



Mandate

A clear understanding of the techniques on the test.

Minimum 9 Months Training as a Orange Belt

Speed is not necessary.

Power is required while standing.

Upper/Lower body separation is acceptable

Jr. Green Belt Test 7 -12 Years of Age

I Kihon-Basics-Moving

1. Lunge Punch _____
2. Reverse Punch _____
3. Rising Block _____
4. Outside Forearm Block _____
5. Inside Forearm Block _____
6. Downward Block _____
7. Front Snap Kick _____
8. Side Snap Kick _____
9. 4 Turns (Kata) _____

II Kata - Forms

1. Taikuyoko Nidan PK _____
2. Taikuyoko Sandan PK _____

III Kumite - Fighting – 5 Step Moving (No Contact)

1. Jodan: Block _____ Punches _____
2. Chudan: Block _____ Punches _____

3. Hachi-kiho First Six moves

1. Technique _____
2. Distance _____
3. Timing _____
4. Spirit _____

IV Dashi - Stances

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

Candidate: _____

Examiner: _____

Date: _____