

**Uniformity Rule:** We are a Traditional Martial Arts Class and we try, to the best of our ability, to uphold the rules of O-Sensei Grand Master Yoki Nakachi and Grand Master Victor Moor.

With their leadership and guidance, they have instructed us to wear the Traditional White Uniform or Black Uniform during regular classes. Further instruction came from our own Grand Master Lacy Green which says that students should wear White Uniform on the first day of training and Black Uniform on the second day of training each week. Students are not required to purchase a second GI. The Traditional White Uniform is appropriate for all training conducted in this DoJo.

The only ones authorized to wear another colored uniform or mixed colored uniform are the Senseis. Different uniforms can be worn for teams and clubs within this organization such as Black Belt Club, Demo Team, Tournament Team, etc., on the days of the meetings, training, or performances of these clubs. This will keep students similarly dressed and not looking like a rainbow.

**Being Out of Uniform:** If a student is out of uniform and s/he has a uniform, this is not acceptable. However, it will be tolerated for the sake of the student, but this is not the way to earn the opportunity to test. Examples of noncompliance of proper Dojo etiquette includes such things as wearing the proper uniform, bowing before getting on the mat (or getting off), saying "Sir" or "Ma'am", bowing to fellow students, asking permission before leaving mat or before speaking out. This shows the student is learning respect, courtesy, discipline, confidence, teamwork, sportsmanship and unity.

**Testing:** Testing is done each month. Everyone who earns the opportunity to test must be on time and in uniform (Black or White preferably).

To earn the right to test, you must have the appropriate number of days in class market present, able to perform all techniques that are required for test including: Kata, Weapons, Sparring, Terms, etc.

Testing is done on Tuesdays or Thursdays on the first or second week of the month. Students will be notified and given the date and time for testing. This does not mean that the student will test every month. The average rate of testing is once every 60-90 days unless student is very exceptional in skill and is highly evolved in the execution of them. Though a student earns the opportunity to test, they are still obligated to pass the test by conducting themselves in the proper manner.

## **Recommended Time Between Each Belt Level**

Average class attended per week is two (2) classes every class hour. Missing can prolong the time in rank. Lack of individual practice could hinder progress to next rank.

## **Progression of Belts – NOVICE AND BEGINNING LEVEL**

1. White Belt to 1<sup>st</sup> Kulb: 4 to 6 weeks
2. White Belt to 2<sup>nd</sup> Kulb: 8 to 10 weeks
3. White Belt to Yellow Belt: 10 to 14 weeks
4. Yellow Belt 1<sup>st</sup> Kulb: 14 to 20 weeks
5. Yellow Belt 2<sup>nd</sup> Kulb: 23 to 28 weeks
6. Yellow Belt 2<sup>nd</sup> Kulb to Orange Belt 24 to 32 weeks
7. Orange Belt 1<sup>st</sup> Kulb: 32 to 36 weeks
8. Orange Belt 2<sup>nd</sup> Kulb: 36 to 40 weeks
9. Orange Belt 2<sup>nd</sup> Kulb to Green Belt: 10 to 12 months (1<sup>st</sup> Intermediate)
10. Green Belt 1<sup>st</sup> Kulb to 2<sup>nd</sup> Kulb: 14 to 15 months
11. Green Belt 2<sup>nd</sup> Kulb to Purple Belt: 16 to 20 months (2<sup>nd</sup> Intermediate)
12. Purple Belt 1<sup>st</sup> and 2<sup>nd</sup> Kulb: 21 to 23 months
13. Purple Belt 2<sup>nd</sup> Kulb to Brown Belt: 24 to 27 months (1<sup>st</sup> Advanced)
14. Brown Belt 1<sup>st</sup> Kulb to 2<sup>nd</sup> Kulb: 25 to 32 months
15. Brown Belt 2<sup>nd</sup> Kulb to Black Belt: 36 months or more

## **RULES OF PATCHES**

All patches that we wear on our uniform, we earn such as:

- Academic Award – tab is earned by students that keep an A/B average or high A/B/C average in school
- SWAT Team Patch – is earned after student has participated in four or more tournaments or participates in six major seminars to increase skill level. This shows a special winning attitude.
- Storm Team Patch – Special team or role models. To be an ideal student in good standing for one year and holds the rank of at least a Green Belt.
- Weapons Patch – to attend the weapon seminars and gain the skills to safely handle the weapon and perform the appropriate Kata of the weapons.
- US Flag – Be a U.S. Citizen; patch is worn on the right sleeve.
- Goju Fist – participate in Patch Pledge (45 minutes for 5 years and younger or 60 minutes for students 6 years old and up). Pledge is a drill of basic techniques and exercises done over the time period. Kyoshi Green gives certificates and patch after students have earned it in a ceremony for every patch-earning occasion.