



Green Belt Test Requirements

<u>Techniques</u>			
Fighting Stance, Front Kick, Roundhouse Kick, Backfist, Reverse Punch Fighting Stance, Front Kick, Roundhouse Kick, Side Kick, Back Kick Fighting Stance, Forefist Punch, Reverse Punch, Step, Reverse Punch, Forefist Punch 1 st going forward then backward Crescent Step, Front Stance, Chest Block, then Crescent Step, Front Stance, Head Block then Crescent Step, Front Stance, Leg Block then Crescent Step, Catfoot Stance, Shuto Uke then Crescent Step, Front Stance, Nukite			
<u>Terms</u>			
Sensei - Teacher Kiai - Shout of Spirit Dojo - Training Hall Ichi - One Ni - Two San - Three She - Four Go - Five Roku - Six Shichi - Seven Hachi - Eight Ku - Nine Ju - Ten	Chudan Yoko Uke - Chest Block Zenkutsu Dachi - Front Stance Mai Geri - Front Kick Karate - Empty Hand Seiken - Forefist Rei - Bow Kata - Form Gyaku Zuki - Reverse Punch Age Uke - Head Block Shiko Dachi - Sumo Stance Musubi Dachi - V Stance Gedan Barai - Leg Block Mawashi geri - Roundhouse Kick	Neko Ashi Dachi - Catfoot Stance Gi - Uniform Nukite - Spearhand Shuto Uke - Knife Hand Ushiro Geri - Back Kick Uraken - Backfist Heiko Dachi - Parallel Stance Kumite - Fight Hajime - Begin Yame - Stop Haito - Ridgehand	
<u>Stances</u>	<u>Kicks</u>	<u>Punch / Strikes</u>	<u>Blocks</u>
Front Sumo V Catfoot Parallel	Front Roundhouse Back	Forefist Reverse Spearhand Backfist Ridgehand	Chest Head Leg Knife
<u>Kata</u>		<u>Kumite</u>	
<u>Basic</u>		Must spar against two Black Belts	
Pinan Nidan Pinan Shodan Pinan Sandan Pinan Yondan Ju-Ni-No-Kata			
<u>Advanced</u>			