

Roku kyu Requirements- Green Belt

Physical Fitness

15 push-ups

10 leg raises

25 sit-ups

10 seated ukemi

40 jumping jacks

Kihon

Walking Drill #2

Student must show: power, focus, and good timing. Foot and hand technique should land at the same time.

Kata

Heian Sandan

Student must show: power, focus, and good timing. Foot and hand technique should land at the same time.

Kumite Sanbon

Sanbon Kumite #1, 2 & 3

Student must perform techniques while another student is attacking with punches.

Questions- Instructor's choice of 5 to 10 questions covered regularly in class.

Student must be able to perform these techniques with NO assistance.