

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Yonkyu—Green Belt



Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

_____ 6 months of active training

Waza - Technique

- _____ Gedan Uke, Gedan Gyaku Tsuki—
Groin Block, Reverse Groin Punch
- _____ Uchi Uke, Chudan Gyaku Tsuki—
Inside Block, Reverse Chest Punch
- _____ Jodan Uke, Jodan Gyaku Tsuki—
Face Block, Reverse Face Punch
- _____ Shuto Uke, Chudan Gyaku Tsuki—
Knife Hand Block, Reverse Chest Punch
- _____ Soto Uke, Chudan Gyaku Tsuki—
Outside Block, Reverse Chest Punch
- _____ Mikazuki Uchi Geri—Inside Crescent Kick
- _____ Mikazuki Soto Geri—Outside Crescent Kick
- _____ Nihhon Mae Geri—Double Front Snap Kick
- _____ Nihhon Mawashi Geri—Double Roundhouse Kick
- _____ Nihhon Yoko Geri—Double Side Kick
- _____ Ura Mawashi Geri—Spinning Back Hook Kick
- _____ Mae Geri, Mawashi Geri, Yoko Geri—
Front Snap Kick, Roundhouse Kick, Side Kick
- _____ Mae Tobi Geri, Yoko Geri, Ushiro Geri—
Flying Front Snap Kick, Side Kick, Spinning Back Kick
- _____ Mikazuki Uchi Geri, Yoko Geri, Ura Mawashi Geri—
Inside Crescent Kick, Side Kick, Spinning Back Hook Kick
- _____ Chikara Chudan Tsuki—Power Chest Punch
- _____ Chikara Mae Geri—Power Front Snap Kick
- _____ Chikara Yoko Geri—Power Roundhouse Kick

Tameshiwari - Breaking

- _____ Any Double Board Hand Technique
- _____ Any Double Board Foot Technique

Ippon Jiko Boei - One Step Self Defense*

- _____ Chest Punch
- _____ Groin Punch
- _____ Face Punch
- _____ Front Snap Kick
- _____ Roundhouse Kick

Jiko Boei - Self Defense*

- _____ One Hand Lapel Grasp
- _____ Front Choke
- _____ Rear Choke
- _____ Headlock (Intermediate)
- _____ Bear Hug (Rear, Arms Free)
- _____ Bear Hug (Front, Arms Free)
- _____ Sleeper Hold

Kata- Forms

- _____ Taikyuko Shodan
- _____ Taikyuko Nidan
- _____ Taikyuko Sandan
- _____ Heian Shodan
- _____ Heian Nidan
- _____ Heian Sandan
- _____ Heian Yondan
- _____ Bunkai—Taikyuko Shodan

Kobudo-Weapons

- _____ Taikyuko Shodan Bo

Kumite - Sparring

- _____ Two Minutes

* All self defense is advanced, unless noted otherwise, and candidate will exhibit martial spirit