

Student Name:

Date:

Fail / Pass / Outstanding

GOLD/BLACK BELT - 9TH KYU PROMOTION TEST SHEET						
BASICS						
1	- Straight punch from Horse Stance	1	2	3	4	5
2	- Front Stance, C Stepping, SFR	1	2	3	4	5
3	- Front Stance, Low Block, SFR	1	2	3	4	5
4	- Front Stance, High Block, SFR	1	2	3	4	5
5	- Front Stance, Outside Block, SFR	1	2	3	4	5
6	- Front Stance, Inside Block, SFR	1	2	3	4	5
7	- Front Stance, Lunge Punch, SFR	1	2	3	4	5
8	- Front Stance, Reverse Punch, SFR	1	2	3	4	5
9	- Front Stance, Front Kick Moving Forward; SFR	1	2	3	4	5
10	- Horse Stance, Moving Forward, Side Snap Kick; SFR	1	2	3	4	5
11	- Fighting Stance, High Block, Repeat; Switch Feet, Repeat	1	2	3	4	5
12	- Fighting Stance, Low Block, Repeat; Switch Feet, Repeat	1	2	3	4	5
13	- Fighting Stance, High Side Block, Repeat; Switch Feet, Repeat	1	2	3	4	5
14	- Fighting Stance, Inside Block, Repeat; Switch Feet, Repeat	1	2	3	4	5
15	- Fighting Stance, Turn, Repeat	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
SPARRING & SELF DEFENSE						
5 Step Sparring - Middle Defense						
1	(Gohon Ippon Kumite #1 - Chudan)	1	2	3	4	5
2	Tai Sabaki (whole body movement) Movements 1-4 Moving In & Crowding	1	2	3	4	5
Choke Release:						
3	- #1: turn head and step back into a horse stance , palm heel thrust to sternum, move into fighting stance	1	2	3	4	5
4	- #2: Trap hand & knife hand block the other (windshield wiper motion); palm heel to opponent with blocking hand	1	2	3	4	5
FORM						
1	Taikyoku Shodan	1	2	3	4	5
KNOWLEDGE						
1	Japanese Terms:	1	2	3	4	5
	jodan - upper level chudan - mid level uchi - strike					
	kiba dachi - horse riding stance					
2	Definition of Taikyoku (first cause)	1	2	3	4	5
3	Gichin Funakoshi developed Taikyoku training katas	1	2	3	4	5
4	Wude Virtue: Respect starts with Self Respect	1	2	3	4	5
5	Children Home Rules #3 (truth) & #4 (chores)	1	2	3	4	5
NOTES:		SCORE:				
Evaluator:		Max Score: 135				
		Passing: 80% 108				
		Outstanding: 97% 131				