



Blue Belt – 6th Kyu Promotion Exam Requirements

Attendance Requirements:

Minimum 12 months total training time.

Minimum 3 months since last full kyu promotion.

Minimum 18 classes attended since last exam.

General Requirements:

Ability to perform combination techniques with sharp rotation of hips. Improved concentration and power in kata. Improved speed and reaction in kihon drills. Improved footwork and body shifting. Awareness of tension and weight distribution in stance work.

The Exam:

All 7th Kyu Green Belt requirements plus the following:

1. Moving forward and backward – front stance, front kick
2. Moving forward and backward – front stance, face block, reverse hand punch
3. Moving forward and backward – front stance, low block, reverse hand punch
4. Moving forward and backward – front stance, outer block, reverse hand punch
5. Moving forward and backward – front stance, inner block, reverse hand punch
6. 10-Step Kihon
7. 4-Step Kihon – back stance knife block, shift to front stance, spear hand strike, shift to horse stance, low block, shift to front stance, reverse hand punch
8. Kicks – moving forward, front kick, side thrust/snap kick, round kick, both legs (side kicks from horse stance)
9. Moving forward – rear leg front kick, rear leg round kick, reverse hand punch
10. Kata – Taikyoku Shodan, Heian Shodan, Heian Nidan
11. Kata – Heian Sandan

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.