

LARAMIE KEMPO KARATE CLUB



Youth Manual

Updated February 2026

LARAMIE KEMPO KARATE CLUB

INTRODUCTION

Head Instructor: Amber Travsky, 10th degree Black Belt, Hanshi

Instructors: Rich Travsky, 7th Degree Black Belt
Ed Kempema, 3rd Degree Black Belt
Brian Baker, 3rd Degree Black Belt
Bailey Abbott, 3rd Degree Black Belt
Shadow Abbott, 1st Degree Black Belt

Other Black Belts from the Laramie Kempo Karate Club:

Karen Rogers, 5th Degree Black Belt
Jack Wimbish, 3rd Degree Black Belt
Tim Evans, 2nd Degree Black Belt
Tiffany Young, 2nd Degree Black Belt
Shawn Palmer, 2nd Degree Black Belt
Ross Tolman, 2nd Degree Black Belt
Nicholas Haderlie, 2nd Degree Black Belt
Mark Wingate, 1st Degree Black Belt
Dan Eastwood, 1st Degree Black Belt
Elijah Massey, 1st Degree Black Belt
Nathanael Massey, 1st Degree Black Belt
Katie Kempema, 1st Degree Black Belt
Dawson Poteet, 1st Degree Black Belt
Matthew Link, 1st 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 th Kyu	White
8 th Kyu	Yellow
7 th Kyu	Orange
6 th Kyu	Blue
5 th Kyu	Purple
4 th Kyu	Green
3 rd Kyu	High Green
2 nd Kyu	Brown
1 st Kyu	High Brown

Black Belt Ranks:

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

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 in addition to permission from Shihan Travsky.

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.

Pre-Test:

Approximately one week prior to the rank test date, those students hoping to test must first participate in a pre-test. At least two black belts will run the pre-test; only those students meeting testing standards will be allowed to test for their next rank.

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.

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 follow with a back-knuckle.
 2. Step with right leg to side. Sidekick with left leg while bringing arms up to a guard. Knifehand 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!*

4th Yellow Stripe

1. Taikyoku I kata. You need a good stance, hand placement, and punches. **WITH POWER!**
2. Taikyoku II kata. All moves correct, power and good stances.
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 "snakes around" partner's arm, forming a platform and trapping their arm to pull them off balance; pull towards your forehead NOT to your side or downwards. Follow with ridgehand with the right arm to the side of the head (temple).
 5. Cross block with left arm while stepping in "toe-to-toe" with partner with left foot. Spin clockwise while moving right foot in a circle to outside of partner. Elbow strike to partner's head or side. Back-knuckle to the head.

Basic Techniques:

1. Hand techniques from a horse stance:

a. Front punch	d. Inside-out block
b. Upper block	e. Cross block
c. Lower block	
2. Kicks, from a relaxed fighting stance:
 - a. Front kick
 - b. Side kick
 - c. Round kick

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 and bring arms up to a guard. Sidekick with left leg while bringing arms up to a guard. Knife hand with left hand to the collarbone.
3. Take a small step back with right leg 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 on the first move!***
4. Step right leg back into a front stance while doing an upper block with the left arm. Left hand "snakes around" partner's arm, forming a platform and trapping their arm to pull them off balance; pull towards your forehead NOT to your side or downwards. Follow with ridgehand with the right arm to the side of the head (temple).
5. Cross block with left arm while stepping in "toe-to-toe" with partner with left foot. Spin clockwise 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.

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. Intermediate One-steps:
 6. Step left foot forward into front stance alongside opponent. Parry with left hand while doing a reverse knifehand with the right hand to opponent's solar plexus (area just below the sternum).
 7. Step with left leg into a horse stance at a slight angle to opponent while doing a cross-block with the left hand. Follow with an inside-out block (called a transfer) with the left hand to continue to secure the opponent's arm. Follow with left hand punch to the ribs.
 8. Step with left leg into a shallow horse stance at a slight angle to opponent. At the same time use both arms in a parry with a soft knifehand. Grab opponent's wrist with right hand and twist. Pull to your hip and hammer-fist with the left hand to side of the head (temple) of the opponent.

III. Third Orange Stripe

1. Kata: Naihanchi I
Must have: good horse stance, all the moves correct
2. Intermediate One-Steps:
 9. Step left foot back into L-stance while doing an inside-out block with the left arm. Round kick with the right leg to ribs or solar plexus; follow with a knife hand to the neck with the right hand.
 10. One-step developed by the student.

III. Fourth Orange Stripe

1. Kata: Naihanchi I and Taikyoku III
Must have: power, realism in both kata
2. Show all five intermediate one-steps
3. Self-defense:
 - a. Same-side hand grab and walk away
 - b. Same-side hand grab and control attacker
 - c. Cross-side hand grab and control attacker
4. 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

TEST REQUIREMENTS FOR 8th 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. The 5 intermediate one-steps

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: One-steps 1-5 with add-ons; 5 intermediate one-steps.
- II. Second Blue Stripe:
 1. Kata: Naihanchi II
Must have: good horse stance, know all the moves
 2. Advanced One-steps:
 11. Classic Five Elbows:
 - a. Step back into L-stance with right leg and do an inside-out block with the left arm.
 - b. Step right leg in close to opponent and strike right elbow to their stomach (elbow #1).
 - c. Using same arm, pull back and then re-strike with the elbow to the ribs (while maintaining block with left arm) (elbow #2).
 - d. Raise opponent's arm to your shoulder as you turn around 180 degrees and while also twisting opponent's wrist to turn arm so it is elbow-down on your shoulder. Use left arm and strike opponent's stomach with your elbow (elbow #3).
 - e. Move opponent's arm from your left shoulder, over your head and to your right shoulder while elbowing their kidney with the right arm (elbow #4). Be sure to keep the arm twisted and secured.
 - f. Turn 180 degrees to opponent's back and strike final elbow blow at opponent's back of the neck (elbow #5).
 12. Step right leg back into shallow front stance while doing an upper V-block with both hands. The back of your hands, left hand in front of the right, should block opponent's wrist. Twist both hands simultaneously so palms are inward, allowing you to grasp opponent's wrist with both hands. In a clockwise direction, while holding their wrist, do a circle, first with a small radius and then larger, to throw them off balance. Follow-up move is your choice, based on positioning of opponent at that point.
 13. Perform One-Step #5, but at the end do a take-down. To do this, reach right leg between opponent's two feet, turn him towards the right and then quickly turn it to the left while pushing right heel to the ground. This take-down should create a "pop" resulting in your opponent losing his or her balance and being easily pushed backward.
 - 14 – 15. Two made-up one-steps

III. Third Blue Stripe:

1. Kata: Pinan I
Must have: good front stances, know all the moves
2. One-steps: Two more made-up one-steps.

IV. Fourth Blue Stripe:

1. Kata: Pinan I and Naihanchi II
Must have: good stances and power
2. One-steps: Show all 5 intermediate one steps from Orange belt,
Show 5 advanced 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

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'

- 5 intermediate one-steps
5 advanced one-steps

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 5 intermediate and 5 advanced one-steps.

II. Second Purple Stripe

1. Kata: Pinan II
Must do: strong L-stances

2. Kumite': Two Steps

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.

Required two-steps:

1. Attack: Front kick with right leg (back leg) followed by a hammer fist with the right arm.
Defense: Step right leg back into a front stance while doing a double V block low to block kick, followed by a V block high. Follow-up with attack of choice.
2. Attack: Sidekick with right leg (back leg) followed by a backfist with the right hand.
Defense: Step back or to the side to avoid and deflect kick to avoid contact. Block opponent's backfist with a backfist and follow-up with attack of choice to finish the sequence.
3. Attack: Round kick low with right leg (back leg) followed by a backfist with the right hand.
Defense: Block kick with left hand with a hammer fist, while moving into a horse stance with the right leg coming forward. Backfist to block opponent's back fist, followed by follow-up of choice.

III. Third Purple Stripe

1. Kata: Pinan I and Pinan II – both with power and realism
2. Two more Two-Steps:
Make up own techniques.

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.

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 to show any other kata up to this rank.

III. Kumite'

- a. The five two-step techniques
- b. Show 5 one-steps from previous testing

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

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 the five two-step combinations from purple belt test.

III. Third Green Stripe

2. Kata: Pinan II and Pinan III – both with power and realism
2. Kumite': Show a total of 8 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

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 8 two-step techniques. This includes the four required two-steps and four made up two-steps.

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

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.

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.

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

Hanshi 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 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 25 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.