

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test White Belt Achievement Levels

Student: _____ Date: _____ Testing Instructor: _____

Level 1

_____ Kihon Uke—Basic Block

Level 2

_____ Zenkutsu dachi & mawatei—forward stance with walking & turning

_____ Chudan tsuki—Chest punch

Level 3

_____ Kin geri—groin kick

_____ Mae geri—Front snap kick

Level 4

_____ Taikyuko Shodan

Level 5

_____ Taikyuko Nidan

Level 6

_____ Tying your belt

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Sichikyu—Yellow Belt



Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

____ 2 months of active training

Waza - Technique

____ Zenkutsu Dachi—Forward Stance

____ Gedan Uke—Groin Block

____ Gedan—Tsuki—Groin Punch

____ Chudan Tsuki—Chest Punch

____ Jodan Tsuki—Face Punch

____ Kin Geri—Groin Kick

____ Kensetsu Geri—Knee Kick

Ippon Jiko Boei - One Step Self Defense

____ Chest Punch

Jiko Boei - Self Defense

____ Cross Arm Grasp (beginner)

____ Headlock (beginner)

Kata- Forms

____ Taikyuko Shodan

____ Taikyuko Nidan

Kumite - Sparring

____ One Minute

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Rokkyu—Orange Belt



Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

____ 2 months of active training

Waza - Technique

____ Gedan Uke—Groin Block

____ Uchi Uke—Inside Block

____ Soto Uke—Outside Block

____ Gedan Tsuki—Groin Punch

____ Chudan Tsuki—Chest Punch

____ Jodan Tsuki—Face Punch

____ Nihhon Chudan Tsuki—Double Chest Punch

____ Kin Geri—Groin Kick

____ Kensetsu Geri—Knee Kick

____ Mae Geri—Front Snap Kick

____ Mawashi Geri—Roundhouse Kick

____ Yoko Geri—Side Kick

Kata- Forms

____ Taikyuko Shodan

____ Taikyuko Nidan

____ Taikyuko Sandan

____ Heian Shodan

Kumite - Sparring

____ Two Minutes

Tameshiwari - Breaking

____ Any Single Board Hand Technique

Ippon Jiko Boei - One Step Self Defense

____ Chest Punch

____ Groin Punch

Jiko Boei - Self Defense

____ Cross Arm Grasp (beginner)

____ Parallel Arm Grasp (beginner)

____ Double Arm Grasp (beginner)

____ Front Choke

____ Rear Choke

____ Headlock (beginner)

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Gokyu—Blue Belt



Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

_____ 4 months of active training

_____ One Hand Lapel Grasp

_____ Front Choke

_____ Rear Choke

_____ Headlock (intermediate)

_____ Bear Hug (Rear, Arms Free)

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

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)

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Yonkyu—Green Belt



Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

_____ 6 months of active training

Waza - Technique

- _____ Gedan Uke, Gedan Gyaku Tsuki—
Groin Block, Reverse Groin Punch
- _____ Uchi Uke, Chudan Gyaku Tsuki—
Inside Block, Reverse Chest Punch
- _____ Jodan Uke, Jodan Gyaku Tsuki—
Face Block, Reverse Face Punch
- _____ Shuto Uke, Chudan Gyaku Tsuki—
Knife Hand Block, Reverse Chest Punch
- _____ Soto Uke, Chudan Gyaku Tsuki—
Outside Block, Reverse Chest Punch
- _____ Mikazuki Uchi Geri—Inside Crescent Kick
- _____ Mikazuki Soto Geri—Outside Crescent Kick
- _____ Nihhon Mae Geri—Double Front Snap Kick
- _____ Nihhon Mawashi Geri—Double Roundhouse Kick
- _____ Nihhon Yoko Geri—Double Side Kick
- _____ Ura Mawashi Geri—Spinning Back Hook Kick
- _____ Mae Geri, Mawashi Geri, Yoko Geri—
Front Snap Kick, Roundhouse Kick, Side Kick
- _____ Mae Tobi Geri, Yoko Geri, Ushiro Geri—
Flying Front Snap Kick, Side Kick, Spinning Back Kick
- _____ Mikazuki Uchi Geri, Yoko Geri, Ura Mawashi Geri—
Inside Crescent Kick, Side Kick, Spinning Back Hook Kick
- _____ Chikara Chudan Tsuki—Power Chest Punch
- _____ Chikara Mae Geri—Power Front Snap Kick
- _____ Chikara Yoko Geri—Power Roundhouse Kick

Tameshiwari - Breaking

- _____ Any Double Board Hand Technique
- _____ Any Double Board Foot Technique

Ippon Jiko Boei - One Step Self Defense*

- _____ Chest Punch
- _____ Groin Punch
- _____ Face Punch
- _____ Front Snap Kick
- _____ Roundhouse Kick

Jiko Boei - Self Defense*

- _____ One Hand Lapel Grasp
- _____ Front Choke
- _____ Rear Choke
- _____ Headlock (Intermediate)
- _____ Bear Hug (Rear, Arms Free)
- _____ Bear Hug (Front, Arms Free)
- _____ Sleeper Hold

Kata- Forms

- _____ Taikyuko Shodan
- _____ Taikyuko Nidan
- _____ Taikyuko Sandan
- _____ Heian Shodan
- _____ Heian Nidan
- _____ Heian Sandan
- _____ Heian Yondan
- _____ Bunkai—Taikyuko Shodan

Kobudo-Weapons

- _____ Taikyuko Shodan Bo

Kumite - Sparring

- _____ Two Minutes

* All self defense is advanced, unless noted otherwise, and candidate will exhibit martial spirit

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

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Nikyu—Brown Belt 2nd°



Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

_____ 8 months of active training and teaching

Waza - Technique

- _____ 3-Part Hand Combinations #1
- _____ 3-Part Hand Combinations #2
- _____ 3-Part Hand Combinations #3
- _____ Mikazuki Soto Geri—Outside Crescent Kick
- _____ Mikazuki Uchi Geri—Inside Crescent Kick
- _____ Nihhon Mae Geri—Double Front Snap Kick
- _____ Nihhon Mawashi Geri—Double Roundhouse Kick
- _____ Nihhon Yoko Geri—Double Side Kick
- _____ Ura Mawashi Geri—Spinning Back Hook Kick
- _____ 3-Part Leg Combinations #1
- _____ 3-Part Leg Combinations #2
- _____ 3-Part Leg Combinations #3
- _____ Chikara Chudan Gyaku Tsuki—Power Reverse Chest Punch
- _____ Chikara Haito Uche—Power Ridgehand Strike
- _____ Chikara Empi Uche—Power Elbow Strike
- _____ Chikara Kin Geri—Power Groin Kick
- _____ Chikara Mae Geri—Power Front Snap Kick
- _____ Chikara Mawashi Geri—Power Roundhouse Kick
- _____ Chikara Ushiro Geri—Power Spinning Back Kick
- _____ Chikara Mae Tobi Geri—Power Flying Front Snap Kick

Tameshiwari - Breaking

_____ Any Power Technique 4 Board (Min.)

Ippon Jiko Boei - One Step Self Defense

- _____ Chest Punch
- _____ Groin Punch
- _____ Face Punch
- _____ Front Snap Kick
- _____ Roundhouse Kick
- _____ Side Kick

Jiko Boei - Self Defense

- _____ Front Choke
- _____ Rear Choke
- _____ Headlock
- _____ Bear Hug (Front, Arms Free)
- _____ Bear Hug (Rear, Arms Free)
- _____ Hair Pull (Front)
- _____ Two Hand Lapel Grasp
- _____ Two-Man Attack #1
- _____ Club (Overhead)
- _____ Knife (Overhead)
- _____ Knife (Thrust)*
- _____ Gun (Front)*

Kata- Forms

- _____ Taikyuko Shodan
- _____ Taikyuko Nidan
- _____ Taikyuko Sandan
- _____ Heian Shodan
- _____ Heian Nidan
- _____ Heian Sandan
- _____ Heian Yondan
- _____ Heian Godan
- _____ Gekesai Dai
- _____ Bunkai—Heian Sandan or Heian Yondan

Kobudo-Weapons

- _____ Inuwashi Do Dento-tekina Bo

Kumite - Sparring

- _____ Circle Sparring - Twice Around
- _____ Two Minutes

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Ichikyu—Brown Belt 1st°



Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

____ 10 months of active training and teaching

Waza - Technique

____ San Ju Ni Kihon Waza

____ 3-Part Hand Combinations #1

____ 3-Part Hand Combinations #2

____ 3-Part Leg Combinations #1

____ 3-Part Leg Combinations #2

____ 3-Part Hand/Leg Combinations #1

____ 3-Part Hand/Leg Combinations #2

____ Chikara Mae Geri—Power Front Snap Kick

____ Chikara Mawashi Geri—Power Roundhouse Kick

____ Chikara Yoko Geri—Power Side Kick

____ Chikara Ushiro Geri—Power Spinning Back Kick

____ Chikara Mae Tobi Geri—Power Flying Front Snap Kick

Tameshiwari - Breaking

____ 3 Technique Multi-directional Combo

____ Any Power Technique 4 Board (Min.)

Ippon Jiko Boei - One Step Self Defense *

____ Chest Punch

____ Groin Punch

____ Face Punch

____ Front Snap Kick

____ Roundhouse Kick

____ Side Kick

Jiko Boei - Self Defense

____ Front Choke

____ Rear Choke

____ Headlock

____ One Hand Lapel Grasp

____ Two Hand Lapel Grasp

____ Bear Hug (Rear. Arms Free)

____ Bear Hug (Rear, Arms Pinned)

____ Sleeper Hold

____ Hair Pull (Front)

____ Rape Attack *

____ Two-Man Attack #1

____ Two-Man Attack #2 *

____ Club (Overhead)

____ Knife (Overhead)

____ Knife (Thrust)*

____ Gun (Front)*

____ Gun (Rear)*

____ Staff (Thrust)

Kata - Forms

____ Taikyuko Shodan

____ Taikyuko Nidan

____ Taikyuko Sandan

____ Heian Shodan

____ Heian Nidan

____ Heian Sandan

____ Heian Yondan

____ Heian Godan

____ Gekesai Dai

____ Tsukino

____ Sanchin

____ Bunkai—Heian Godan

Kobudo - Weapons

____ Kihon Bo

____ Heian Nidan Bo

Kumite - Sparring

____ Circle Sparring - Twice Around

____ Two Minutes

____ Two Minutes



GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Shodan—Black Belt 1st°

Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

- ____ 1 year of active training and teaching
- ____ Teach 1 technique class
- ____ Teach 1 kata class
- ____ Teach 1 self defense class

Waza - Technique

- ____ San Ju Ni Kihon Waza
- ____ 3-Part Hand Combinations #1
- ____ 3-Part Hand Combinations #2
- ____ 3-Part Hand Combinations #3
- ____ 3-Part Hand Combinations #4
- ____ 3-Part Leg Combinations #1
- ____ 3-Part Leg Combinations #2
- ____ 3-Part Leg Combinations #3
- ____ 3-Part Leg Combinations #4
- ____ 3-Part Hand/Leg Combinations #1
- ____ 3-Part Hand/Leg Combinations #2
- ____ 3-Part Hand/Leg Combinations #3
- ____ 3-Part Hand/Leg Combinations #4
- ____ Chikara Chudan Gyaku Tsuki
- ____ Chikara Taisho Uche—Palm Heel Strike
- ____ Chikara Haito Usho—Ridgehand Strike
- ____ Chikara Supin Uraken Uche—Spinning Backfist
- ____ Chikara Empi Uche—Elbow Strike
- ____ Chikara Shuto Ochiru Uche—Overhead Knifehand
- ____ Chikara Kin Geri
- ____ Chikara Mawashi Geri
- ____ Chikara Yoko Geri
- ____ Chikara Ushiro Geri
- ____ Chikara Ura Mawashi Geri
- ____ Chikara Supin Makazuki Uchi Geri—Power Spinning Inside Crescent Kick
- ____ Chikara Mae Tobi Geri
- ____ Chikara Yoko Tobi Geri

Tameshiwari - Breaking

- ____ 5 Technique Multi-directional Combo
- ____ 4 Board (Min.) Power Hand
- ____ 4 Board (Min.) Power Foot

Ippon Jiko Boei - One Step Self Defense

- ____ Roundhouse Punch
- ____ Chest Punch
- ____ Groin Punch
- ____ Face Punch
- ____ Front Snap Kick
- ____ Roundhouse Kick
- ____ Side Kick
- ____ Spinning Back Hook Kick

Jiko Boei - Self Defense

- ____ Cross Arm Grasp
- ____ Parallel Arm Grasp
- ____ Double Arm Grasp
- ____ Front Choke
- ____ Rear Choke
- ____ Headlock
- ____ One Hand Lapel Grasp
- ____ Two Hand Lapel Grasp
- ____ Bear Hug (Rear. Arms Free)
- ____ Bear Hug (Rear, Arms Pinned)
- ____ Bear Hug (Front. Arms Free)
- ____ Bear Hug (Front, Arms Pinned)
- ____ Sleeper Hold
- ____ Hair Pull (Front)
- ____ Hair Pull (Rear)
- ____ Rape Attack
- ____ Full Nelson
- ____ Rear Shoulder Grasp
- ____ Two-Man Attack #1

Two-Man Attack #2

- ____ Club (Overhead)
- ____ Knife (Overhead)
- ____ Knife (Thrust)
- ____ Knife (Slash)
- ____ Gun (Front)
- ____ Gun (Rear)
- ____ Staff (Thrust)
- ____ Staff (Overhead)

Kata - Forms

- ____ Taikyuko Shodan
- ____ Taikyuko Nidan
- ____ Taikyuko Sandan
- ____ Heian Shodan
- ____ Heian Nidan
- ____ Heian Sandan
- ____ Heian Yondan
- ____ Heian Godan
- ____ Gekesai Dai
- ____ Sanchin
- ____ Tsukino
- ____ Bassai Dai
- ____ Bunkai—Advanced kata

Kobudo - Weapons

- ____ Taikyuko Shodan Bo
- ____ Inuwashi Do Dento-tekina Bo

Kumite - Sparring

- ____ Circle Sparring - Twice Around
- ____ Two Minutes (One on One)
- ____ Two Minutes (Two on One)
- ____ Two Minutes (One on One)

Interview

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Junia Shodan— Junior Black Belt 1st°

Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

____ 1 year of active training

Waza - Technique

____ San Ju Ni Kihon Waza

____ 3-Part Hand Combinations #1

____ 3-Part Hand Combinations #2

____ 3-Part Leg Combinations #1

____ 3-Part Leg Combinations #2

____ 3-Part Hand/Leg Combinations #1

____ 3-Part Hand/Leg Combinations #2

____ Chikara Supin Uraken Uche—Spinning
Backfist

____ Chikara Empi Uche— Elbow Strike

____ Chikara Kin Geri

____ Chikara Mawashi Geri

____ Chikara Yoko Geri

____ Chikara Mae Tobi Geri

____ Chikara Yoko Tobi Geri

Tameshiwari - Breaking

____ 3 Technique Multi-directional Combo

____ 3 Board (Min.) Power Hand

Ippon Jiko Boei - One Step Self Defense

____ Roundhouse Punch

____ Chest Punch

____ Groin Punch

____ Face Punch

____ Front Snap Kick

____ Roundhouse Kick

____ Side Kick

Jiko Boei - Self Defense

____ Cross Arm Grasp

____ Parallel Arm Grasp

____ Front Choke

____ Rear Choke

____ Headlock

____ One Hand Lapel Grasp

____ Two Hand Lapel Grasp

____ Bear Hug (Rear. Arms Free)

____ Bear Hug (Rear, Arms Pinned)

____ Bear Hug (Front. Arms Free)

____ Bear Hug (Front, Arms Pinned)

____ Sleeper Hold

____ Hair Pull (Front)

____ Hair Pull (Rear)

____ Two-Man Attack #1

____ Club (Overhead)

____ Staff (Thrust)

Kata - Forms

____ Taikyuko Shodan

____ Taikyuko Nidan

____ Taikyuko Sandan

____ Heian Shodan

____ Heian Nidan

____ Heian Sandan

____ Heian Yondan

____ Heian Godan

____ Gekesai Dai

____ Sanchin

____ Tsukino

____ Bassai Dai

____ Bunkai—Advanced kata

Kobudo - Weapons

____ Kihon Bo

____ Taikyuko Shodan Bo

____ Inuwashid Do Dento-tekina Bo

Kumite - Sparring

____ Circle Sparring - Once Around

____ Two Minutes (One on One)

____ Two Minutes (Two on One)

Interview

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Nidan—Black Belt 2nd°



Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

____ 1 Year active training and teaching

Kumite - Sparring

____ Go Aite Kumite - 5 consecutive opponents
7 1/2 minutes minimum to 10 minutes maximum

Waza - Technique

- ____ San Ju Ni Kihon Waza
- ____ 3-Part Hand Combinations #1
- ____ 3-Part Hand Combinations #2
- ____ 3-Part Leg Combinations #1
- ____ 3-Part Leg Combinations #2
- ____ 3-Part Hand/Leg Combinations #1
- ____ 3-Part Hand/Leg Combinations #2

Interview

Ippon Jiko Boei - One Step Self Defense

- ____ Chosen by Master Instructor
- ____ Chosen by Master Instructor

Jiko Boei - Self Defense

- ____ Chosen by Master Instructor
- ____ Chosen by Master Instructor
- ____ Chosen by Master Instructor

Kata - Forms

- ____ Chosen by Master Instructor
- ____ Chosen by Master Instructor
- ____ Chosen by Master Instructor
- ____ Sanchin
- ____ Bunkai—Geksai Dai

Kobudo - Weapons

- ____ Inuwashido Dento-tekina Bo or another weapon

Tameshiwari - Breaking

- ____ 4 Station Break Routine
 - Must include
 - 1 power break of 4+ boards
 - 1 break with a hand technique
 - 1 break with a kick

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Sandan—Black Belt 3rd°



Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

____ 2 years of active training and teaching

Kumite - Sparring

____ Go Aite Kumite - 5 consecutive opponents
7 1/2 minutes minimum to 10 minutes maximum

Waza - Technique

____ San Ju Ni Kihon Waza
____ 3-Part Hand Combinations #1
____ 3-Part Hand Combinations #2
____ 3-Part Leg Combinations #1
____ 3-Part Leg Combinations #2
____ 3-Part Hand/Leg Combinations #1
____ 3-Part Hand/Leg Combinations #2

Interview

Ippon Jiko Boei - One Step Self Defense

____ Chosen by Master Instructor
____ Chosen by Master Instructor
____ Chosen by Master Instructor

Jiko Boei - Self Defense

____ Chosen by Master Instructor
____ Chosen by Master Instructor
____ Chosen by Master Instructor

Kata - Forms/Kobudo - Weapons

____ Any novice kata
____ Any intermediate kata
____ Inuwashi Do Dento-tekina or Jion
____ Any advanced kata/weapon
____ Bunkai—Tsuki No

Tameshiwari - Breaking

____ 5 Station Break Routine
Must include

- 1 power break of 4+ boards
- 1 break with a hand technique
- 1 break with a kick
- 1 speed break