



Green Belt – 7th Kyu

Promotion Exam Requirements

Attendance Requirements:

Minimum 9 months total training time.

Minimum 3 months since last full kyu promotion.

Minimum 16 classes attended since last exam.

General Requirements:

Increased ability to focus. Ability to change and transition correctly from different stances. Increased awareness and usage of hip. Must be proficient in 10-step Kihon and Heian Nidan.

The Exam:

All 8th Kyu Orange Belt requirements plus the following:

1. In ready, horse and square stances, block/punch combinations (low, face, outer, and inner blocks)
2. Moving forward and backward – front stance, front kick
3. Step forward and backward – front stance, middle punch
4. Step forward and backward – front stance, low block and face block
5. Step forward and backward – front stance, outer block and inner block
6. 10-Step Kihon
7. Stepping forward and backward – back stance, knife hand block, shift to front stance, spear hand strike (nukite)
8. Moving forward – front stance, rear leg front kick, then rear leg round kick
9. Side kick – thrusting and snapping
10. Kata – Taikyoku Shodan and Heian Shodan
11. Kata – Heian Nidan

Students are not judged in comparison to one another, but against a minimum standard necessary to earn each specific rank. Judges will take into consideration the age, individual progress and improvement of each student. Participating students are responsible for making themselves familiar with all of the requirements and judging criteria for their specific level of promotion. These requirements are only part of the test – regular class time, attitude, spirit, and attendance are also taken into consideration.