

GREEN BELT TEST

NAME: _____ AGE: _____ DATE: _____

GRADED BY: _____ TOTAL SCORE: (_____ /1,080): _____ %

REQUIREMENTS FOR TESTING: 20 COMPLETED CLASS HOURS, 2 TOURNAMENTS, 1 TEEN & ADULT CAMP

WRITTEN EXAM: _____ /20 50 PUSH-UPS 50 SIT-UPS

<u>TECHNIQUES</u>		<u>RIGHT SIDE</u>				<u>LEFT SIDE</u>			
SPEAR HAND	5	10	15	20	5	10	15	20	
LEAD RIDGE HAND	5	10	15	20	5	10	15	20	
BACK RIDGE HAND	5	10	15	20	5	10	15	20	
SPINNING BACK FIST	5	10	15	20	5	10	15	20	
HOOK PUNCH	5	10	15	20	5	10	15	20	
HOOK KICK	5	10	15	20	5	10	15	20	
HOOK KICK – ROUNDHOUSE	5	10	15	20	5	10	15	20	
JUMP FRONT KICK	5	10	15	20	5	10	15	20	
SPINNING BACK KICK	5	10	15	20	5	10	15	20	
SPINNING SIDE KICK	5	10	15	20	5	10	15	20	
BACK FIST – SPINNING BACK FIST	5	10	15	20	5	10	15	20	
SPINNING BACKFIST – PUNCH	5	10	15	20	5	10	15	20	
HOOK KICK – DOUBLE ROUNDHOUSE	5	10	15	20	5	10	15	20	
SIDE KICK – JUMP FRONT KICK	5	10	15	20	5	10	15	20	
HOOK KICK – BACK RIDGE HAND	5	10	15	20	5	10	15	20	
ROUNDHOUSE – SPINNING BACK KICK	5	10	15	20	5	10	15	20	

POINT TOTAL FOR TECHNIQUES: _____ / 640

GREEN BELT TEST CONTINUED

KATA

BEGINNER FORM #1 (TAIKYOKU SHODAN)	5	7	10	12	15	18	20
BEGINNER FORM #2 (HIGH BLOCK & FRONT KICK)	5	7	10	12	15	18	20
BEGINNER FORM #3 (BACK STANCE)	5	7	10	12	15	18	20
HEIAN SHODAN	5	7	10	12	15	18	20

POINT TOTAL FOR KATA: _____ / 80

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
HAMMER FIST	5	7	10	12	15	18	20
KNEE STRIKE	5	7	10	12	15	18	20
FRONT KICK	5	7	10	12	15	18	20
FRONT ELBOW STRIKE	5	7	10	12	15	18	20
REAR ELBOW STRIKE	5	7	10	12	15	18	20

POINT TOTAL FOR TOOLS & TARGETS: _____ / 160

SELF DEFENSE – GRABS

FRONT WRIST GRAB	5	7	10	12	15	18	20
REAR WRIST GRAB	5	7	10	12	15	18	20
FRONT CHOKE HOLD	5	7	10	12	15	18	20
REAR CHOKE HOLD	5	7	10	12	15	18	20
FRONT BEAR HUG OVER THE ARMS	5	7	10	12	15	18	20
FRONT BEAR HUG UNDER THE ARMS	5	7	10	12	15	18	20
REAR BEAR HUG OVER THE ARMS	5	7	10	12	15	18	20
REAR BEAR HUG UNDER THE ARMS	5	7	10	12	15	18	20
SIDE HEAD LOCK	5	7	10	12	15	18	20

POINT TOTAL FOR SELF-DEFENSE GRABS: _____ / 180