

Low Purple Belt Testing For High Purple Belt

Red Stripe: Kata (Forms)

Heian Godan, Tekki Shodan

Yellow Stripe: Kihon (Basics)

Ridge hand strike (Stationary in Front stance)

Knife Hand Block in Cat Stance/spear-hand thrust in FS (Fwd & Back)

Ippon Kumite (One step sparring -- 2 head /2 stomach)

Blue Stripe: Kumite (Sparring)

Front Leg Sweeps

Spinning Back Kick

Free Sparring (Jiyu Kumite)

Attendance at a Dojo Tournament or Seminar Required

Black Stripe: Personal Goals (Kids/Youth)

Mentoring - Hand in Journal of mentoring a student for 10 lessons

Black Stripe: Self Defense (Adults)

Defense against headlock

*Time Requirement: Minimum of 12 Weeks of Training (or 24 Classes) from Last Exam