

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