

Junior Yellow 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 (Legs Only)*

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. _____

IV. Dashi / Stance

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

Candidate: _____

Examiner: _____

Date: _____

Appendix

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