



Low Purple Belt – 5th Kyu Promotion Exam Requirements

Attendance Requirements:

Minimum 15 months total training time.

Minimum 3 months since last full kyu promotion.

Minimum 18 classes attended since last exam.

General Requirements:

Understanding of foot position, hip position, muscular tension and weight distribution in basic stances. Smooth and accurate transfer from one stance to another with increased speed and focus. Knowledge and proper usage of different striking surfaces of hands and feet. Increased awareness of effectiveness of various striking targets. Knowledge of basic application in kata.

The Exam:

All 6th Kyu Blue Belt requirements plus the following:

1. Moving forward and backward – front stance, low block, reverse hand punch
2. Moving forward and backward – front stance, face block, reverse hand punch
3. Moving forward and backward – front stance, outer block, reverse hand punch
4. Moving forward and backward – front stance, inner block, reverse hand punch
5. 10-Step Kihon
6. 4-Step Kihon (back stance, knife block version)
7. 4-Step Kihon (JKA version)
8. Front kick, side thrust/snap kick and round kick with each leg (side kicks crossing from horse stances)
9. Kata – Taikyoku Shodan, Heian Shodan, Heian Nidan, Heian Sandan
10. Kata – Heian Yondan
11. One-step self defense

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.