

PATCHES & AWARDS



To earn this patch, the student must perform the following requirements:
Ages 3 to 4 = 5 Sit Ups, 5 Push Ups & 30 sec. Leg Lifts
Ages 5 to 7 = 10 Sit Ups, 10 Push Ups, Run 5 Laps in the Dojo & 45 sec. Leg Lifts
Ages 8 & up = 15 Sit Ups, 15 Push Ups, Run 10 Laps in the Dojo & 1 min. Leg Lifts



To earn this patch, the student must perform the following requirements:
Ages 6 to 8 = Participate in a grappling drill for a time limit of at least 1 minute
Ages 9 & 10 = Participate in a grappling drill for a time limit of at least 2 minutes
Ages 11 & up = Participate in a grappling drill for a time limit of at least 3 minutes



To earn this patch, the student must perform the following requirements:
Ages 3 to 4 = Snap Kick, & Roundhouse Kick
Ages 5 to 7 = Above Plus: Side Kick, Knee Strike & Thrust Kick
Ages 8 & up = Above Plus: Roundhouse to Spinning Heel Hook & Spinning Side Kick



To earn this patch, the student must perform the following requirements:
Ages 3 to 4 = Participate in an Interactive test for a time limit of at least 1 minute
Ages 5 to 7 = Participate in an Interactive test for a time limit of at least 2 minutes
Ages 8 & up = Participate in an Interactive test for a time limit of at least 3 minutes



To earn this patch, the student must perform the following requirements:
Ages 6 to 8 = Participate in a sparring drill for a time limit of at least 1 minute
Ages 9 & 10 = Participate in a sparring drill for a time limit of at least 2 minutes
Ages 11 & up = Participate in a sparring drill for a time limit of at least 3 minutes



To earn this patch, the student must perform the following requirements:
Ages 3 to 4 = Horse Stance & Attention Stance for 30 sec. with Loud "Kiai" and No Moving
Ages 5 to 7 = Above Plus: Shikko (knee walk) for 1 lap around the dojo mat
Ages 8 & up = Above Plus: Ground Defense Posture & G2F Movement against attacker



The Aiki Kempo Kai is the official association governing Reis Martial Arts & is awarded to all students who are members of the Kai.



The Reis Martial Arts patch is the official dojo patch and is awarded to all students who join the dojo.



To earn this patch, the student must perform the following requirements:
 All students must be able to tie their own belt correctly, evenly and without help.



To earn this patch, the student must bring in a copy of their report card from school and achieve a S+ or B average to have and maintain this patch.



To earn this patch, the student must show the full splits on the floor with no space beneath the student and the floor.



The Leadership patch is awarded to all students who achieve Black Belt or are part of the dojo staff.



Stars are awarded to Students under the age of 13 for time achievements:
Red = 500 hours,
Gold = 250 hours,
Blue = 100 hours,
White = 50 hours



Chevrons are awarded to adults for time achievements:
Red = 5000 hours,
Gold = 1000 hours,
Blue = 500 hours,
White = 200 hours



Black Belt Club & Masters Club patches are awarded to those club members who have upgraded to these programs



Students selected by staff for the: "Special Winning Attitude Team" may wear this patch



To earn this patch, the student must have served honorably in a branch of the United States Military



Student Leaders are those selected by staff as assistants who are interested in becoming Sempai's



Assistant Instructor patches are issued to all certified Assistant Instructors or "Sempais"