

YELLOW BELT TEST

NAME: _____ AGE: _____ DATE: _____

GRADED BY: _____ TOTAL SCORE: (_____ /615): _____ %

REQUIREMENTS FOR TESTING: 10 COMPLETED CLASS HOURS, 1 TOURNAMENT

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

TECHNIQUES

RIGHT SIDE

LEFT SIDE

FORWARD STANCE	5	10	15	20	5	10	15	20
DOWN BLOCK	5	10	15	20	5	10	15	20
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
FIGHTING STANCE	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
SPINNING BACK KICK	5	10	15	20	5	10	15	20

KATA

H FORM #1	5	10	15	20
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SELF DEFENSE – TOOLS & TARGETS

EYE ATTACK	5	10	15	20
SLAP / EAR ATTACK	5	10	15	20
PALM HEEL STRIKE	5	10	15	20

SELF DEFENSE – GRABS

FRONT WRIST GRAB	5	10	15	20
REAR WRIST GRAB	5	10	15	20