

Junior Purple Belt

Mandate:

**A Clear Understanding of the Techniques on Test
Speed is Not Required**

Power is Required

Upper and Lower Body Separation (greatly reduced)



I. Kihon / Basics

1. Lunge Punch – Front Stance _____
2. Reverse Punch – Front Stance _____
3. Downward Block / Reverse Punch – Front Stance _____
4. Rising Block / Reverse Punch – Front Stance _____
5. Inside Fore Arm Block / Reverse Punch – Front Stance _____
6. Outside Fore Arm Block / Reverse Punch – Front stance _____
7. Knife Hand Block – Back Stance _____
8. Front Snap Kick _____
9. Side Snap Kick _____
10. Front Thrust Kick _____
11. Side Thrust Kick _____

II. Kata / Forms (Timing and Rhythm are required)

1. Takiyoko Sandan Regular & PK _____
2. Heian Shodan Regular & PK _____

III. Kumite / 3 Step / Sandon Kumite / Distance

1. Jodan Block: _____ Punch: _____
 2. Chudan Block: _____ Punch: _____
 3. Gedan Block: _____ Punch: _____
- Tai-Sabaki (body shifting)

IV. Waza

1. Linear Defensive Waza _____
2. Linear Offensive Waza _____

IV. Dashi / Stance

1. Ready _____
2. Front _____
3. Back _____
4. Horse _____

Candidate: _____

Examiner: _____

Date: _____