



## Red Belt Test Requirements

<u>Techniques</u>			
<p>1<sup>st</sup> going forward then backward</p> <p>Crescent Step , Front Stance, Forefist Punch            Crescent Step , Front Stance, Chest Block,                              then Crescent Step , Front Stance, Forefist Punch            Crescent Step , Front Stance, Front Kick</p>			
<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 Gi - Uniform	
<u>Stances</u>	<u>Kicks</u>	<u>Punch / Strikes</u>	<u>Blocks</u>
Front	Front	Forefist	Chest
<u>Kata</u>		<u>Kumite</u>	
<u>Basic</u>		Must spar against two Black Belts	
Yon-No-Kata (age 7 and younger)			
<u>Advanced</u>			