



Warrior Karate Academy

Green Belt Test Study Sheet

Stances

1. Inner/Outer Figure 8 Stances
2. Crane Stance

Blocks

1. Scooping Block
2. Hooking Block
3. Trapping Block
4. X- Block

Punches/Hand Techniques

1. Single Point Fist (Ippon-Ken)
2. Flat Fist (Hiraken)
3. Hook Punch
4. Traditional Spinning Back Fist
5. Blind Spinning Back Fist

Kicking/Foot Techniques

1. Outside to Inside Crescent Kick
2. Inside to Outside Crescent Kick
3. Hook Kick
4. Spinning Hook Kick

Self Defense Techniques

1. Multiple defenses against grabs
2. Multiple defenses against punches
3. Multiple defenses against kicks

Break Falls

1. Back Break Falls

History/Traditions (Oyama's Mottos #1-3)

1. The Martial Way begins and ends with courtesy. Therefore, be properly and genuinely courteous at all times.
2. Following the Martial Way is like scaling a cliff – continue upwards without rest. It demands absolute and unfaltering devotion to the task at hand.
3. Strive to seize the initiative in all things, all the time guarding against actions stemming from selfish animosity or thoughtlessness.

Katas

1. Heian Sandan
2. Heian Yondan
3. Heian Godan
4. Any previous kata learned

Breaking

1. Break one board with a hand or foot technique.