

RED BELT - 3RD KYU PROMOTION TEST SHEET										
SFR stepping forward, return		SFSB stepping forward, stepping back				IP in place				
BASICS										
1	- SFR, Front Stance, Front Kick, Three Punches					1	2	3	4	5
2	- SFSB, Front Stance, Upper Block, Front Kick, Reverse Punch, Low Block					1	2	3	4	5
3	- SFSB, Front stance, Outside Block; Horse stance, Side Elbow, Backfist; Front stance, Low Block					1	2	3	4	5
4	- SFSB, Back stance, inside block;Front Stance, jabbing punch, Reverse Punch, Low Block					1	2	3	4	5
5	- SFSB, Back Stance, Knife Hand Block, Front Leg Front Kick; front stance, Spear Hand;					1	2	3	4	5
6	- SFR, Back Stance, X Block, Low Knife Hand; Front Stance, Low Block					1	2	3	4	5
7	- SFR, Front Stance, Front Kick, Round Kick, Backfist, Reverse Punch, Low Block					1	2	3	4	5
8	- SFR, Front stance, Front Kick, Thrust Kick; Back Stance, Knife Hand Block; Front Stance, Reverse Punch, Low Block					1	2	3	4	5
9	- SFR, Freestyle Stance, Crescent Kick, Round House Elbow					1	2	3	4	5
10	- SFR, Front Stance, Back Kick					1	2	3	4	5
11	- IP, Front Stance, Same Leg: Front Kick to front, Side Thrust Kick to side					1	2	3	4	5
12	- SFR, Freestyle Stance, Back Fist, Reverse Punch					1	2	3	4	5
13	- SFR, Front Stance, Front Kick, High Jabbing Punch, Middle Reverse Punch					1	2	3	4	5
SPARRING & SELF DEFENSE										
1	Kihon Ippon Kumite #5 - Jodan R. Ft. Front Stance, L. High Block (grab wrist), R. Mid Roundhouse kick, move into a horseback stance, R. Mid Hammer Fist					1	2	3	4	5
2	Kihon Ippon Kumite #5 - Chudan L. Ft Forward Horse Stance with Elbow Block, (Spin) High Roundhouse Elbow					1	2	3	4	5
3	Kihon Ippon Kumite #5 - Mae Geri L. Ft Forward Back Stance, Scooping Block with the Fist, Right Mid Reverse Punch					1	2	3	4	5
4	Kihon Ippon Kumite #5 - Yoko Geri Right Backside Low Block, Right Middle Side Thrust Kick, R. Side Elbow Strike in Horse Stance					1	2	3	4	5
5	Kihon Ippon Kumite #5 - Mawashi Geri Outside block, spin, L. knife hand strike to temple					1	2	3	4	5
6	Jlyu Ippon Kumite #1 - Jodan Freestyle Stance, Left High Vertical Knife Hand Block, Right Mid Reverse punch, Hand Pulled Back					1	2	3	4	5
7	Jlyu Ippon Kumite #1 - Chudan Freestyle Stance, Left High Outside Forearm Block, Right Mid Reverse Punch, Hand Pulled Back					1	2	3	4	5
8	Jlyu Ippon Kumite #1 - Mae Geri Freestyle Stance, Left Low Block, Right Middle section Reverse Punch, Hand pulled back position					1	2	3	4	5
9	Throws: Ippon Seoinage (one arm throw)					1	2	3	4	5
10	Application #9: (Defense from High Punch) Tai Sabaki #2, Te Nagashi Uke (hand sweeping block with palm heel strike, Side Choke					1	2	3	4	5
11	Application #10: (Defense from High Punch) Tai Sabaki #2 Gyaku Age Uke (Reverse High Side Block), Nukite (spearhand), Leg Bar (grab behind ankle, push slightly below knee)					1	2	3	4	5
12	Application #11: (Defense from Low Punch) Tai Sabaki #1, Gedan Barai (Low Block), Gyaku Zuki (Reverse Punch), neck throw					1	2	3	4	5
FORM										
1	Tekki Shodan					10	20	30	40	50
MENTAL										
1	Japanese Terms: Hikite Gamae - pull back hand, Ushiro - Back, Tate - Vertical					1	2	3	4	5
2	Mental Attitude while Sparring: No ego; allow yourself to learn new techniques					1	2	3	4	5
3	Wude Virtue: Loyalty					1	2	3	4	5
NOTES:						SCORE:				
Evaluator:						Max Score: 190				
						Passing: 80% 152				
						Outstanding: 97% 184				