

Student Name:

Date:

Fail / Pass / Outstanding

GREEN BELT - 6TH KYU PROMOTION TEST SHEET						
BASICS						
1	- Front Stance, 3 Punches (starting with lunge punch); SFR	1	2	3	4	5
2	- Front Stance, Backfist, Reverse Punch, Low Block; SFSB	1	2	3	4	5
3	-Horse Stance Facing Side, Moving Forward into In-Line Hammer Fist, Turn, Return with Same Technique	1	2	3	4	5
4	- Front Stance, Upper Block, Reverse Punch, Low Block; SFSB	1	2	3	4	5
5	- Front Stance, Outside Block, Reverse Punch, Low Block; SFSB	1	2	3	4	5
6	- Front Stance, Inside Forearm Block, Reverse Punch, Low Block; SFSB	1	2	3	4	5
7	- Back Stance (shuto uke), Knife Hand Block; SFSB	1	2	3	4	5
8	- Fighting Stance, combination kick: Front Kick Middle, Front Kick High, Stepping Forward, SFR	1	2	3	4	5
9	- Fighting Stance, Side Snap Kick SFR	1	2	3	4	5
10	- Fighting Stance, Side Thrust Kick; SFR	1	2	3	4	5
11	- Fighting Stance, Round Kick Moving Forward; Turn, Return Back Same Technique	1	2	3	4	5
12	- Fighting Stance, Front Arm Jab; Switch Feet, Repeat	1	2	3	4	5
13	- Fighting Stance, Reverse Punch; Switch Feet, Repeat	1	2	3	4	5
SPARRING & SELF DEFENSE						
1	Kihon Ippon Kumite #2 - Jodan High punch attack: Step back, front stance, upper knife hand block, knife hand strike to neck	1	2	3	4	5
2	Kihon Ippon Kumite #2 - Chudan Mid-section punch attack: Step Back, Front Stance Right Outside Block, Trap, Move to horse stance, Elbow Strike	1	2	3	4	5
3	Kihon Ippon Kumite #2 - Gedan Front Thrust Kick attack: Step Back, Low Block Front Hand High Punch, Reverse Punch	1	2	3	4	5
4	Front Bear Hug: (Arms Free, Arms Locked)	1	2	3	4	5
5	Kaiten (Rolls): Rolling Backwards	1	2	3	4	5
Ukemi (Falls)						
6	- Side Break Fall	1	2	3	4	5
7	- Front Break Fall	1	2	3	4	5
8	Kansetsu-waza (Joint Locks): Supinating wrist lock (palm up, thumb leads rotation)	1	2	3	4	5
9	Throws: Large Outer Reap	1	2	3	4	5
10	Application #1: (Defense from High Punch); high side block, reverse punch, outer reap, control	1	2	3	4	5
FORM						
1	Heian Sandan	10	20	30	40	50
MENTAL						
1	Japanese Terms: Jiyu - Free stance, Kizami - describing a front limb performing the technique, Waza-technique	1	2	3	4	5
2	Process of Self Defense: Perception, Evaluation, Reaction	1	2	3	4	5
3	Embusen - the outline of the kata	1	2	3	4	5
4	Wude Virtue: Trust - trust builds strong relationships and is key to earning respect	1	2	3	4	5
5	Children Home Rules #9 (kind to brothers/sisters) & #10 (homework)	1	2	3	4	5
NOTES:		SCORE:				
Evaluator:		Max Score: 190 Passing: 80% 152 Outstanding: 97% 184				