

Student Name:

Date:

Fail / Pass / Outstanding

ORANGE/BLACK BELT - 7TH KYU PROMOTION TEST SHEET						
BASICS						
N	Punches/Strikes: Backfist					
E	Blocks: Augmented Two Hand Block					
W	Kicks: Front Thrust Kick					
1	- Front Stance, Lunge Punch; SFSB	1	2	3	4	5
2	- Front Stance, High Block; SFSB	1	2	3	4	5
3	- Front Stance, Outside Block; SFSB	1	2	3	4	5
4	- Front Stance, Inside Block; SFSB	1	2	3	4	5
5	- Back Stance (shuto uke), Knife Hand Block; SFSB	1	2	3	4	5
6	- Horse Stance, Side Snap Kick; SFR	1	2	3	4	5
7	- Horse Stance, Side Thrust Kick; SFR	1	2	3	4	5
8	- Front Stance, Downward Backfist; SFSB	1	2	3	4	5
9	- Front Stance, Side Backfist; SFSB	1	2	3	4	5
10	- Front Stance, Downward Hammer Fist; SFSB	1	2	3	4	5
11	- Front Stance, Augmented Block; SFSB	1	2	3	4	5
12	- Fighting Stance, High Block, Reverse High Punch; Switch Feet	1	2	3	4	5
13	- Fighting Stance, Low Block, Reverse Punch; Switch Feet	1	2	3	4	5
14	- Fighting Stance, High Side Block, Reverse Punch; Switch Feet	1	2	3	4	5
15	- Fighting Stance, Inside Block, same hand Side Backfist; Switch Feet	1	2	3	4	5
16	- Fighting Stance, Front Kick; SFR	1	2	3	4	5
17	- Fighting Stance, Side Snap Kick; SFR	1	2	3	4	5
18	- Fighting Stance, Side Thrust Kick; SFR	1	2	3	4	5
SPARRING & SELF DEFENSE						
1	One Step Sparring - High Defense (Kihon Ippon Kumite #1 - Jodan)	1	2	3	4	5
2	One Step Sparring - Middle Defense (Kihon Ippon Kumite #1 - Chudan)	1	2	3	4	5
3	One Step Sparring - Low Defense (Kihon Ippon Kumite #1 - Gedan)	1	2	3	4	5
4	Hair Grabs: Front and Rear	1	2	3	4	5
5	Kaiten (Rolls): Forward Rolls	1	2	3	4	5
6	Ukemi (Falls): Rear Break Fall	1	2	3	4	5
Kansetsu-waza (Joint Locks):						
7	Pronating wrist lock (arm bar position, pinky leads rotation)	1	2	3	4	5
8	Adductive wrist lock (move wrist thumb down, rotate wrist upward toward the body)	1	2	3	4	5
FORM						
1	Heian Nidan	10	20	30	40	50
MENTAL						
1	Japanese Terms: Moroto-augmented, Hidari-left side, Migi-right side	1	2	3	4	5
2	Sokon "Bushii" Matsumura created Heian Nidan	1	2	3	4	5
3	Wude Virtue: Righteousness - doing what is right despite the difficulty	1	2	3	4	5
4	Children Home Rules #7 (not interrupt) & #8 (clean self)	1	2	3	4	5
NOTES:		SCORE:				
Evaluator:		Max Score: 200				
		Passing: 80% 160				
		Outstanding: 97% 194				