

BLUE BELT - 5TH KYU PROMOTION TEST SHEET										
BASICS										
1	-Front Stance, Three Punches; SFR	1	2	3	4	5				
2	- Horse Riding Stance, Three Punches; SFR	1	2	3	4	5				
3	- Front Stance, Backfist, Reverse Punch, Downward Block; SFSB	1	2	3	4	5				
4	- Front Stance/Outside Block, Horse stance/Side Elbow/Backfist, Front Stance/Low Block SFSB	1	2	3	4	5				
5	- Front Stance/Inside Forearm Block, Jabbing Punch, Reverse Punch; SFSB	1	2	3	4	5				
6	- Front Stance/Knife hand block, Vertical Spear Hand; SFSB	1	2	3	4	5				
7	- Front Stance/Back Hand Block; SFSB	1	2	3	4	5				
8	- Front Stance/Front Kick, Lunge Punch; SFR	1	2	3	4	5				
9	- Front Stance/Front Kick, Reverse Punch; SFR	1	2	3	4	5				
10	- Front Stance/Combination Front Kick, Front Thrust Kick; SFR	1	2	3	4	5				
11	- Freestyle stance, Crescent kick block; SFR	1	2	3	4	5				
12	- Freestyle stance, Jabbing Punch, Reverse Punch; switch feet/repeat	1	2	3	4	5				
13	- Freestyle stance, Front Kick to mid section; switch feet/repeat	1	2	3	4	5				
SPARRING & SELF DEFENSE										
1	Kihon Ippon Kumite #3 - Jodan R. Ft. Front Stance with R. High Block, R. Side Snap Kick, R. Side Middle Side Elbow Strike	1	2	3	4	5				
2	Kihon Ippon Kumite #3 - Chudan L. Ft. Front Stance & L. Inside Forearm Block, Left (High) Jabbing Punch, R. Mid Reverse Punch	1	2	3	4	5				
3	Kihon Ippon Kumite #3 - Mae Geri L. Foot Forward Front Stance, L. Downward Hooking Block, L. High Backfist, R. Mid Reverse Punch	1	2	3	4	5				
4	Kihon Ippon Kumite #3 - Yoko Geri L. Foot Forward Front Stance, L. Outside Forearm Block, R. Mid Reverse Punch	1	2	3	4	5				
5	Kihon Ippon Kumite #3 - Mawashi Geri L. Foot Forward Front Stance, Left Inside Forearm Block, R. Mid Reverse Punch	1	2	3	4	5				
6	Rear Bear Hug: (Variations: 2 Finger Lock, Under Arm Twist, Throw to Ground)	1	2	3	4	5				
7	Kenka-Yotsu (Same Side Grab Defense)	1	2	3	4	5				
8	Ai-Yotsu (Opposing Grab Defense)	1	2	3	4	5				
Kaiten (Rolls):										
9	- Jump Forward Roll over obstacle	1	2	3	4	5				
10	- Turn, Forward Roll	1	2	3	4	5				
11	Kansetsu-waza (Joint Locks): Shoulder/Elbow Joint Locks	1	2	3	4	5				
12	Throws: Neck Throw	1	2	3	4	5				
13	Application #2 (defense from High Punch): Tai Sabaki movement 1, side high block (similar to Age Uke for side defense), Mawashi Geri (round kick), Arm Bar	1	2	3	4	5				
14	Application #3 (defense from High Punch): Tai Sabaki movement 4, Tate Shuto Uke, Jodan Shuto	1	2	3	4	5				
FORM										
1	Heian Yodan	10	20	30	40	50				
MENTAL										
1	Japanese Terms: Nukite - Spear Hand Mikazuki - Crescent	1	2	3	4	5				
2	Theory of Attack: Internal Factor (mind); External (body, dynamic, technical)	1	2	3	4	5				
3	Theory of Defense: Internal Factor (mind); External (body, dynamic, technical)	1	2	3	4	5				
4	Wude Virtue: Loyalty - From the top down; with honest dissent; to substantial things	1	2	3	4	5				
NOTES:							SCORE:			
Evaluator:										
							Max Score: 205			
							Passing: 80% 164			
							Outstanding: 97% 199			