

JUNIOR YELLOW WITH WHITE STRIPE BELT

Name _____ Age _____ DOB ____/____/____

Telephone# _____ Last Promotion _____

Attendance (min. 20 classes)					JUNIOR YELLOW WITH WHITE BELT REQUIREMENTS				
1	2	3	4	5	A) DACHI WAZA Dachi kunren-Stance Drill				
6	7	8	9	10					
11	12	13	14	15	B) UKE WAZA Soto Chudan Uke-Outside/Inside Block				
16	17	18	19	20					
21	22	23	24	25	C) TE WAZA Combination Punching-High/middle/low Nidan tsuki-Double Punch				
26	27	28	29	30					
31	32	33	34	35	D) KERI WAZA Stepping front snap kick Must show: A) Proper knee position; B) Correct striking surface on the foot; C) Four steps (up, out, back, down); D) Speed, snap, balance, flexibility; E) Proper placement of foot after kick; F) Posture(no falling forward)				
36	37	38	39	40					
Dues					E) REIGI -Demonstration of dojo etiquette and knowledge of dojo rules. Excellent attitude.				
Terms you must know (also terms from prior test requirements):									
Do -The way or path Mawatte -Turn Dachi -Stance Te -hand Sensei - Black Belt instructor Sempai -Assistant instructor					Yame -Stop Seiken -Forefist Domo arigato gozaimasu -Thank you Hajime -Begin Kamae -fighting position or beginning position Hai - Yes/I understand				
11-ju-ichi 12-ju-ni 13-ju-san 14-ju-shi 15-ju-go					16-ju-roku 17-ju-shi-chi 18-ju-hachi 19-ju-ku 20-ni-ju				