

YELLOW BELT TEST

NAME: _____ AGE: _____ DATE: _____

GRADED BY: _____ TOTAL SCORE: (_____ /975): _____ %

REQUIREMENTS FOR TESTING: 10 COMPLETED CLASS HOURS, 1 TOURNAMENT

WRITTEN EXAM: _____ /15 25 PUSH-UPS 25 SIT-UPS

<u>TECHNIQUES</u>		<u>RIGHT SIDE</u>				<u>LEFT SIDE</u>			
ATTENTION STANCE	5	10	15	20	5	10	15	20	
HANDS IN CHAMBER	5	10	15	20	5	10	15	20	
HORSE STANCE	5	10	15	20	5	10	15	20	
WIDE FORWARD STANCE	5	10	15	20	5	10	15	20	
SHOTOKAN FORWARD STANCE	5	10	15	20	5	10	15	20	
CENTER PUNCH	5	10	15	20	5	10	15	20	
SINGLE LUNGE PUNCH	5	10	15	20	5	10	15	20	
DOUBLE LUNGE PUNCH	5	10	15	20	5	10	15	20	
TRIPLE LUNGE PUNCH	5	10	15	20	5	10	15	20	
LOW BLOCK	5	10	15	20	5	10	15	20	
HIGH BLOCK	5	10	15	20	5	10	15	20	
INSIDE BLOCK	5	10	15	20	5	10	15	20	
OUTSIDE BLOCK	5	10	15	20	5	10	15	20	
FIGHTING STANCE	5	10	15	20	5	10	15	20	
FRONT PUNCH/JAB	5	10	15	20	5	10	15	20	
BACK FIST STRIKE	5	10	15	20	5	10	15	20	
FIGHTING PUNCH	5	10	15	20	5	10	15	20	
FRONT LEG FRONT KICK	5	10	15	20	5	10	15	20	
BACK LEG FRONT KICK	5	10	15	20	5	10	15	20	
SIDE KICK	5	10	15	20	5	10	15	20	
BACK KICK	5	10	15	20	5	10	15	20	

POINT TOTAL FOR TECHNIQUES: _____ / 840

YELLOW BELT TEST CONTINUED

KATA

BEGINNER FORM #1 (TAIKYOKU SHODAN) 5 7 10 12 15 18 20

POINT TOTAL FOR KATA: _____ / 20

SELF DEFENSE – TOOLS & TARGETS

EYE ATTACK 5 7 10 12 15 18 20

SLAP / EAR ATTACK 5 7 10 12 15 18 20

PALM HEEL STRIKE 5 7 10 12 15 18 20

POINT TOTAL FOR TOOLS & TARGETS: _____ / 60

SELF DEFENSE – GRABS

FRONT WRIST GRAB 5 7 10 12 15 18 20

REAR WRIST GRAB 5 7 10 12 15 18 20

POINT TOTAL FOR SELF-DEFENSE GRABS: _____ / 40