

PURPLE BELT - 4TH KYU PROMOTION TEST SHEET					
BASICS					
1	- Front Stance, Front Kick, Three alternating punches; SFR	1	2	3	4 5
2	- Front Stance, Upper Block, Low Block, Reverse Punch, Downward Block; SFR	1	2	3	4 5
3	- Front Stance, Outside Forearm Block; Horse stance, Side Elbow Strike; Front stance, Reverse Punch, Low Block; SFR	1	2	3	4 5
4	- Back Stance, Inside Forearm Block; Front, Jabbing Punch, Reverse Punch, Downward Block; SFR	1	2	3	4 5
5	- Back Stance, Knife Hand Block, Front Leg Roundhouse Kick, Front stance, Spearhand; SFR	1	2	3	4 5
6	- Back Stance, X block, Low Kife Hand Block, (Front Stance) Downward Block; SFR	1	2	3	4 5
7	- Front Stance, Front Kick / Roundhouse Kick; SFR	1	2	3	4 5
8	- Horse Riding Stance, Side Snap Kick; SFR	1	2	3	4 5
9	- Front Stance, Crescent Kicking Block, Roundhouse Elbow Strike; SFR	1	2	3	4 5
10	- Freestyle Stance, Backfist; Switch Feet, repeat	1	2	3	4 5
11	- Freestyle Stance, Front Kick (mid) / Jabbing Punch (high); SFR	1	2	3	4 5
SPARRING & SELF DEFENSE					
1	Kihon Ippon Kumite #4 - Jodan R. Ft. Front Stance, High X Block, R. Mid Level Roundhouse Kick, turning into a L. Roundhouse Elbow	1	2	3	4 5
2	Kihon Ippon Kumite #4 - Chudan L. Ft. Back Stance, L. Front Leg Roundhouse Kick, L. High Japping Punch, R. mid-section Reverse Vertical Punch	1	2	3	4 5
3	Kihon Ippon Kumite #4 - Mae Geri R. Ft. Cat Stance, R. Downward Block, Left Mid Level Knife Hand Block to opponent's right shoulder, Extend front foot into Front Stance with Elbow Strike to chest	1	2	3	4 5
4	Kihon Ippon Kumite #4 - Yoko Geri L. Ft. Front Stance, Left Low Hooking Block, Right High Ridge Hand Strike	1	2	3	4 5
5	Kihon Ippon Kumite #4 - Mawashi Geri Square Stance, High Augmented Knife Hand Block, Right Middle Augmented Side Elbow	1	2	3	4 5
Ne-waza (Ground Fighting):					
6	- Mount & Guard Positions	1	2	3	4 5
7	- Side Control	1	2	3	4 5
Kansetsu-waza (Joint Locks): Shoulder/Elbow Joint Locks					
8	- Kimura (reverse keylock hold)	1	2	3	4 5
9	- Hammerlock	1	2	3	4 5
10	- Arm bar fusing (ground fighting control technique)	1	2	3	4 5
Throws: Neck Throw					
11	Koshi Nage	1	2	3	4 5
12	Shiho Nage - outward arm rotation (4 corner throw)	1	2	3	4 5
13	Application #4: Tai Sabaki #1, reverse side Age Uke (Side High Block), Oi Zuki (Front Punch), arm bar control	1	2	3	4 5
14	Application #5: Tai Sabaki #1, Yoko Geri (side kick), pull down	1	2	3	4 5
15	Application #6: Tai Sabaki #7, High Block, trap, Mae Geri , outer wrist twist	1	2	3	4 5
16	Application #7: Tai Sabaki #2, Side High Block, trap, pull down hand in joint lock, front kick, ax kick	1	2	3	4 5
17	Application #8: Tai Sabaki #5, Yoko Geri , 4 corner throw	1	2	3	4 5
FORM					
1	Heian Godan	10	20	30	40 50
MENTAL					
1	Japanese Terms: Zanshin - awareness Mushin - clearing the mind of distractions	1	2	3	4 5
2	Points of Control of an Attack: slide in toward source, control beyond the point of impact, control on either side of convergence	1	2	3	4 5
4	Wude Virtue: Will - sincere commitment to worthwhile goals	1	2	3	4 5
NOTES:		SCORE:			
Evaluator:		Max Score: 205 Passing: 80% 164 Outstanding: 97% 199			