

Kihon – Yellow Belt
(100 Points: Must score 90 or above)

I. Movement: (20 Points)

Total Points _____

Tenshin Happo Tsuru Ashi - 10 Points Each Side _____

II. Stances (15 Points)

Total Points _____

Zenkatsu Dachi 8 Point (4 Each Side) _____

Neko Ashi Dachi 7 Point (3.5 Each Side) _____

III. Blocks (10 Points)

Total Points _____

Jodan Barai 2 Points (1 Each Side) _____

Chudan Barai 2 Points (1 Each Side) _____

Gedan Barai 2 Points (1 Each Side) _____

Nagashi - (Inside Each Waza) 4 Points _____

IV. Punches / Te Waza (10 Points)

Total Points _____

Tsuki 5 Points (2.5 Each Side) _____

Shuto Uchi 5 Points (2.5 Each Side) _____

V. Kicks (10 Points)

Total Points _____

Mae Geri 5 Points (2.5 Each Side) _____

Yoko Geri 5 Points (2.5 Each Side) _____

VI. Ido Waza (35 Points)

Total Points _____

A. Single Waza (25 Points)

Tsuri Ashi Oi Tsuki 5 Points (2.5 Each Side) _____

Tsugi Ashi Oi Tsuki 5 Points (2.5 Each Side) _____

Tsuri Ashi Gyaku Tsuki 5 Points (2.5 Each Side) _____

Tsuri Ashi Mae Geri 5 Points (2.5 Each Side) _____

Neko Ashi Shuto Uchi 5 Points (2.5 Each Side) _____

B. Multiple Techniques (10 Points)

Total Points _____

Tsuri Ashi JB, Mae Geri, Gyaku Tsuki 10 Points _____

Total: _____ out of 100 Points