

Kihon – Green Belt

(100 Points: Must score 90 or above)

I. Movement: (10 Points)

Total Points _____

Tenshin Happo Tsuru Ashi - 5 Points _____

Tsuru Ashi 1 Point _____

Tsugi Ashi 2 Points _____

Chidori Ashi 2 Points _____

II. Stances (5 Points)

Total Points _____

Zenkatsu Dachi 1 Point (.5 Each Side) _____

Neko Ashi Dachi 1 Point (.5 Each Side) _____

Han Zenkatsu Dachi 1 Point (.5 Each Side) _____

Shiko Dachi 1 Point (.5 Each Side) _____

Okutsu Dachi 1 Point (.5 Each Side) _____

III. Blocks (5 Points)

Total Points _____

Jodan Barai 1 Point (.5 Each Side) _____

Chudan Barai 1 Point (.5 Each Side) _____

Gedan Barai 1 Point (.5 Each Side) _____

Soto Uke 1 Point (.5 Each Side) _____

Nagashi - (Inside Each Waza) 1 Point _____

IV. Punches/ Te Waza (10 Points)

Total Points _____

Tsuki 2 Points (1 Each Side) _____

Tettsui 2 Points (1 Each Side) _____

Shuto Uchi 2 Points (1 Each Side) _____

Nukite 2 Points (1 Each Side) _____

V. Kicks (10 Points)

Total Points _____

Mae Geri 2 Points (1.5 Each Side) _____

Yoko Geri 2 Points (1.5 Each Side) _____

VI. Ido Waza (60 Points)

Total Points _____

A. Single Waza (20 Points)

Tsuri Ashi Oi Tsuki 2 Points (1 Each Side) _____

Tsugi Ashi Oi Tsuki 2 Points (1 Each Side) _____

Tsuri Ashi Gyaku Tsuki 2 Points (1 Each Side) _____

Neko Ashi Shuto Uchi 2 Points (1 Each Side) _____

Tsuri Ashi Jodan Barai 2 Points (1 Each Side) _____

Tsugi Ashi Chudan Barai 2 Points (1 Each Side) _____

Tsuri Ashi Mae Geri 2 Points (1 Each Side) _____

B. Multiple Techniques (40 Points)

Total Points _____

Tsuri Ashi JB, Mae Geri, Gyaku Tsuki 10 Points (5/Side) _____

Tsugi Ashi, CB, Gyaku Tsuki 10 Points (5/Side) _____

Total: _____ out of 100 Points

Kata - Green Belt

Taikyoku Shodan	20 Points _____
Pinan Shodan	20 Points _____
Shinsei	20 Points _____
Pinan Nidan	15 Points _____
Pinan Sandan	10 Points _____
Wankan/Shinpa/Juroku	15 Points _____

Intermediate level proficiency, especially in stances and movement, must be demonstrated in the yellow belt level kata.

Choosing the kata: At Orange Belt the student will learn one of the Mabuni-ha kata. The kata should be chosen based on body and fighting style. See philosophy and methodology for more information on choosing a kata for a student.

Application - Green Belt:

1. Yakusoku Kumite

- a. Pinan Shodan Yakusoku
- b. Shinsei Yakusoku or Sandan Gi

2. Ippon Kumite

- a. 10 Punches each side- Straight punch
- b. 10 Punches each side- RH

3. Self- Defense (w/ Shodan student, then test admin. or high level black belt)

- a. RH Punch
- b. Wrist Grab- same (all 3)
- c. Wrist Grab- opposite
- d. Lapel Grab- 1 hand
- e. Lapel Grab- 2 hand
- f. Kick
- g. Tester's Choice

4. Applied self defense

- a. Demonstrated ability against random technique executed by first a Shodan, then test administrator or higher level black belt