|  |
| --- |
| **5th Kyu Blue Belt Test** |



|  |  |
| --- | --- |
| **Name:** | **Test Fee: $60** |
| **Present Rank:** | **Testing Rank: 5th Kyu** | **Result:** |
| **Single Basics** | **Score** | **Comments** | **Spirit:** |
| Oi zuki |  |  |
| Gyaku zuki |  |  |
| Gedan barai |  |  |
| Age uke |  |  |
| Ude soto uke |  |  |
| Ude uchi uke |  |  |
| Shuto uke |  |  |
| Mae geri |  |  |
| Yoko geri keage  |  |  |
| Yoko geri kekomi |  |  |
| Mawashi geri |  |  |
| **Stances** | **Score** | **Comments** |
| Zenkutsu dachi |  |  |
| Kokutsu dachi |  |  |
| Kiba dachi |  |  |
| **Double Basics** | **Score** | **Comments** | **Spirit:** |
| Sando zuki |  |   |
| Gedan barai, gyaku zuki |  |  |
| Age uke, gyaku zuki |  |  |
| Soto uke, gyaku zuki |  |  |
| Uchi uke, gyaku zuki |  |  |
| Shuto uke, nukite |  |  |
| Mae geri, oi zuki |  |  |
| Mae geri, yoko geri kekomi |  |  |
| **Kata** | **Score** | **Comments** | **Spirit:** |
| Heian Yodan |  |  |
| Ippon Kumite | **Score** | **Comments** | **Spirit:** |
| **\*First cell is for attacking score/Second cell is for defending score** |
| Jodan oi zuki |  |  |  |
| Chudan oi zuki |  |  |  |
| Mae geri |  |  |  |
| Yoko geri kekomi |  |  |  |
| **Score** | 1 = Fail (Comment Required) | 2 = Pass (Comment Recommended) | 3 = Excellent |