

Martial Arts Training Alliance

Children Belt Requirements

Progression	Combinations	Kempos	Forms	Jiu Jitsu and Specials
•	6	1	8 Point Blocking System	
•	Advanced 6, 7, 3	2	8 Point with Counter Strikes 1 Pinan	
	2, Advanced 3, 5, 18	4	1 Kata 2 Pinan	
•	8, 9, 12	6	3 Pinan	
•	10, 15	8	2 Kata	
•	14, 26	11	3 Kata	
	4, 11	15	10 Point Blocking System Statue of the Crane 4 Pinan	
•	13, 16, Advanced 16, 17	20	Circle of the Tiger 5 Pinan	
•	19, 20	21	Palm Blocking System Northern 2 Man Fist Set 4 Kata	Parry Set Same Side Wrist Grab De Ashi Barai
■ ■ ■	1, 21, Advanced 21	22	Plumb Tree Blocking Southern 2 Man Fist Set 5 Kata	Cross Wrist Grab Rear Hammer Lock Oh Soto Gari
	Beginner Combos With Uke	1-6 With Uke	6 Kata 4321	One, Two Hand Push Two Hand Wrist Grab Round Kick Defense L/R
	Line Set 1 & 2 Intermediate Combos with Uke	25 7/12 with Uke	Weapons Form Grappling Sets 1&2	Ko Soto Gari Hiza Garuma Ipon Seonage
→	Line Set 3 & 4 Advanced Combos with Uke	26-35 with Uke	2 Man Fist Set with Partner Weapon Form Grappling Sets 3 & 4	Oh Uchi Gari Kata Garuma Ko Uchi Gari
Adult	All Combos Left Handed Line Sets R & L	44	Twin Dragon Weapon Form Clubs, Guns Knives	Tai Otoshi Tomonage Tani Otoshi