

Green Belt Test

Mandate:

A Clear Understanding of the Techniques on Test

Speed is Required

Power is Required

Upper and Lower Body Separation (1 Sec)



I. Kihon / Basics

1. Snap Kick Waza _____
2. Thrust Kick Waza _____
3. Closed Fist Waza _____
4. Blocking Waza _____

II. Kata / Forms

1. Heian Shodan Jiyu (free) _____
2. Heian Nidan PK _____
3. Heian Sandan _____

III. Kumite / Kata Application / Timing, Distancing and Control

1. Heian Shodan _____
2. Heian Nidan _____
3. Heian Sandan _____

IV. Dashi / Stance / 10 Step Using

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

Candidate: _____

Examiner: _____

Date: _____