

# GOLDEN EAGLE MARTIAL ARTS



## Rank Promotion Test Sankyu—Brown Belt 3rd°



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

### Pre-requisites

\_\_\_\_ 6 months of active training

### Waza - Technique

\_\_\_\_ Gedan Uke—Groin Block

\_\_\_\_ Uchi Uke—Inside Block

\_\_\_\_ Jodan Uke—Face Block

\_\_\_\_ Soto Uke—Outside Block

\_\_\_\_ Chikara Uke—Power Block

\_\_\_\_ Gedan Uke, Uchi Uke, Jodan Uke—  
Groin Block, Inside Block, Face Block

\_\_\_\_ Chudan Tsuki—Chest Punch

\_\_\_\_ Chudan Gyaku Tsuki—Reverse Chest Punch

\_\_\_\_ Nihhon Chudan Tsuki—Double Chest Punch

\_\_\_\_ Morote Tsuki—U Punch

\_\_\_\_ Haito Uche—Ridge Hand Strike

\_\_\_\_ Uraken Uche—Backfist Strike

\_\_\_\_ Chudan Tsuki, Jodan Gyaku Tsuki, Gedan Tsuki—  
Chest Punch, Face Punch, Groin Punch

\_\_\_\_ Gedan Uke, Uraken Uche, Chudan Gyaku Tsuki—  
Groin Block, Backfist Strike, Reverse Chest Punch

\_\_\_\_ Oi Tsuki, Chudan Gyaku Tsuki, Haito Uche—  
Lunge Punch, Reverse Chest Punch, Ridgehand

\_\_\_\_ Mae Geri—Front Snap Kick

\_\_\_\_ Mawashi Geri—Roundhouse Kick

\_\_\_\_ Yoko Geri—Side Kick

\_\_\_\_ Mikazuke Soto Geri—Outside Crescent Kick

\_\_\_\_ Mikazuki Uchi Geri—Inside Crescent Kick

\_\_\_\_ Ushiro Geri—Spinning Back Kick

\_\_\_\_ Mae Geri, Mawashi Geri, Yoko Geri—  
Front Snap Kick, Roundhouse Kick, Side Kick

\_\_\_\_ Mae Geri, Ushiro Geri—Front Snap Kick, Spinning Back Kick

\_\_\_\_ Mawashi Geri, Ura Mawashi Geri—  
Roundhouse Kick, Spinning Back Hook Kick

\_\_\_\_ Chikara Mae Tobi Geri—Power Flying Front Snap Kick

### Tameshiwari - Breaking

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

### Ippon Jiko Boei - One Step Self Defense

\_\_\_\_ Chest Punch

\_\_\_\_ Groin Punch

\_\_\_\_ Face Punch

\_\_\_\_ Front Snap Kick

\_\_\_\_ Roundhouse Kick

\_\_\_\_ Side Kick

### Jiko Boei - Self Defense

\_\_\_\_ Cross Arm Grasp

\_\_\_\_ Parallel Arm Grasp

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

\_\_\_\_ Front Choke

\_\_\_\_ Rear Choke

\_\_\_\_ Headlock

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

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

### Kata- Forms

\_\_\_\_ Taikyuko Shodan

\_\_\_\_ Taikyuko Nidan

\_\_\_\_ Taikyuko Sandan

\_\_\_\_ Heian Shodan

\_\_\_\_ Heian Nidan

\_\_\_\_ Heian Sandan

\_\_\_\_ Heian Yondan

\_\_\_\_ Heian Godan

\_\_\_\_ Bunkai—Heian Shodan or Heian Nidan

### Kobudo-Weapons

\_\_\_\_ Heian Nidan Bo

### Kumite - Sparring

\_\_\_\_ Two Minutes