

Seven Star

Punch Attacks and Grab Arts

(order in which you learn the curriculum)

Belt Rank Curriculum	Punch Attacks	Grab Arts
White Belts (to test for Orange)	PA1 PA2 PA3	GA1 GA2
Orange Belts (to test for Purple)	PA5a PA5b PA4a PA6a PA6b	GA3 GA4
Purple Belts (to test for Blue)	PA7a PA7b PA4b PA8b	GA5 GA6 GA8
Blue Belts (to test for Green)	PA9b PA10a PA10b PA9a	GA9 GA10 GA11
Green Belts (to test for Brown)	PA11a PA11b PA12b PA13a PA13b PA14a PA14b PA15a PA15b PA16a PA16b PA17a PA17b PA18b	GA12 GA14 GA13 (optional)
Brown Belts (to test for Black)	PA19a PA19b PA20a PA20b PA21b	GA 13 GA 15