

GREEN BELT 1

Name _____ Age _____ DOB ____/____/____

Telephone# _____ Last Promotion _____

Attendance (min. 30 classes)					GREEN BELT 1 REQUIREMENTS									
1	2	3	4	5	<p>A) UKE WAZA</p> <p>Uke kunren-blocking drill moving forward and back (shizentai/neko ashi)</p> <p>Gedan morote nagashi uke-Low double sweeping block</p> <p>Juji Uke-X block (Jodan and gedan)</p> <p>B) TE WAZA</p> <p>Shotei uchi-Palmheel strike</p> <p>Nukite uchi-Spearhand strike</p> <p>Kisami Tsuki-Lead hand snap punch</p> <p>Shuto uchi-Knifehand strike (show 3 different examples)</p> <p>Tetsui uchi-Hammerfist strike (side/ dropping/reverse)</p> <p>C) KERI WAZA</p> <p>Tsuriashi Shomen Mae Geri-Push/slide front kick(forward leg)</p> <p>Mikazuki Geri –Crescent Kick (inside and outside)</p>									
6	7	8	9	10										
11	12	13	14	15										
16	17	18	19	20										
21	22	23	24	25										
26	27	28	29	30										
31	32	33	34	35										
36	37	38	39	40										
Dues										<p>D) KATA</p> <p>Pinan Nidan, Naihanchi Nidan</p> <p>E) KUMITE</p> <p>Sandan kumite(with a partner)</p> <p>F) REIGI-Demonstration of dojo etiquette and knowledge of dojo rules. Excellent attitude.</p>				
<p>Reikishi to Kotoba (History and Terminology)</p> <p>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?</p>														