



Orange Belt – 8th Kyu

Promotion Exam Requirements

Attendance Requirements:

Minimum 6 months total training time.

Minimum 3 months since last full kyu promotion.

Minimum 12 classes attended since last exam.

General Requirements:

Knowledge and correct wording of the Dojo Kun. Increased knowledge of basic Japanese terminology. Ability to move correctly and smoothly from one stance to another. Awareness of differences between basic stances. Awareness of importance of breathing in correspondence with body movements. Improved coordination. Improved physical endurance in stance work.

The Exam:

All 9th Kyu Yellow Belt requirements plus the following:

1. In ready, horse and square stances, block/punch combinations (low, face, outer, and inner blocks)
2. Step forward and backward – front stance, middle punch
3. Step forward and backward – front stance, low block and face block
4. Step forward and backward – front stance, outer block and inner block
5. Step forward and backward – back stance, knife hand block
6. Stationary position – front stance, rear leg front kick
7. 10-Step Kihon
8. Moving forward and backward – front stance, front kick, middle punch
9. Round kick
10. Kata – Taikyoku Shodan (Kihon Kata Ichi)
11. Kata – Heian Shodan

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.