

BLUE BELT TEST

NAME: _____ AGE: _____ DATE: _____

GRADED BY: _____ TOTAL SCORE: (_____ /1,120): _____ %

REQUIREMENTS FOR TESTING: 30 COMPLETED CLASS HOURS, 3 TOURNAMENTS, 1 TEEN & ADULT CAMP, ASSISTING AT 1 NINJA CAMP

WRITTEN EXAM: _____ /20 60 PUSH-UPS 60 SIT-UPS

TECHNIQUES

RIGHT SIDE

LEFT SIDE

JUMP SIDE KICK	5	10	15	20	5	10	15	20
FLYING SIDE KICK	5	10	15	20	5	10	15	20
JUMP HOOK KICK	5	10	15	20	5	10	15	20
JUMP SPINNING BACK KICK	5	10	15	20	5	10	15	20
SPINNING ROUNDHOUSE KICK	5	10	15	20	5	10	15	20
BACK LEG ROUNDHOUSE – BACK FIST	5	10	15	20	5	10	15	20
DOUBLE SIDE KICK	5	10	15	20	5	10	15	20
KNIFE HAND – DOUBLE ROUNDHOUSE	5	10	15	20	5	10	15	20
JUMP SIDE KICK, FLYING SIDE KICK, SPINNING BACK KICK	5	10	15	20	5	10	15	20
JUMP FRONT KICK, HOOK KICK, ROUNDHOUSE KICK	5	10	15	20	5	10	15	20
HOOK KICK, BACK FIST, BACK RIDGE HAND, SIDE KICK	5	10	15	20	5	10	15	20
SPINNING BACK FIST, SIDE KICK, DOUBLE HOOK KICK	5	10	15	20	5	10	15	20

KATAS

H FORM #1	5	10	15	20	H FORM #3	5	10	15	20
H FORM #2	5	10	15	20	H FORM #4	5	10	15	20
TO-SAN	5	10	15	20	HWA RANG	5	10	15	20

SELF DEFENSE – TOOLS & TARGETS

SELF DEFENSE – GRABS

EYE ATTACK	5	10	15	20	REAR HEAD LOCK	5	10	15	20
SLAP / EAR ATTACK	5	10	15	20	SIDE HEAD LOCK	5	10	15	20
PALM HEEL STRIKE	5	10	15	20	REAR CHOKE HOLD	5	10	15	20
HAMMER FIST	5	10	15	20	FRONT CHOKE HOLD	5	10	15	20
KNEE STRIKE	5	10	15	20	FRONT WRIST GRAB	5	10	15	20
SPEAR HAND	5	10	15	20	REAR WRIST GRAB	5	10	15	20
CLAW	5	10	15	20	REAR BEAR HUG – OVER	5	10	15	20
FRONT KICK	5	10	15	20	REAR BEAR HUG – UNDER	5	10	15	20
SIDE KICK	5	10	15	20	FRT. BEAR HUG – OVER	5	10	15	20
BACK KICK	5	10	15	20	FRT. BEAR HUG – UNDER	5	10	15	20
F. ELBOW STRIKE	5	10	15	20	FULL NELSON	5	10	15	20
R. ELBOW STRIKE	5	10	15	20	CLUB DEFENSE	5	10	15	20
					HAYMAKER PUNCH	5	10	15	20