan	Yellow	"Peaceful Mind, #2" Shorin-Ryu
Heian Sandan	Orange	"Peaceful Mind, #3" Shorin-Ryu
Heian Yondan	Blue	"Peaceful Mind, #4" Shorin-Ryu
Heian Godan	Green	"Peaceful Mind, #5" Shorin-Ryu
Pion Shodan	Orange	
Taikyoku Shodan	Blue	"First Cause, #1"
Taikyoku Nidan	Green	"First Cause, #2"
Taikyoku Sandan	Purple	"First Cause, #3"
Tekki Shodan (Nihanchi Shodan)	Green	"Horse Riding, #1" Shorei-Ryu
Tekki Nidan (Nihanchi Nidan)	BrownI	"Horse Riding, #2" Shorei-Ryu
Tekki Sandan (Nihanchi Sandan)	BrownII	"Horse Riding, #3" Shorei-Ryu
Ananku	Green	"Heart's Desire" Shorin-Ryu
Jutte	Purple	"Ten Hands" Shorei-Ryu
Empi	Purple	"Flying Swallow" Shorin-Ryu
Sanchin	Brown	"Three Battles" Shorin-Ryu
Sanchin (With Beating)	BrownII	"Three Battles" Shorin-Ryu
Bassai Dai	BrownI	"To Penetrate a Fortress, Major" Shorin-Ryu
Kanku Dai (Kwanku)	BrownII	"To Look at the Sky" Shorin-Ryu
Jion	Black	"Temple Bells" Shorei-Ryu
Unsu	Black	"Cloud Hands" Shorei-Ryu
Gankaku (Chinto)	Black II	"Crane on a Rock" Shorin-Ryu
Hangetsu	Black II	"Half-Moon" Shorei-Ryu
Weapon Kata I (Bo Staff)	Brown	
Weapon Kata II (Choice)	BrownI	
Weapon Kata III (Choice)	BrownII	
Weapon Kata IV (Choice)	Black	
Weapon Kata V (Choice)	Black II	



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KICKS <i>Ashiwaza</i>		Cumulative
Front Snap Kick	White	<i>Mae-Geri-Keage</i>
Front Leg Roundhouse Kick	Yellow	<i>Mae-Ashi-Mawashi-Geri</i>
Back Leg Roundhouse Kick	Yellow	<i>Mawashi-Geri</i>
Side Thrust Kick	Yellow	<i>Yoko-Geri-Kekomi</i>
Spinning Side Thrust Kick	Brown	<i>Ushiro-Yoko-Geri-Kekomi</i>
Fade-Away Side Thrust Kick	BrownII	<i>Kawashi-Tobi-Yoko-Geri</i>
Flying Side Thrust Kick	BrownII	<i>Tobi-Yoko-Geri</i>
Dropping Side Thrust Kick	BrownII	<i>Sutemi-Yoko-Geri</i>
Side Snap Kick	Orange	<i>Yoko-Geri-Keage</i>
Front Thrust Kick	Orange	<i>Mae-Geri-Kekomi</i>
Back Kick	Orange	<i>Ushiro-Geri</i>
Spinning Back Kick	Green	<i>Ushiro-Geri</i>
Outside Crescent Kick	Blue	<i>Mikazuki-Geri</i>
Inside Crescent Kick	Blue	<i>Ura-Mikazuki-Geri</i>
Spinning Inside Crescent Kick	BrownI	<i>Ushiro-Ura-Mikazuki-Geri</i>
Knee Strike	Blue	<i>Hiza-Tsuchi</i>
Hook Kick	Green	<i>Ura Mawashi-Geri</i>
Spinning Hook Kick	Purple	<i>Ushiro-Ura-Mawashi-Geri</i>
Returning Wave Kick	Purple	<i>Nami-Gaeshi</i>
Axe Kick	Purple	<i>Otoshi-Kakato-Geri</i>
Bicycle Kick	Purple	<i>Nidan-Geri</i>
Stomp	Brown	<i>Fumikomi</i>
Reverse Front Snap Kick	BrownI	



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Belt
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Comments

BLOCKS | *Uke-Te*

Cumulative

Knife Hand Block	White	<i>Shuto-Uke</i>
Head Block	White	<i>Age-Uke</i>
Mid Block	White	<i>Uchi-Uke</i>
Down Block	White	<i>Gedan-Barai</i>
Outside Forearm Block	Yellow	<i>Soto-Uke</i>
Forearm Block	Orange	<i>Gaiwan-Uke</i>
Double Forearm Block	Purple	<i>Heiko-Uke</i>
Perry	Orange	<i>Nagashi-Uke</i>
Arm Block	Orange	<i>Naiwan-Uke</i>
Reinforced Mid Block	Orange	<i>Morote-Uke</i>
U-Block	Blue	<i>Kosa-Uke</i>
Elbow Block	Blue	<i>Empi-Uke</i>
Pressing Block	Blue	<i>Osae-Uke</i>
Knee Block	Blue	<i>Hiza-Uke</i>
X-Block	Green	<i>Juji-Uke,</i>
Palm Heel Block	Green	<i>Teisho-Uke</i>
Wedge Block	Green	<i>Kakiwake-Uke</i>
Trapping Block	Green	<i>Hasami-Uke</i>
Punching Block	Purple	<i>Tsuki-Uke</i>
Scooping Block	BrownI	<i>Sukui-Uke</i>
Chicken Neck Block	BrownI	<i>Keito-Uke</i>



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	Belt Color	Comments
STRIKES <i>Tsuki-Te</i>		
		Cumulative
Front Punch	White	<i>Oi-Zuki</i>
Reverse Punch	White	<i>Gyaku-Zuki</i>
Double Punch	Purple	<i>Heiko-Zuki</i>
One Knuckle Punch	BrownII	<i>Ippon-Ken</i>
Back Fist Strike	Yellow	<i>Uraken</i>
Spinning Back Fist Strike	Purple	<i>Ushiro-Uraken-Uchi</i>
Inside Shuto Strike	Yellow	<i>Uchi-Shuto-Uchi</i>
Outside Shuto Strike	Yellow	<i>Soto-Shuto-Uchi</i>
Ridge Hand Strike	Orange	<i>Haito-Uchi</i>
Upper Cut Punch	Orange	<i>Ura-Zuki</i>
Hammer Fist Strike	Orange	<i>Tetsui-Uchi</i>
Spinning Hammer Fist Strike	Blue	<i>Ushiro-Tetsui-Uchi</i>
Spear Hand Strike	Orange	<i>Nukite</i>
Oxjaw Strike	Blue	<i>Seiryuto-Uchi</i>
Palm Heel Strike	Blue	<i>Teisho-Uchi</i>
Elbow Strike	Green	<i>Empi-Uchi</i>
Cross-Body Punch	Green	<i>Kage-Zuko, Zenmi</i>
Lunge Punch	Brown	<i>Oi-Zuki</i>
Hook Punch	Brown	<i>Kage-Zuki, Hanmi</i>
U-Punch	BrownI	<i>Yama-Zuki</i>
Side Thrust Punch	BrownI	<i>Sokumen-Zuki</i>
Bent Wrist Strike	BrownII	<i>Kakuto-Uchi</i>
Two Finger Eye Gouge	BrownII	<i>Jodan Nihon-Nukite</i>
One Finger Thrust Strike	BrownII	<i>Ippon-Nukite</i>
Eagle Claw Strike	Black	<i>Washide-Uchi</i>

STANCES <i>Dachi</i>		
		Cumulative
Formal Attention Stance	White	<i>Hachiji-Dach</i>
Feet Together Stance	White	<i>Heisoku-Dachi</i>
Forward Natural Stance	White	<i>Zenkusu-Dachi</i>
Straddle-Leg Stance	White	<i>Kiba-Dachi</i>
Back Stance	White	<i>Kokutsu-Dachi</i>
Cat Stance	White	<i>Nekoashi-Dachi</i>
Immovable Stance	Brown	<i>Fudo-Dachi</i>
Hour Glass Stance	Brown	<i>Sanchin-Dachi</i>
Crane Stance	Black	<i>Gankaku-Dachi</i>



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Fields' Karate

Belt
Color

Comments

SELF DEFENSE

Cumulative

Same Side Wrist Grab	White	
Opposite Side Wrist Grab	White	
Double Wrist Grab	Yellow	
Double Wrist Grab at Chest	Orange	
Reverse Wrist Grab	Orange	
(3) Choke Defenses	Yellow	
Hair Grabs	Orange	
Bear Hug	Orange	
Waist Grabs	Blue	
Two Person Arm Grab	Blue	
Knife	Green	
Stick	Green	
Gun	Green	
Pins	Purple	
Sleeper Headlock	Brown	
Side Headlock	Brown	

ONE POINTS

By Rank

10 - Basic One Points	Orange	Ippon-Kumite
15 - Basic One Points	Blue	Ippon-Kumite
15 - Basic One Points	Green	Ippon-Kumite
5 - Advanced One Points	Green	Ippon-Kumite
5 - Basic One Points	Purple	Ippon-Kumite
15 - Advanced One Points	Purple	Ippon-Kumite
20 - Advanced One Points	Brown	Ippon-Kumite
20 - Advanced One Points	BrownI	Ippon-Kumite
5 - One Points from Kata	BrownI	Oyo
20 - Advanced One Points	BrownII	Ippon-Kumite
10 - One Points from Kata	BrownII	Oyo
20 - Advanced One Points	Black	Ippon-Kumite
15 - One Points from Kata	Black	Oyo



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	Belt Color	Comments
JUDO & AIKIDO		Cumulative
Falls (Back)	Orange	(Ushiro-)Ukemi
Falls (Back & Side)	Green	(Yoko-)Ukemi
Rolls (Front & Back)	Orange	(Mae-/Ushiro-)Mawari-Ukemi
Front Ankle Sweep	Blue	Deashi-Harai
Back Leg Sweep	Blue	Osoto-Gari
Hip Throw	Purple	O-Goshi
Shoulder Throw	Brown	Seoi-Nage
Arm Bars	Brown	Juji-Gatame
Python	Brown	
Choke Holds	Brown	
Tackle Throw	BrownI	
Scissor Take Down	BrownI	Kani-Basami
Dragon Tail Sweep	BrownI	
Outside Wrist Lock/Throw	BrownII	
Inside Wrist Lock/Throw	BrownII	

KUMITE		By Rank
2-Opponent Kumite	Brown	
Randori	BrownI	
Jiyu Kumite/Randori	BrownII	
Jiyu Kumite (Round Robin)	BrownII	
Jiyu Kumite/Randori	Black	
Jiyu Kumite (Round Robin)	Black	



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	Belt Color	Comments
BREAKS		
		By Rank
1 - Foot Techniques (1 Board)	Blue	
1 - Hand Techniques (1 Board)	Blue	
1 - Foot Techniques (1 Board)	Green	
1 - Hand Techniques (1 Board)	Green	
2 - Foot Techniques (1 Board)	Purple	
2 - Hand Techniques (1 Board)	Purple	
2 - Foot Techniques (1 Board)	Brown	
2 - Hand Techniques (1 Board)	Brown	
1 - Choice Technique (2 Boards)	Brown	
2 - Foot Techniques (1 Board)	BrownI	
2 - Hand Techniques (1 Board)	BrownI	
1 - Foot Technique (2 Boards)	BrownI	
1 - Hand Technique (2 Boards)	BrownI	
3 - Foot Techniques (1 Board)	BrownII	
2 - Hand Techniques (1 Board)	BrownII	
1 - Open Hand Technique (1 Board)	BrownII	
1 - Foot Technique (2 Boards)	BrownII	
1 - Hand Technique (2 Boards)	BrownII	
1 - Hand Speed Break (1 Board)	BrownII	
1 - Choice Technique (3+ Boards)	BrownII	
3 - Foot Techniques (1 Board)	Black	
2 - Hand Techniques (1 Board)	Black	
1 - Open Hand Technique (1 Board)	Black	
1 - Foot Technique (2 Boards)	Black	
1 - Hand Technique (2 Boards)	Black	
1 - Hand Speed Break (1 Board)	Black	
1 - Choice Technique (3+ Boards)	Black	



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Belt
Color

Comments

KNOWLEDGE

Cumulative, Written Assignments By Rank

Style of Karate	White	
Founder	Yellow	
Country of Origin	Yellow	
Japanese Counting to 30	Orange	
Shotokan Creed	Orange	
Japanese Counting to 50	Blue	
Terminology - Stances	Blue	
Terminology - General	Green	
Essay: Shotokan Creed	Purple	
Report: <i>Karate-Do: My Way of Life</i>	Brown	
Research: History of Shotokan	BrownI	
Essay: "What Karate Means to Me"	BrownII	
Translation - Kata Names	BrownII	
Essay: "Learning in Teaching"	Black	

DEDICATION

By Rank

Min. 3 Mos. as White Belt	White	
Min. 3 Mos. as Yellow Belt	Yellow	
Min. 3 Mos. as Orange Belt	Orange	
Min. 4 Mos. as Blue Belt	Blue	
Min. 6 Mos. as Green Belt	Green	
Min. 6 Mos. as Purple Belt	Purple	
Min. 6 Mos. as Brown Belt	Brown	
Min. 6 Mos. as Brown Belt I	BrownI	
Min. 6 Mos. as Brown Belt II	BrownII	
Teach 1 Full Beginners' Class	BrownII	
Teach 1 Full Advanced Class	BrownII	
Min. 24 Mos. as Black Belt	Black	
Teach on a Regular Basis	Black	
Min. 60 Mos. as Black Belt II	Black II	
Teach on a Regular Basis	Black II	



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FITNESS		
		By Rank
15 Push-Ups	Orange	
60 Crunches	Orange	
20 Squat Thrust Kicks	Orange	
20 Push-Ups	Blue	
60 Crunches	Blue	
20 Squat Thrust Kicks	Blue	
25 Push-Ups	Green	
80 Crunches	Green	
30 Squat Thrust Kicks	Green	
30 Push-Ups	Purple	
100 Crunches	Purple	
30 Squat Thrust Kicks	Purple	
30 Jack Knives	Purple	
35 Push-Ups	Brown	
100 Crunches	Brown	
40 Squat Thrust Kicks	Brown	
40 Jack Knives	Brown	
1 Minute Six Inch Leg Lift	Brown	
45 Push-Ups	BrownI	
100 Crunches	BrownI	
50 Squat Thrust Kicks	BrownI	
50 Jack Knives	BrownI	
1.5 Minute Six Inch Leg Lift	BrownI	
1 Minute Planking	BrownI	
50 Push-Ups	BrownII	
100 Crunches	BrownII	
50 Squat Thrust Kicks	BrownII	
50 Jack Knives	BrownII	
2 Minute Six Inch Leg Lift	BrownII	
2 Minute Planking	BrownII	
50 Push-Ups	Black	
100 Crunches	Black	
50 Squat Thrust Kicks	Black	
50 Jack Knives	Black	
2 Minute Six Inch Leg Lift	Black	
2 Minute Planking	Black	



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BELTS IN ORDER	Belt Color	RANKS	Comments
White		9th Kyu	Shiro
Yellow		8th Kyu	
Orange		7th Kyu	
Blue		6th Kyu	
Green		5th Kyu	
Purple		4th Kyu	
Brown		3rd Kyu	
Brown I		2nd Kyu	
Brown II		1st Kyu	
Black		1st Dan	Kuro
Black II		2nd Dan	
Black III		3rd Dan	