

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Gokyu—Blue Belt



Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

_____ 4 months of active training

Waza - Technique

_____ Gedan Uke—Groin Block

_____ Jodan Uke—Face Block

_____ Uchi Uke—Inside Block

_____ Soto Uke—Outside Block

_____ Shuto Uke—Knife Hand Block

_____ Gedan Tsuki—Groin Punch

_____ Chudan Tsuki—Chest Punch

_____ Jodan Tsuki—Face Punch

_____ Nihhon Chudan Uke—Double Punch to the Chest

_____ Gedan Uke, Chudan Gyaku Tsuki—
Groin Block, Reverse Chest Punch

_____ Jodan Uke, Jodan Gyaku Tsuki—
Face Block, Reverse Face Punch

_____ Kin Geri—Groin Kick

_____ Mae Geri—Front Snap Kick

_____ Mawashi Geri—Roundhouse Kick

_____ Ushiro Geri—Spinning Back Kick

_____ Yoko Geri—Side Kick

_____ One Hand Lapel Grasp

_____ Front Choke

_____ Rear Choke

_____ Headlock (intermediate)

_____ Bear Hug (Rear, Arms Free)

Kata- Forms

_____ Taikyuko Shodan

_____ Taikyuko Nidan

_____ Taikyuko Sandan

_____ Heian Shodan

_____ Heian Nidan

_____ Heian Sandan

Kobudu-Weapons

_____ Kihon Bo

Kumite - Sparring

_____ Two Minutes

Tameshiwari - Breaking

_____ Any Single Board Foot Technique

Ippon Jiko Boei - One Step Self Defense

_____ Chest Punch

_____ Groin Punch

_____ Face Punch

_____ Front Snap Kick

Jiko Boei - Self Defense

_____ Cross Arm Grasp (beginner)

_____ Parallel Arm Grasp (beginner)