

Student Name:

Date:

Fail / Pass / Outstanding

ORANGE BELT - 8TH KYU PROMOTION TEST SHEET										
BASICS										
1	- Front Stance, Low Block, Moving Forward Low Block; Turning, Return Back Same Technique	1	2	3	4	5				
2	- Front Stance, Low Block, SFT	1	2	3	4	5				
3	- Front Stance, Outside Block; SFR	1	2	3	4	5				
4	- Front Stance, Inside Block; SFR	1	2	3	4	5				
5	- Front Stance, Forward Lunge Punch; SFR	1	2	3	4	5				
6	- Front Stance, Reverse Punch; SFR	1	2	3	4	5				
7	- Front Stance, Downward Hammer Fist; SFR	1	2	3	4	5				
8	- Front Stance, Front Kick; SFR	1	2	3	4	5				
9	- Back Stance, Knife Hand Block; SFR	1	2	3	4	5				
10	- Horse Stance, Side Snap Kick; SFR	1	2	3	4	5				
11	- Horse Stance, Side Thrust Kick; SFR	1	2	3	4	5				
12	- Fighting Stance, High Block, Repeat; Switch Feet, Repeat	1	2	3	4	5				
13	- Fighting Stance, Low Block, Repeat; Switch Feet, Repeat	1	2	3	4	5				
14	- Fighting Stance, High Side Block, Repeat; Switch Feet, Repeat	1	2	3	4	5				
15	- Fighting Stance, Inside Block, Repeat; Switch Feet, Repeat	1	2	3	4	5				
16	- Fighting Stance, Front Kick Moving Forward; 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 & SD										
1	5 Step Sparring - Low Defense (Gohon ippon Kumite #1 - Gedan)	1	2	3	4	5				
2	Tai Sabaki (whole body movement) Movements 5-8 Evade, Lead, Retreat	1	2	3	4	5				
Choke Release:										
3	- #3 Raise arm over & move in (TS 3 or 4), elbow strike using same arm	1	2	3	4	5				
4	- #4 double knife hand block, grab back of neck, 2 finger choke with other hand; control to ground	1	2	3	4	5				
FORM										
1	Heian Shodan	10	20	30	40	50				
MENTAL										
1	Japanese Terms: yoko-side, shuto-knife hand, keagi-snap, kekomi-thrust, uchi-strike	1	2	3	4	5				
2	Definition of Heian - peaceful mind	1	2	3	4	5				
3	Who taught the Heian katas to Funakoshi? Yasatsune Itosu	1	2	3	4	5				
4	Wude Virtue: Respect others	1	2	3	4	5				
5	Children Home Rules #5 (room) & #6 (abide parents)	1	2	3	4	5				
6	Essay: Why are Humility and Respect important in martial arts	12	24	36	48	60				
NOTES:							SCORE:			
Evaluator:							Max Score: 245			
							Passing: 80% 196			
							Outstanding: 97% 238			