

Juvenile Green Belt



Mandate:

A Clear Understanding of the Techniques on Test

Speed is Required

Power is Required

Upper and Lower Body Separation (1 Sec)

I. Kihon / Basics

1. Snap Kick Waza _____
2. Thrust Kick Waza _____
3. Power Source Waza _____
4. Closed Fist Waza _____
5. Blocking Waza _____

II. Kata / Forms

1. Takiyoko Shodan Jiyu (free) _____
2. Heian Shodan PK _____
3. Heian Nidan _____

III. Kumite / 1 Step / Ippon Kumite / Timing, Distancing and Control

1. Jodan _____ + _____ + _____
2. Chudan _____ + _____ + _____
3. Gedan _____ + _____ + _____
(front kick) (side kick) (Round house)

Tai-Sabaki (body shifting)

IV. Dashi / Stance / 10 Step Using

1. Ready _____
2. Front _____
3. Back _____
4. Horse _____

Candidate: _____

Examiner: _____

Date: _____