

# Juvenile Blue Belt Test

**Mandate:**

**A Clear Understanding of the Techniques on Test**

**Speed is Required**

**Power is Required**

**No Upper and Lower Body Separation**



## I. Kihon / Basics

1. Linear Defensive Waza \_\_\_\_\_
2. Linear Offensive Waza \_\_\_\_\_
3. Stance Waza \_\_\_\_\_
4. Open Hand Waza \_\_\_\_\_
5. Sweeping Waza \_\_\_\_\_
6. Elbow Waza \_\_\_\_\_

## II. Kata / Forms

1. Heian Shodan Jiyu \_\_\_\_\_
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

1. Attention Stance \_\_\_\_\_
2. Ready Stance \_\_\_\_\_
3. Front Stance \_\_\_\_\_
4. Back Stance \_\_\_\_\_
5. Horse Stance \_\_\_\_\_
6. Hook Stance \_\_\_\_\_
7. Cat Stance \_\_\_\_\_
8. Half Moon Stance \_\_\_\_\_
9. Hour Glass Stance \_\_\_\_\_
10. Rooted Stance \_\_\_\_\_
11. Walking Stance \_\_\_\_\_

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

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

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