

Main Points of Examination

Gi Inspection, Tie Belt Properly

Perform Standing Bow

Respond to a Request Appropriately

Count 1-10 in Japanese

Concentration

Correct Stance (ie. Correct Knees Bent/Straight, Posture, Balance)

Technique Form (Setup and Execution)

Moving/Transitioning in a Stance

Minimum of 20% Power

Kihon

Forward Stance, Down Block

Forward Stance, Upper Block

Forward Stance, Outside Block

Forward Stance, Inside Block

Forward Stance, Lunge Punch

Forward Stance, Reverse Punch

Back Stance, Knife Block

Forward Stance, Front Kick

Kata

Taikyoku Shodan

Taikyoku Nidan

Kumite

3- Step Attack: Jodan Defend: Upper Block

3- Step Attack: Chudan Defend: Down Block

3- Step Attack: Migeri Defend: Down Block

Ground Positions

Open Guard

Closed Guard

Mount

Back Mount

Side Control

Grappling

Trap and Roll Escape

"Swimming" Escape

Mount Position Control

Falls

Back Fall

Side Fall



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