

### 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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