

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Rokkyu—Orange Belt



Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

____ 2 months of active training

Waza - Technique

____ Gedan Uke—Groin Block

____ Uchi Uke—Inside Block

____ Soto Uke—Outside Block

____ Gedan Tsuki—Groin Punch

____ Chudan Tsuki—Chest Punch

____ Jodan Tsuki—Face Punch

____ Nihhon Chudan Tsuki—Double Chest Punch

____ Kin Geri—Groin Kick

____ Kensetsu Geri—Knee Kick

____ Mae Geri—Front Snap Kick

____ Mawashi Geri—Roundhouse Kick

____ Yoko Geri—Side Kick

Kata- Forms

____ Taikyuko Shodan

____ Taikyuko Nidan

____ Taikyuko Sandan

____ Heian Shodan

Kumite - Sparring

____ Two Minutes

Tameshiwari - Breaking

____ Any Single Board Hand Technique

Ippon Jiko Boei - One Step Self Defense

____ Chest Punch

____ Groin Punch

Jiko Boei - Self Defense

____ Cross Arm Grasp (beginner)

____ Parallel Arm Grasp (beginner)

____ Double Arm Grasp (beginner)

____ Front Choke

____ Rear Choke

____ Headlock (beginner)