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| **6th Kyu Green Belt Test** |



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| **Name:**  | **Test Fee: $50** |
| **Present Rank:** | **Testing Rank: 6th 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 |  |  |
| Ude soto uke, gyaku zuki |  |  |
| Ude uchi uke, gyaku zuki |  |  |
| Shuto uke, nukite |  |  |
| Mae geri, yoko geri kekomi |  |  |
| **Kata** | **Score** | **Comments** | **Spirit:** |
| Heian Sandan |  |  |

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| **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 |  |  |  |

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| **Score** | 1 = Fail (Comment Required) | 2 = Pass (Comment Recommended) | 3 = Excellent |