

Green Belt Testing For Blue Belt

Red Stripe: Kata (Forms)

Heian Sandan

Yellow Stripe: Kihon (Basics)

Inward blocks / reverse punch (Forward & Backwards in Front Stance)
Outward blocks / reverse punch (Forward & Backwards in Front Stance)
Rising blocks / reverse punch (Forward & Backwards in Front Stance)
Knife hand blocks in BS/spear-hand thrusts in FS (Forward & Backwards)
Front kick/round kick with the same leg (Forwards in Front Stance)
Sanbon Kumite (Three step sparring -- 3 head /3 stomach)

Blue Stripe: Kumite (Sparring)

Jab / Reverse Punch (2 Shifts)
Reverse Punch / Jab (2 Shifts)
Reverse Punch / Reverse Punch (Stepping Thru)
Jiyu Kumite (Basic Free Sparring)

Black Stripe: Personal Goals (Kids/Youth)

Perseverance - Hand in journal of 1000 reps of 1 technique

Black Stripe: Self Defense (Adults)

Defense against front or rear choke

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