



Mandate

A clear understanding of the techniques on test.

Minimum 9 Months Training as a Green Belt

No speed.

No power.

Upper/Lower body separation is completely acceptable

Jr. Blue Belt Test 1st Kyu 7-12 Years of Age

I Kihon - Basics - Moving

1. Lunge Punch _____
2. Reverse Punch _____
2. Rising Block _____
3. Outside Forearm Block _____
4. Inside Forearm Block _____
5. Downward Block _____
6. Knife-hand Block _____
7. Front Snap Kick _____
8. Side Snap Kick _____
9. Side Thrust Kick _____
10. 4 Turns (Kata) _____

II Kata - Forms

1. Taikuyoko Shodan PK _____
2. Taikuyoko Nidan PK _____
3. Taikuyoko Sandan PK _____
4. HeianShodan _____

III Gohan Kumite - 5 Step Fighting – Timing and Contact

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

IV Kumite

Hachi Kiho 8 moves _____

V Dashi - Stances

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

Candidate: _____

Examiner: _____

Date: _____