

# ***LARAMIE KEMPO KARATE CLUB***



## ***Youth Manual***

Updated 2019

# LARAMIE KEMPO KARATE CLUB

## INTRODUCTION

Head Instructor: Amber Travsky, 8th degree Black Belt, Kyoshi

Instructors: Rich Travsky, 6<sup>th</sup> Degree Black Belt  
Ed Kempema, 2<sup>nd</sup> Degree Black Belt  
Brian Baker, 1<sup>st</sup> Degree Black Belt  
Bailey Abbott, 1<sup>st</sup> Degree Black Belt  
Adam Leduc, 1<sup>st</sup> Degree Black Belt

Other Black Belts from the Laramie Kempo Karate Club:  
Karen Rogers, 4<sup>th</sup> Degree Black Belt  
Jack Wimbish, 3<sup>rd</sup> Degree Black Belt  
Tim Evans, 2<sup>nd</sup> Degree Black Belt  
Tiffany Young, 2<sup>nd</sup> Degree Black Belt  
Shawn Palmer, 2<sup>nd</sup> Degree Black Belt  
Ross Tolman, 2<sup>nd</sup> Degree Black Belt  
Nicholas Haderlie, 2<sup>nd</sup> Degree Black Belt  
Mark Wingate, 1<sup>st</sup> Degree Black Belt  
Dan Eastwood, 1<sup>st</sup> Degree Black Belt  
Elijah Massey, 1<sup>st</sup> Degree Black Belt  
Nathanael Massey, 1<sup>st</sup> Degree Black Belt  
Katie Kempema, 1<sup>st</sup> Degree Black Belt  
Dawson Poteet, 1<sup>st</sup> Degree Black Belt

Web site: <http://www.laramiekempo.com>

## SCHOOL MOTTO

Above all else, to seek to  
control my mind and my body  
to obey my will quietly.

To seek to adjust to every  
situation, good or bad, which I  
may meet in my daily life.

Don't permit yourself to show temper,  
and always remember that when you  
are in the right, you can afford to  
keep your temper, and when you are  
in the wrong, you cannot afford to  
lose it.

## THE FIVE S's OF KARATE:

Strength

Stamina

Skill

Speed

Surprise

## **BELT RANKING**

There are Junior and Senior rankings. The belt colors are the same, as listed below but Junior belts have a black stripe running the length of them. Yellow stripes are earned only in the junior ranks.

Rank	Belt Color
9 <sup>th</sup> Kyu	White
8 <sup>th</sup> Kyu	Yellow
7 <sup>th</sup> Kyu	Orange
6 <sup>th</sup> Kyu	Blue
5 <sup>th</sup> Kyu	Purple
4 <sup>th</sup> Kyu	Green
3 <sup>rd</sup> Kyu	High Green
2 <sup>nd</sup> Kyu	Brown
1 <sup>st</sup> Kyu	High Brown

### Black Belt Ranks:

1 <sup>st</sup> Dan (Shodan)	Black
2 <sup>nd</sup> Dan (Nidan)	Black
3 <sup>rd</sup> Dan (Sandan)	Black
4 <sup>th</sup> Dan (Yodan)	Black
5 <sup>th</sup> Dan (Godan)	Black and Red
6 <sup>th</sup> Dan (Rokudan)	Red and Black
7 <sup>th</sup> Dan (Shichidan)	Red and Black
8 <sup>th</sup> Dan (Hachidan)	Red and Black
9 <sup>th</sup> Dan (Kudan)	Red
10 <sup>th</sup> Dan (Judan)	Red

## JUNIOR AND ADULT BELT SYSTEMS

The Laramie Kempo Karate club recognizes both Junior and Adult ranks. All students attending the Junior class test as Juniors. Junior belts are the same color as the Adult system except that a black stripe runs the length of the belt. Students over the age of 13 who choose to stay in the kids' classes, will continue to be ranked as juniors.

The reason for having two systems of ranking is to be fair to the Junior students. It is not realistic to expect a 5-year-old and a 25-year-old to perform the same. That doesn't mean that one will try harder than the other; effort isn't based on age. There are physical differences that, if there were only one system, could prevent a Junior student from progressing through the ranks. *The test requirements are the same for Junior and Adult ranks.* When a Junior student switches to the adult class, he or she must retest into the Adult ranking system at the same rank as their Junior level. After that initial test to adult rank, they proceed as normal through the adult class.

## JUNIOR STRIPES

Tests for Junior stripes are usually held the last classes of the month, once on Monday and once on Wednesday. Any junior student may test. Remember your effort and attention during regular class is also important for testing. If you don't pay attention or try hard during regular class, it is likely that Shihan Travsky will not allow you to test until your effort improves. A student cannot test for more than one stripe at a time.

**REMEMBER:** You can't pass a test if you don't test! Even if you aren't sure if you can pass a test, at least try. We will help you correct what isn't ready and, if you practice, you will pass eventually.

**DON'T TEST UNLESS YOU HAVE PRACTICED. IF YOU DO NOT PASS ONE TIME, PRACTICE TO IMPROVE. DON'T JUST RETAKE THE TEST WITHOUT PRACTICING.**

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## **RANK TESTING**

### **Rank Testing – When promoting to the next colored belt rank**

Testing Fee: None

Testing Dates:

Testing occurs typically in March, May, August and December with specific dates posted at least three months in advance.

Who may test:

All students, both youth and adults, must be approved for testing by Shihan Amber Travsky. Youth students must have four stripes.

Preparing for a test:

It is up to each individual student to be certain of the testing requirements for their rank. Requirement lists are available in this manual. It is also the student's responsibility to discuss with a black belt any test requirement they do not understand or if there is something they have not been taught.

To Pass a Test:

Input from all instructors present for testing will be provided to Shihan Amber. The final decision on passing or not passing a student is that of the highest ranking black belt present. If a student does not pass, it is possible that a retest could be scheduled for the student to correct or improve skills in deficient areas.

Testing for a colored belt is in front of the class and the black belts. The stripe tests are conducted during class and are in front of either a black belt or a designated instructor.

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## TEST REQUIREMENTS FOR YELLOW STRIPES

### 1st Yellow Stripe

1. First 8 movements of Taikyoku I kata.

### 2nd Yellow Stripe

1. Entire 20 moves of Taikyoku I kata.
2. Tie your belt.

### 3rd Yellow Stripe

1. Taikyoku I kata. Your stance must be **WIDE** - A GOOD FRONT STANCE!!
2. First 3 one-steps:
  - (1) Step with right leg at 45-degree angle into shallow horse stance while blocking with left hand. Punch with right hand and back knuckle.
  - (2) Step with right leg to side. Sidekick with left leg. Knife hand with left hand to collarbone.
  - (3) Step right leg back into an "L" stance while doing an inside-out block with left hand. Step right leg toward partner and elbow strike to the sternum. Back knuckle to nose.

### 4th Yellow Stripe

1. Taikyoku I kata. You need a good stance, hand placement, and punches. WITH POWER!
2. Taikyoku II kata.
3. Last two one-steps:
  - (4) Step right leg back into a FRONT stance while doing an upper block with the left arm. Left-hand grabs partner's arm and pulls in. Ridgehand with right arm to the side of the head.
  - (5) Outside-in block with left arm while stepping in "toe-to-toe" with partner with left foot. Spin while moving right foot in a circle to outside of partner. Elbow strike to partner's head or side. Back-knuckle to head.
4. Basic Techniques:
  1. Hand techniques from a horse stance:
    - a. Front punch
    - b. Upper block
    - c. Lower block
    - d. Inside-out block
    - e. Cross block
  2. Kicks, from a relaxed fighting stance:
    - a. Front kick
    - b. Side kick
    - c. Round kick

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## TEST REQUIREMENTS FOR 8TH KYU, JUNIOR YELLOW BELT

For learning new kata, only the black belts or someone they assign can teach new kata. New kata is not something to teach your friends and it is not something to learn just by watching another student. Learning new kata is an honor that is earned following promotion to the next rank.

### I. Basic Techniques

1. Hand techniques in a horse stance:
  - a. Front punch
  - b. Upper block
  - c. Lower block
  - d. Cross block
  - e. Inside-out block
  
2. Kicks (from a relaxed fighting stance, stationary)
  - a. Front kick
  - b. Side kick
  - c. Round kick

### II. Kumite'

Perform the following 5 one-steps. Focus on distance, control and realism.

1. Step with right leg at 45-degree angle into shallow horse stance while blocking with left hand. Punch with right hand and follow with a back knuckle.
2. Step with right leg to side. Sidekick with left leg. Knife hand with left hand to the collarbone.
3. Step right leg back into an "L" stance while doing an inside-out block with left hand. Step right leg toward partner and elbow strike to the mid-section. Add a back knuckle to the nose. ***Make sure you go into an L-stance with this!***
4. Step right leg back into a front stance while doing an upper block with the left arm. Left hand grabs partner's arm and pulls off balance. Follow with ridgehand with the right arm to the side of the head.
5. Cross block with left arm while stepping in "toe-to-toe" with partner with left foot. Spin while moving right foot in a circle to outside of partner. Elbow strike to partner's head or side. Back-knuckle to the head.

### III. Kata

1. Taikyoku I
2. Taikyoku II

### IV. Free sparring

Spar against at least 2 different opponents without sparring gear. Focus on control and light contact.

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## TEST REQUIREMENTS FOR ORANGE STRIPES

### I. First Orange Stripe

1. Kata: Taikyoku III  
Must have: good stances (front stances and horse stances)
2. One-Steps: First 5 (from yellow belt test) with add-on moves – at least 1 to 3 moves made up by the student.

### II. Second Orange Stripe

1. Kata: Taikyoku III  
Must have: horse stances in straight line, good power
2. One-Steps: Show TWO made up one-steps

### III. Third Orange Stripe

1. Kata: Naihanchi I  
Must have: good horse stance, all the moves correct
2. One-Steps: Show three more made up one steps, plus those from stripes one and two

### III. Fourth Orange Stripe

1. Kata: Naihanchi I and Taikyoku III  
Must have: power, realism in both kata
2. Self defense moves: Three grabs, using both sides
  - a. Same-side hand grab and walk away
  - b. Same-side hand grab and control attacker
  - c. Cross-side hand grab and control attacker
3. Basic Techniques
  1. Hand techniques from a horse stance:
    - a. Knifehand
    - b. Ridgehand
    - c. Reverse knifehand
    - d. Crane's neck
  2. Kicks, from a relaxed fighting stance:
    - a. Crescent
    - b. Reverse crescent
    - c. Back kick
    - d. Spinning side kick



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**TEST REQUIREMENTS FOR 8<sup>th</sup> KYU, JUNIOR ORANGE BELT**

I. Basic Techniques

1. Hand techniques from a horse stance:
  - a. Knifehand
  - b. Ridgehand
  - c. Crane's neck
  - d. Reverse knifehand
  
2. Kicks, from a relaxed fighting stance:
  - a. Crescent
  - b. Reverse crescent
  - c. Back kick
  - d. Spinning side kick

II. Kata

1. Taikyoku III
2. Naihanchi I

III. Kumite'

1. The original 5 one-steps from the yellow belt test but add 1 to 3 techniques to make them more realistic.
2. 5 new one-steps - These are ones you make up yourself or that you learn from other students or instructors.

IV. Self-defense - must perform on both sides

1. Same-side hand grab and walk away
2. Same-side hand grab and control attacker
3. Cross-side hand grab and control attacker

V. Free sparring

At least two different partners of different ranks, no equipment.

## TEST REQUIREMENTS FOR BLUE STRIPES

### I. First Blue Stripe:

1. Kata: Naihanchi II

Must have: good horse stance, know all the moves

2. One-steps: Repeat the one-steps (all 10) that were required for Orange belt.

### II. Second Blue Stripe:

1. Kata: Naihanchi II

Must have: good horse stance, know all the moves

2. One-steps: Show three new one-steps

### III. Third Blue Stripe:

1. Kata: Pinan I

Must have: good front stances, know all the moves

2. One-steps: Show two new one steps, plus the three from the second stripe test.

### IV. Fourth Blue Stripe:

1. Kata: Pinan I and Naihanchi II

Must have: good stances and power

2. One-steps: Show all 10 made-up one-steps

3. Self-defense

a. Repeat all techniques from Orange Belt test.

b. One-handed lapel grab and control attacker

c. Two-handed lapel grab and control attacker

d. Two-handed wrist grab, release and attack

#### Basic Techniques:

1. Advancing in a front stance:

a. Low block, reverse punch

b. High block, reverse punch

c. Cross block, reverse punch

d. Inside-out block, reverse punch

e. Parry, spearhand

f. Front kick, low block

g. Side kick, low block

h. Round kick, low block

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## TEST REQUIREMENTS FOR 6TH KYU, JUNIOR BLUE BELT

### I. Basic Techniques:

1. Advancing in a front stance:
  - a. Low block, reverse punch
  - b. High block, reverse punch
  - c. Cross block, reverse punch
  - d. Inside-out block, reverse punch
  - e. Parry, spearhand
  - f. Front kick, low block
  - g. Side kick, low block
  - h. Round kick, low block

### II. Kata

1. Naihanchi II (Nidan)
2. Pinan I (Shodan)

### III. Kumite'

10 made up 1-step combinations

### IV. Self-defense - must perform on both sides

1. Repeat all techniques from Orange Belt test.
2. One-handed lapel grab and control attacker
3. Two-handed lapel grab and control attacker
4. Two-handed wrist grab, release and attack

### V. Free-Sparring

3 different partners of varied ranks and sizes. No equipment.

## TEST REQUIREMENTS FOR PURPLE STRIPES

### I. First Purple Stripe

1. Kata: Pinan II  
Must do: all moves correctly
2. One-steps: Show 10 one-steps from previous tests.

### II. Second Purple Stripe

1. Kata: Pinan II  
Must do: strong L-stances
2. Kumite': show 3 two-step combinations.  
Each two-step is a combination of a hand technique and a kicking technique (either order) and at a target that you designate. For example you could ask your partner to do a ridgehand to the head followed by a roundkick to the groin; or a sidekick to the chest, followed by a back-knuckle to the face.

### III. Third Purple Stripe

1. Kata: Pinan I and Pinan II – both with power and realism
2. Kumite': Show a total of five two-steps

### IV. Fourth Purple Stripe

1. Kata: Pinan II again with focus and realism
2. Self-defense moves:
  - a. Repeat all techniques from Blue Belt test.
  - b. Grab from behind, two-handed neck hold, control attacker.
  - c. Grab from behind, bear hug. Escape, attack.

#### Basic Techniques:

1. Knife-hands, advancing in an L-Stance
2. Kicking, using the front leg in a stationary L-Stance:
  - a. Front kick
  - b. Side Kick
  - c. Round Kick
3. Jumping Front Kick
4. Kicking combination using the back leg each kick: front, side, spinning side, round.

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**TEST REQUIREMENTS FOR 5TH KYU, JUNIOR PURPLE BELT**

I. Basic Techniques:

1. Knife-hands, advancing in an L-Stance
2. Kicking, using the front leg in a stationary L-Stance:
  - a. Front kick
  - b. Side Kick
  - c. Round Kick
3. Jumping Front Kick
4. Kicking combination using the back leg each kick: front, side, spinning side, round.

II. Kata

1. Pinan II

You may be asked any other kata up to this rank.

III. Kumite'

1. 5 different two-step techniques. Each two-step is a combination of a hand technique and a kicking technique and at a target you designate. For example you could ask your partner to do a ridgehand to the head followed by a roundkick to the groin; or a sidekick to the chest, followed by a back-knuckle to the face.
2. Be prepared to perform the one-steps from past tests

IV. Self-defense - must perform on both sides

1. Repeat all techniques from Blue Belt test.
2. Grab from behind, two-handed neck hold, control attacker.
3. Grab from behind, bear hug. Escape and attack.

IV. Free Sparring

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## TEST REQUIREMENTS FOR GREEN STRIPES

### I. First Green Stripe

1. Kata: Pinan III  
Must do: all moves correctly
2. One-steps: Show 5 one-steps from previous tests.

### II. Second Green Stripe

1. Kata: Pinan III  
Must do: strong L-stances
2. Kumite': show 5 two-step combinations.

### III. Third Green Stripe

1. Kata: Pinan II and Pinan III – both with power and realism
2. Kumite': Show a total of 10 two-steps

### IV. Fourth Green Stripe

1. Kata: Pinan III again with focus and realism
2. Self-defense moves:
  - a. Repeat all techniques from Purple Belt test.  
At completion of each control move, add minimum of two attacking moves.
3. Basic Techniques:

#### From a Relaxed Fighting Stance:

1. Backfist, Reverse Punch (spring style)
2. Upper block, Reverse Knifehand (spring style stance)
3. Low block, crane's neck (spring style)
4. Inside-out block, palm thrust (spring style)
5. Cross-block, upper cut (spring style)

#### Kicks:

1. Double front kick
2. Double side kick
3. Double round kick
4. Outside-in Crescent kick, spinning heel kick

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**TEST REQUIREMENTS FOR 4TH KYU, JUNIOR GREEN BELT**

I. Basic Techniques:

From a Relaxed Fighting Stance:

1. Backfist, Reverse Punch (spring style)
2. Upper block, Reverse Knifehand (spring style stance)
3. Low block, crane's neck (spring style)
4. Inside-out block, palm thrust (spring style)
5. Cross-block, upper cut (spring style)

Kicks:

1. Double front kick
2. Double side kick
3. Double round kick
4. Outside-in Crescent kick, spinning heel kick

II. Kata

1. Pinan III – but be prepared to show all previous kata

III. Kumite'

A total of 10 two-step techniques. Each two-step is a combination of a hand and a foot technique.

IV. Self-defense - must perform on both sides

1. Repeat all techniques from Purple Belt test. At completion of each control move, add minimum of two attacking moves.

V. Free Sparring

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**TEST REQUIREMENTS FOR JUNIOR HIGH GREEN STRIPES**

- I. First Red Stripe
  - 1. Kata: Pinan IV  
Must do: all moves correctly and with power
  - 2. Kumite' – Show 5 each of made up 1-steps and 2 - steps
  
- II. Second Red Stripe
  - 1. Kata: Pinan IV  
Must do: strong stances, power, and realism
  - 2. Kumite': show 5 three-step combinations. Three steps are three advancing front punches, all at face level; on the third punch, respond with a block and defensive moves.
  
- III. Third Red Stripe
  - 1. Kata: Pinan V – with power and realism
  - 2. Self-defense moves: Show a total of 10 two-steps
  - 3. Show Plum Blossom drill
  
- IV. Fourth Red Stripe
  - 1. Kata: Pinan IV and Pinan V
  - 2. Kumite: 5 three-steps, 5 two-steps, 5 three-steps
  - 3. Self-defense moves:
    - a. Same-side, one arm grab of shoulder. Control and attack.
    - b. Two-arm shoulder grabs. Control and attack.
  - 4. Basic Techniques:
    - a. Plum blossom hand drill
    - b. Jump spinning crescent kick
    - c. 3 functional combinations - these are drill-type sequences with 3 to 5 moves per sequence. Move down the floor with each of these.



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**TEST REQUIREMENTS FOR JUNIOR HIGH GREEN BELT**  
**(This belt is a green belt with a brown stripe on the end)**

I. Basic Techniques:

1. Plum blossom hand drill
2. Jump spinning crescent kick
3. 3 functional combinations - these are drill-type sequences with 3 to 5 moves per sequence. Move down the floor with each of these.

II. Kata

1. Pinan IV (Yodan)
2. Pinan V (Godan)

Be prepared to explain any moves.

You may be asked to perform other kata from earlier tests.

III. Kumite'

1. Three-step sparring: 5 techniques
2. Two-step sparring: 5 techniques
3. One-step sparring: 5 techniques

IV. Self-defense - must perform on both sides

1. Repeat moves from Green Belt test.
2. Same-side, one arm grab of shoulder. Control and attack.
3. Two-arm shoulder grabs. Control and attack.

V. Free Sparring

**Test Requirements for brown, high brown and black belt are in the Adult Manual and a student must attend the adult class to continue to those ranks regardless of age.**

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### WORDS WE USE

Karate (kah-rah-tay)	"Empty hand"
Kempo	"Way of the fist"
Training hall	Dojo
Training uniform	Gi (pronounced gee)
Instructor	Sensei
Master Instructor	Shihan
Forms	Kata
Attention	Cha Ryut
Bow	Kung Ret
Ready Stance	Choon Bee
Begin	Seeja (Korean) or Hajime' (Japanese)
Yell	Kiai

### STUDENT OF THE MONTH AWARDS

Kyoshi Amber Travsky will select a junior student for the Student of the Month award. The selection is also based on the following:

- Honesty
- Hard work during class
- Willingness to work with others
- Self discipline
- Kindness towards others

COUNTING:

English	Korean	Japanese
One	HaNa (hah-nah)	Ichi (eechee)
Two	Dool (dool)	Ni (nee)
Three	Set (set)	San (san)
Four	Net (net)	Shi (shee)
Five	Taset (taw-set)	Go (go)
Six	Yoset (yaah-set)	Roku (row-koo)
Seven	Il Gop (ill-goop)	Sichi (see-chee)
Eight	Yo Dul (yahl-dool)	Hachi (haw-chee)
Nine	Ah Hope (ahh-ooop)	Ko (coo)
Ten	Yohl (yaah-ool)	Ju (jew)

**ATTENDANCE AWARDS**

Question: What do all Black Belts have in common regardless of age, gender, or martial arts style?

Answer: They didn't quit.

Sticking with the martial arts isn't easy. If it were, there'd be a lot more black belts. In a club like the Laramie Kempo Karate Club, advancing through the ranks takes many years. To reward those who continue to come, day after day, week after week, and year after year, in the Junior classes we present attendance awards for every 50 classes attended. These stripe awards are put on the upper sleeve (either side) of the uniform.

To Earn the Award:

To get attendance credit, a student must sign-in for each class. One class attendance is attained for each day a student attends, regardless of the time spent in class.

If a student does not attend for a period of 6 months (not counting the summer months) but returns to class, the class attendance count starts over.

DOJO (TRAINING HALL) RULES

DO'S	DON'TS
1. Bow at the dojo entrance prior to coming into the room. Take shoes off before entering.	1. Don't enter dojo unless an adult is present.
2. Before and after class, stay within the entryway next to the dojo.	2. Don't wander around the building before or after class.
3. Come to class with a clean and neat gi. Have t-shirts tucked in and belt tied correctly.	3. Don't wear jewelry including watches, earrings, or rings.
4. Treat other students and instructors with respect. Stop whatever you are doing when a black belt enters the room and bow to them.	4. Don't kick, punch, or harass other students. No sparring in the dojo without the permission of a black belt.
5. Spit out gum before starting class.	5. Don't lean against the wall during class.
6. If late for class, wait to be bowed in.	6. Don't use any profanity or mean language during class.

Any person using excessive force against another student or instructor may not be allowed to return to the club if the actions persist. We are all here to learn the martial arts - not to hurt our fellow students.

***ATTENDANCE AWARDS - Making a Habit***

Over 100 members of the Laramie Kempo Karate Club have earned at least one Attendance Award, as indicated by the stripe on the shoulder of their uniform (Junior students only). Each stripe is for 50 classes. Awards go until the student reaches 250 classes.

We see many people come and go in kempo and this is not unusual for martial arts clubs or with any fitness program. People get motivated, start the class, and then quit after only a few weeks. It is important to make attending class a habit.

Doing the same thing over and over makes habits. For beginners, come to class even when you aren't in the mood and even when you are feeling tired.

We have students who have attended over 300 classes while most black belts have attended over 400. Now that's a habit! Break away from the TV and video game habits and put coming to class in its place.

## THE TRUE MEANING OF THE BLACK BELT

Black belt testing is a very rare event. In fact, it has occurred less than 20 times since the Club was first formed in 1985.

The Laramie Kempo Karate Club believes there is much more to being a black belt than having fancy kicks, being able to break boards, or winning trophies at a tournament. It is about the martial art *spirit*. It is what is inside that makes a black belt - though knowing kata and doing good punches and kicks is important.

Being a black belt means doing your best to become a better person. It means doing your best to make the world a better place. It means trying your best to be the best *you* can be and helping others to be their best.

It takes years of dedication. It means practicing even when you don't want to. It means coming to class even when you'd rather do something else.

It means walking away when someone picks on you, even though you know how to fight. It means realizing that, no matter how much you practice, and how hard you try, you must always try harder.

Being a black belt means realizing it is just a beginning, not an end. It is the beginning of being a serious student of the martial arts.

It is not about bragging. It is not about strutting around.

You must learn *humility* - the opposite of being a showoff. Humility is much more difficult to master than a fancy kick or sparring. It is the true meaning of the black belt.