

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Sichikyu—Yellow Belt



Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

_____ 2 months of active training

Waza - Technique

_____ Zenkutsu Dachi—Forward Stance

_____ Gedan Uke—Groin Block

_____ Gedan—Tsuki—Groin Punch

_____ Chudan Tsuki—Chest Punch

_____ Jodan Tsuki—Face Punch

_____ Kin Geri—Groin Kick

_____ Kensetsu Geri—Knee Kick

Ippon Jiko Boei - One Step Self Defense

_____ Chest Punch

Jiko Boei - Self Defense

_____ Cross Arm Grasp (beginner)

_____ Headlock (beginner)

Kata- Forms

_____ Taikyuko Shodan

_____ Taikyuko Nidan

Kumite - Sparring

_____ One Minute