

# **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