

Yellow Belt Test

Mandate:

A Clear Understanding of the Techniques on Test

Speed is Not Required

Power is Not Required

Upper and Lower Body Separation (3 Sec)



I. Kihon / Basics

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

II. Kata / Forms

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

III. Kumite / 5 step / Gohon Kumite / Timing

1. Jodan Block: _____ Punch: _____
2. Chudan Block: _____ Punch: _____

IV. Dashi / Stance

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

Candidate: _____

Examiner: _____

Date: _____