

# **White Belt Testing For Yellow Belt**

## **Red Stripe: Kata (Forms)**

Taikyoku Shodan

## **Yellow Stripe: Kihon (Basics)**

Ready Stance

Bowing Stance

Horse Stance

Front Stance (Only Footwork moving in and out)

Rising Block (Stationary in Horse stance)

Downward Block (Stationary in Horse stance)

Punching (Stationary in Horse stance)

## **Blue Stripe: Kumite (Sparring)**

Fighting stance

Jab

Reverse

Jab / Reverse Punch (1 Shift)

## **Black Stripe: Kihon 2 (Basics)**

Front Punch (Forward & Backwards in Front Stance)

Rising blocks (Forward & Backwards in Front Stance)

Downward blocks (Forward & Backwards in Front Stance)

Reverse Punch (Stationary in Front Stance)

Front Kick (Stationary in Front Stance)

Round Kick (Stationary in Front Stance)

Front Kick (Forward & Backward in Front Stance)

Front Kick / Front Punch (Forward in Front Stance)

\*Time Requirement: Minimum of 8 Weeks of Training or (16 Classes)

# **Yellow Belt Testing For Orange Belt**

## **Red Stripe: Kata (Forms)**

Heian Shodan

## **Yellow Stripe: Kihon (Basics)**

Triple punches (Forward & Backwards in Front Stance)  
Inward blocks (Forward & Backwards in Front Stance)  
Outward blocks (Forward & Backwards in Front Stance)  
Knife Hand Block (Forward & Backward in Back Stance)  
Side Thrust Kick (Stationary in Ready Stance)  
Side Thrust Kick (Forward & Backwards in Horse Stance)  
Round Kick (Forward & Backwards in Front Stance)

## **Blue Stripe: Kumite (Sparring)**

Reverse Punch (Block and Counter)  
Reverse Punch / Round Kick (Front Leg)  
Reverse Punch / Round Kick (Back Leg)

## **Black Stripe: Personal Goals (Kids/Youth)**

Courtesy - 50 acts of Kindness

## **Black Stripe: Self Defense (Adults)**

Escape from wrist grabs

\*Time Requirement: Minimum of 8 Weeks of Training (or 16 Classes) from Last Exam

# **Orange Belt Testing For Green Belt**

## **Red Stripe: Kata (Forms)**

Heian Nidan

## **Yellow Stripe: Kihon (Basics)**

Blocking/punching combinations (Stationary in Horse Stance)  
Back Fist (Stationary in Horse Stance)  
Palm Heel Strike (Stationary in Horse Stance)  
Side Snap Kick (Stationary in Ready Stance)  
Round Kick (Back Leg) / Reverse Punch in FS (Forward & Backwards)  
Front Kick and Round Kick (Rear Legs) / Reverse Punch in FS (F & Back)  
Reverse punches (Forward & Backwards in Front Stance)

## **Blue Stripe: Kumite (Sparring)**

Reverse Punch (Interception)  
Reverse Punch / Jab (1 Shift)  
Reverse Punch / Side Thrust Kick (Front Leg)  
Reverse Punch / Side Thrust Kick (Back Leg)

## **Black Stripe: Personal Goals (Kids/Youth)**

Teamwork - 50 acts of Home Help

## **Black Stripe: Self Defense (Adults)**

Defense against hook punches

\*Time Requirement: Minimum of 8 Weeks of Training (or 16 Classes) from Last Exam

# **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

# **Blue Belt Testing For Low Purple Belt**

## **Red Stripe: Kata (Forms)**

Heian Yondan, Heian Godan

## **Yellow Stripe: Kihon (Basics)**

Knee strike (Stationary in Ready Stance)  
Back kick (Stationary in Ready stance)  
Elbow strike (Stationary in Front stance)  
Knife Hand Block in Cat Stance (Ready Stance to Cat Stance)  
Knife Hand Block in Cat Stance (Forward & Backwards)  
Sanbon Kumite (Three step sparring -- 3 head /3 stomach)  
Ippon Kumite (One step sparring -- 2 head /2 stomach)

## **Blue Stripe: Kumite (Sparring)**

Hook Kick (Front and Back Leg)  
Free Sparring (Jiyu Kumite)  
Attendance at a Dojo Tournament or Seminar Required

## **Black Stripe: Personal Goals (Kids/Youth)**

Nutrition - Hand in Journal of “One week without junk food”

## **Black Stripe: Self Defense (Adults)**

Defense against Front Tackle or Bear Hug

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

# **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