

## JUNIOR GREEN 1 BELT

Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Telephone# \_\_\_\_\_ Last Promotion \_\_\_\_\_

<b>Attendance</b> (min. 30 classes)					<b>JUNIOR GREEN BELT 1 REQUIREMENTS</b>
1	2	3	4	5	<b>A) UKE WAZA</b> Uke kunren-moving forward and back (shizentai dachi/neko ashi dachi)
6	7	8	9	10	
11	12	13	14	15	<b>B) TE WAZA</b> Shotei uchi-Palmheel strike Nukite uchi-Spearhand strike Kisami Tsuki-Lead hand snap punch Shuto uchi-Knifehand strike (show 3 different examples)
16	17	18	19	20	
21	22	23	24	25	
26	27	28	29	30	
31	32	33	34	35	<b>C) KERI WAZA</b> Yoko Geri <i>Must demonstrate A) proper knee position; B) Correct striking surface with the blade of the foot; C) Four steps (up, out, back, down); D) Speed, snap, balance, flexibility E) Rotation of the upper body and the hips</i>
36	37	38	39	40	
Dues					<b>D) KATA</b> Fukyugata Shodan, Fukyugata Nidan, Fukyugata Sandan
					<b>E) KUMITE</b> Sandan kumite (with a partner)
					<b>F) REIGI</b> -Demonstration of dojo etiquette and knowledge of dojo rules. Excellent attitude.
<b>Reikishi to Kotoba (History and Terminology)</b>					
What does the shodo to the left of the kamiza say? What does the shodo to the right of the kamiza say? Why are they are part of the dojo code?					