

# Juvenile Orange Belt Test

**Mandate:**

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

**Speed is Not Required**

**Power is Required**

**Upper and Lower Body Separation (2 Sec)**



## I. Kihon / Basics

1. Lunge Punch – Front Stance \_\_\_\_\_
2. Reverse Punch – Front Stance \_\_\_\_\_
3. Downward Block / Reverse Punch – Front Stance \_\_\_\_\_
4. Rising Block / Reverse Punch – Front Stance \_\_\_\_\_
5. Inside Fore Arm Block / Reverse Punch – Front Stance \_\_\_\_\_
6. Outside Fore Arm Block / Reverse Punch – Front stance \_\_\_\_\_
7. Knife Hand Block – Back Stance \_\_\_\_\_
8. Front Snap Kick \_\_\_\_\_
9. Side Snap Kick \_\_\_\_\_
10. Front Thrust Kick \_\_\_\_\_
11. Side Thrust Kick \_\_\_\_\_
12. Turns \_\_\_\_\_

## II. Kata / Forms

1. Taikiyoko Shodan PK \_\_\_\_\_
2. Taikiyoko Nidan PK \_\_\_\_\_
3. Taikiyoko Sandan PK \_\_\_\_\_
4. Heian Shodan \_\_\_\_\_

## III. Waza

1. Linear Defensive \_\_\_\_\_
2. Linear Offensive \_\_\_\_\_

## IV. Dashi / Stance

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

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

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

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