

Junior Orange Belt Test

Mandate:

A Clear Understanding of the Techniques on Test

Speed is Not Required

Power is Not Required

Upper and Lower Body Separation (3 Sec)

I. Kihon / Basics (see appendix)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

II. Kata / Forms

1. *Taikiyoko Shodan PK* _____

III. Kumite / 5 step / Gohon Kumite / Timing (Contact not required)

1. *Jodan* Block: _____ Punch: _____
2. *Chudan* Block: _____ Punch: _____

IV. Hachi Kiho (No partner)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

IV. Dashi / Stance

1. *Ready* _____
2. *Front* _____

Candidate: _____

Examiner: _____

Date: _____

Appendix

- 1. Lunge Punch – Front Stance*
- 2. Reverse Punch – Front Stance*
- 3. Downward Block – Front Stance*
- 4. Rising Block – Front Stance*
- 5. Inside Fore Arm Block – Front Stance*
- 6. Outside Fore Arm Block – Front stance*
- 7. Front Snap Kick – Front Stance*
- 8. Side Snap Kick - Standing*
- 8. Turns*