



Mandate

- A clear understanding of the techniques on the test
- No speed
- No power
- No moving in stances While doing hand Techniques

Minimum 9 Month Training

Jr. Yellow Belt Test 7 - 12 Years of Age

I Kihon - Basics – Standing

1. Punch: _____
2. Rising Block _____
3. Outside Forearm Block _____
4. Inside Forearm Block _____
5. Downward Block _____
6. Front Snap Kick _____

II Kumite - Fighting - Standing (Block-Punch Combination)

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

III Dashi - Stances

1. Attention _____
2. Ready _____
3. Front (moving & Turning 180 only) _____

IV Kata

1. Taikuyoko Shodan (Legs Only) _____

Candidate: _____

Examiner: _____

Date: _____