



## Mandate

- A clear understanding of the techniques on test
- No speed.
- No power.
- Upper/Lower body separation
- Minimum of 9 Months Training At Yellow Belt

# Jr. Orange Belt Test 7-12 Years of Age

## I Kihon - Basics – Moving

1. Punch: Head/Midsection/Groin \_\_\_\_\_
2. Rising Block \_\_\_\_\_
3. Outside Forearm Block \_\_\_\_\_
4. Inside Forearm Block \_\_\_\_\_
5. Downward Block \_\_\_\_\_
6. Front Snap Kick \_\_\_\_\_
7. 4 Turns (Kata) \_\_\_\_\_

## II Kata - Forms

1. Taikuyoko Shodan PK \_\_\_\_\_

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

1. Jodan: Block \_\_\_\_\_ Punches \_\_\_\_\_
2. Chudan: Block \_\_\_\_\_ Punches \_\_\_\_\_
3. Hachi-kiho First Three moving
  1. Technique \_\_\_\_\_
  2. Distance \_\_\_\_\_
  3. Timing \_\_\_\_\_
  4. Spirit \_\_\_\_\_

## IV Dashi - Stances

1. Attention \_\_\_\_\_
2. Ready \_\_\_\_\_
3. Front \_\_\_\_\_
4. Horse \_\_\_\_\_

Candidate: \_\_\_\_\_

Examiner: \_\_\_\_\_

Date: \_\_\_\_\_