

# GOLDEN EAGLE MARTIAL ARTS



## Rank Promotion Test Junia Shodan— Junior Black Belt 1st°

Student: \_\_\_\_\_ Date: \_\_\_\_\_ Testing Instructor: \_\_\_\_\_

### Pre-requisites

\_\_\_\_ 1 year of active training

### Waza - Technique

\_\_\_\_ San Ju Ni Kihon Waza

\_\_\_\_ 3-Part Hand Combinations #1

\_\_\_\_ 3-Part Hand Combinations #2

\_\_\_\_ 3-Part Leg Combinations #1

\_\_\_\_ 3-Part Leg Combinations #2

\_\_\_\_ 3-Part Hand/Leg Combinations #1

\_\_\_\_ 3-Part Hand/Leg Combinations #2

\_\_\_\_ Chikara Supin Uraken Uche—Spinning  
Backfist

\_\_\_\_ Chikara Empi Uche—Elbow Strike

\_\_\_\_ Chikara Kin Geri

\_\_\_\_ Chikara Mawashi Geri

\_\_\_\_ Chikara Yoko Geri

\_\_\_\_ Chikara Mae Tobi Geri

\_\_\_\_ Chikara Yoko Tobi Geri

### Tameshiwari - Breaking

\_\_\_\_ 3 Technique Multi-directional Combo

\_\_\_\_ 3 Board (Min.) Power Hand

### Ippon Jiko Boei - One Step Self Defense

\_\_\_\_ Roundhouse Punch

\_\_\_\_ Chest Punch

\_\_\_\_ Groin Punch

\_\_\_\_ Face Punch

\_\_\_\_ Front Snap Kick

\_\_\_\_ Roundhouse Kick

\_\_\_\_ Side Kick

### Jiko Boei - Self Defense

\_\_\_\_ Cross Arm Grasp

\_\_\_\_ Parallel Arm Grasp

\_\_\_\_ Front Choke

\_\_\_\_ Rear Choke

\_\_\_\_ Headlock

\_\_\_\_ One Hand Lapel Grasp

\_\_\_\_ Two Hand Lapel Grasp

\_\_\_\_ Bear Hug (Rear. Arms Free)

\_\_\_\_ Bear Hug (Rear, Arms Pinned)

\_\_\_\_ Bear Hug (Front. Arms Free)

\_\_\_\_ Bear Hug (Front, Arms Pinned)

\_\_\_\_ Sleeper Hold

\_\_\_\_ Hair Pull (Front)

\_\_\_\_ Hair Pull (Rear)

\_\_\_\_ Two-Man Attack #1

\_\_\_\_ Two-Man Attack #2

\_\_\_\_ Club (Overhead)

### Kata - Forms

\_\_\_\_ Taikyuko Shodan

\_\_\_\_ Taikyuko Nidan

\_\_\_\_ Taikyuko Sandan

\_\_\_\_ Heian Shodan

\_\_\_\_ Heian Nidan

\_\_\_\_ Heian Sandan

\_\_\_\_ Heian Yondan

\_\_\_\_ Heian Godan

\_\_\_\_ Geksai Dai

\_\_\_\_ Sanchin

\_\_\_\_ Tsukino

\_\_\_\_ Bassai Dai

\_\_\_\_ Bunkai—Advanced kata

### Kobudo - Weapons

\_\_\_\_ Kihon Bo

\_\_\_\_ Taikyuko Shodan Bo

\_\_\_\_ Inuwashid Do Dento-tekina Bo

### Kumite - Sparring

\_\_\_\_ Circle Sparring - Once Around

\_\_\_\_ Two Minutes (One on One)

\_\_\_\_ Two Minutes (Two on One)

### Interview