



Testing Requirements to Obtain Roku Kyu (Green Belt)

I. Kata: Heian Sandan

II. Kihon:

Note: (Each sequence to be performed three times)

1. Stepping Forward: Zenkutso-dachi - Oizuki Sanbon Zuki: Jodan X1, Chudan X2
2. Stepping Backward: Zenkutso-dachi - Jodan Ageuke, Chudan Gyaku zuki
3. Stepping Forward: Zenkutso-dachi - Chudan Soto Udeuke, Kiba-dachi - Chudan Enpiuchi
4. Stepping Backward: Kokutsu-dachi - Chudan Shutouke, Zenkutso-dachi - Chudan Nukite
5. Stepping Forward: Zenkutso-dachi - Maegeri Rengeri: Chudan X1, Jodan X1

MOWATTE

6. Stepping Forward: Zenkutso-dachi – Jodan Mawashigeri
7. Left & Right Side: Kiba-dachi – Jodan Yoko Keage
8. Left & Right Side: Kiba-dachi – Chudan Yoko Kekomi
9. Stepping Forward: Zenkutso-dachi - Chudan Maegeri, Jodan Oizuki

III. Kumite – Kihon Ippon Kumite - Zenkutso-dachi

Kiai - show spirit verbally, and Counter Attack on last technique of each sequence

1. Attack Side: Stepping Forward: Jodan Tsuki
Block Side: Stepping Backward: Jodan Ageuke
2. Attack Side: Stepping Forward: Jodan Tsuki
Block Side: Stepping Backward: Jodan Ageuke
3. Attack Side: Stepping Forward: Chudan Tsuki
Block Side: Stepping Backward: Chudan Soto Udeuke
4. Attack Side: Stepping Forward: Chudan Tsuki
Block Side: Stepping Backward: Chudan Uchi Udeuke



Testing Requirements to Obtain Roku Kyu (Green Belt)

I. Kata: (form) Heian Sandan (kata #3)

II. Kihon: (basic techniques)

Note: (Each sequence to be performed three times)

1. Stepping Forward: Front Stance – One Step, 3 Punches: Face Level X1, Stomach Level X2
2. Stepping Backward: Front Stance – Face Level Rising Block, Stomach Level Reverse Punch
3. Stepping Forward: Front Stance - Stomach Level Outside Forearm Block, Straddle Leg Stance -Stomach Level Elbow
4. Stepping Backward: Back Stance - Stomach Level Knife Hand Block, Front Stance - Spear-hand straight thrust
5. Stepping Forward: Front Stance - Double Front Kick: Stomach Level X1, Face Level X1
TURN AROUND
6. Stepping Forward: Front Stance - Face Level Round House Kick
7. Left & Right Side: Straddle Leg Stance - Face Level Side Snap Kick
8. Left & Right Side: Straddle Leg Stance - Stomach Level Side Thrust Kick
9. Stepping Forward: Front Stance – Stomach Level Front Kick, Face Level Lunge Punch

III. Kumite – Kihon Ippon Kumite – Front Stance (1 Step Basic Sparring)

Kiai - show spirit verbally, and Counter Attack on last technique of each sequence

1. Attack Side: Stepping Forward: Face Level Punch
Block Side: Stepping Backward: Face Level Rising Block
2. Attack Side: Stepping Forward: Face Level Punch
Block Side: Stepping Backward: Face Level Rising Block
3. Attack Side: Stepping Forward: Stomach Level Punch
Block Side: Stepping Backward: Stomach Level Outside Forearm Block
4. Attack Side: Stepping Forward: Stomach Level Punch
Block Side: Stepping Backward: Stomach Level Inside Forearm Block