



Provisional Yellow Belt – 10th Kyu

Promotion Exam Requirements

Attendance Requirements:

Minimum 8 classes attended.

General Requirements:

Basic knowledge of dojo etiquette, including proper bowing in both standing and kneeling positions. Basic blocking, striking and kicking techniques from appropriate stances. Knowledge of basic Japanese terms, including counting from 1 to 10. The ability to do a minimum of 10 push-ups and 20 sit-ups.

The Exam:

1. Stationary position – ready stance, punch low, middle, and high
2. Stationary position – horse and square stance, punch and block combinations (face block and low block)
3. Step forward and backward – front stance, middle punch
4. Step forward and backward – front stance, low block
5. Step forward and backward – front stance, face block
6. Stationary position – front stance, rear leg front kick, hands in guarding position
7. Moving forward and backward – front stance, rear leg front kick, middle punch
8. 6-Step Kihon (front stance, low block, punch, face block, punch, rear leg front kick, punch)
9. 10 push-ups and 20 sit-ups/crunches
10. Kata – first half of Taikyoku Shodan (Kihon Kata Ichi)

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.