

Student Name: _____

Introduction Rank

WHITE BELT TEST

Stances: Attention Neutral
Horse Seiza (Kneeling)
Left & Right Sparring Stance

Techniques: Karate Fist
Horse Stance Punching Drill
Rear Leg Front Kick

Kata: Uke Kata Age 4-7 (with class)
Age 8-10 (with count) Age 11+ (alone)

Knowledge: Names of all 4 Uke Kata Blocks
3 Attention and Seiza Stance Rules
Sensei's Name

Promotion Granted? _____
(Sensei's initials mean "Yes, you have passed". No initials mean that you have not passed yet.)

Beginner Rank

PURPLE BELT TEST

Before Testing Night you must be a Teacher's Assistant in the White Belt Class!

White Belt Teaching Assistance: 1 2

Stances: Left and Right Sanchin Stance

Techniques: Twisting Roundhouse Kick
Sanchin Arms (Shield)
Sanchin Turn
Sanchin Stepping
Sanchin Step-Offs

Kata: Sanchin Kata Long Form

Knowledge: Tie a Karate Belt
What does the word Sanchin mean?

Promotion Granted? Senior: _____ Double: _____

Beginner Rank

YELLOW BELT TEST

Stances: Left & Right Side Stance

Techniques: Roundhouse Kick (Front Leg)
Knife Hand Fist

Kata: Sanchin Kata Opening (7 moves)

Knowledge: The 3 Animals?
Count to 10 in Japanese

Promotion Granted? Senior: _____ Double: _____

Novice Rank

GREEN BELT TEST

Before Testing Night you must be a Teacher's Assistant in the Yellow/Orange/Purple Belt Class!

Yellow/Orange/Purple Belt Teaching Assistance: 1 2

Techniques: Roundhouse Kick with a Cat-Step
Side Kick with a Cat-Step

Kata: Kanshiwa Kata - Footwork: Steps 1-7
Half Turn - Sanchin Turn - Step Off - Sanchin Step - Sanchin Step - Big Step - Neutral Stance

Knowledge: Kanshiwa Kata - Which Animal?
Name all 12 Kata

Promotion Granted? Senior: _____ Double: _____

Beginner Rank

ORANGE BELT TEST

Before Testing Night you must be a Teacher's Assistant in the White Belt Class!

White Belt Teaching Assistance: 1 2

Techniques: Front Kick (Front Leg)

Kata: Sanchin Kata Short-Form
Sanchin Opening - 4 Knife Hand Strikes - 3 Double Arm Strikes - 2 Wa-Uke Blocks - 1 Closed Gate

Knowledge: What kind of Karate are you learning?

Promotion Granted? Senior: _____ Double: _____

Tournament Checklist!

You must compete at 4 tournaments before your Junior Black Belt Test

Tournament 1 Tournament 2

Tournament 3 Tournament 4

Student Name: _____

Novice Rank

2ND DEGREE GREEN BELT TEST

Before Testing Night you must be a

Teacher's Assistant in the Yellow/Orange/Purple Belt Class!

Yellow/Orange/Purple Belt Teaching Assistance: 1 2

Techniques: Snapping Side Kick

Kata: Kanshiwa Kata Short Form
3 punches - 2 Kicks - 1 Elbow Strike - 1 Back Fist

Knowledge: Name all of the Sensei (lineage)

Promotion Granted? Senior: _____ Double: _____

Novice Rank

3RD DEGREE BLUE BELT TEST

Kata:

Kyu Kata Long Form

(5) Punch - Front Kick - 2 Roundhouse Kicks - Circle - Low Block - 2 Roundhouse Block - Catch/Throw - Punch

Promotion Granted? Senior: _____ Double: _____

Novice Rank

RED BELT REQUIREMENTS

Before Testing Night you must be a

Teacher's Assistant in the Green/Blue Belt Class!

Green/Blue Belt Teaching Assistance: 1 2

Techniques: Kicking Exercise 1 (front, round, thrust, spin)

Kumite: Kyu Kumite 1-5

Promotion Granted? Senior: _____ Double: _____

Novice Rank

3RD DEGREE GREEN BELT TEST

Techniques: Shoken Fist

Kata: Kanshiwa Kata Long Form
3 punches - 2 kicks - 1 elbow/backfist - 3 Wa-Ukes - 1 chop/backfist - 1 kick - 1 shoken - 1 shoken cross

Promotion Granted? Senior: _____ Double: _____

Novice Rank

2ND DEGREE RED BELT REQUIREMENTS

Before Testing Night you must be a

Teacher's Assistant in the Green/Blue Belt Class!

Green/Blue Belt Teaching Assistance: 1 2

Techniques: Inside Crescent Kick
Outside Crescent Kick

Kata: Kanshu Kata

Promotion Granted? Senior: _____ Double: _____

Novice Rank

BLUE BELT TEST

Before Testing Night you must be a

Teacher's Assistant in the Yellow/Orange/Purple Belt Class!

Yellow/Orange/Purple Belt Teaching Assistance: 1 2

Techniques: Thrusting Side Kick
Back Kick

Kata: Kyu Kata Short-Form
(1) 2 punch - 2 circle - punch (2) 2 punch - 1 circle - 1 cross - punch (3) 2 punch - 1 cross - 1 circle - kick

Knowledge: What does "Kyu" mean?
How was Kyu Kata Created?

Promotion Granted? Senior: _____ Double: _____

Intermediate Rank

3RD DEGREE RED BELT REQUIREMENTS

Techniques: Spinning Crescent Kick
Kicking Exercise 2(out, in, spin, out, in, spin)
Ax Kick
Dragon Kick
Hook Kick

Kata: Master Level Uke Kata

Promotion Granted? Senior: _____ Double: _____

Novice Rank

2ND DEGREE BLUE BELT TEST

Before Testing Night you must be a

Teacher's Assistant in the Yellow/Orange/Purple Belt Class!

Yellow/Orange/Purple Belt Teaching Assistance: 1 2

Kata: Kyu Kata 1-4
(4) side kick - roundhouse kick - chop - circle - crane block - 3 blocks - elbow strike/back-fist

Promotion Granted? Senior: _____ Double: _____

Student Name: _____

Intermediate Rank

BROWN BELT REQUIREMENTS

Kata: Master Level Sanchin Kata
Weapon Kata (Bo Staff, Kama, Nunchak, or Sai)

Hojo Undo:

Shomen geri (Front kick) Sokuto geri (Side kick)
Seiken tsuki (Straight Punch) Mawashi tsuki (Hook Punch)

Kumite: Yakasoku Kumite 1-5

Knowledge: What does Hojo Undo mean?

Promotion Granted? Senior: _____ Double: _____

Intermediate Rank

2ND DEGREE BROWN BELT TEST

Kata: Master Level Kanshiwa Kata

Bunkai: 2 Man Kanshiwa Bunkai (For Testing)
5 Man Kanshiwa Bunkai (Active)

Hojo Undo: Hajiki uke hiraken tsuki
(Tiger paw blocks and strike)
Shuto uraken shoken tsuki
(Chop, Backfist, One-knuckle punch)
Hiji tsuki (Elbow strikes)

Kumite: Yakasoku Kumite 1-8

Knowledge: How was Kanshiwa Kata named?

Promotion Granted? Senior: _____ Double: _____

3RD DEGREE BROWN BELT TEST

Kata: Master Level Kanshu Kata

Kumite: Yakasoku Kumite 1-10

Hojo Undo: All previous Hojo Undo
Tenshin zensoku geri (Turn-Block-Front Kick-Forward Leg)
Tenshin kosuko geri (Turn-Block-Front Kick-Back Leg)
Tenshin shoken tsuki (Turn-Block-One Knuckle Punch)
Shomen hajiki (fingertip strikes)
Koi no shippo uchi, tate uchi (wrist blocks four directions)
Koi no shippo yoko uchi (Fish-tail wrist blocks)
Shin ko kyu (Deep breathing)

Kotickitae: Chinese Arm Pounding
Uechi Arm Pounding Leg Pounding

Knowledge: How was Kanshu Kata named?
Black Belt Question & Answer Pretest

STUDY GUIDE

Count to 10 in Japanese (sounds like)
One.....Ichi eechy
Two.....Ni knee
Three.....San sawn
Four.....Chi chee
Five.....Go Go
Six.....Roku Rook
Seven.....Shichi Seechy
Eight.....Hachi Hachee
Nine.....Ku Q
Ten.....Ju Jew

All of the Kata

1. Uke Oo-Key
2. Sanchin Sawn-Chin
3. Kanshiwa Kawn-She-Wah
4. Kyu Q
5. Kanshu Kawn-Shoe
6. Dan Dawn
7. Seichin Say-Chin
8. Seisan Say-Sawn
9. Seiryu Say-Roo
10. Konchin Kawn-Chin
11. Sanseiryu Sawn-Say-Roo
12. Ryuko Rie-oo-Koh

Our Lineage (The Sensei' in Order)

1. Shushiwa
2. Kanbun Uechi
3. Kanei Uechi
4. Ryuyu Tomoyose
5. George Mattson
6. Buzz Durkin
7. Dan Dovidio and Mike DeDonato
8. Sensei Bill!

The Three Animals

1. Tiger
2. Crane
3. Dragon

Instructor Contact Information
William J. Corriveau (Sensei Bill)
Email: uechiwilliam@yahoo.com
Home Phone: 714-891-1017
Website: www.ggodkarate.com
Mailing List: SenseiBillKarate@yahoogroups

Student Name: _____

Technique Checklist
Sparring Combinations

Offensive (Attack First)

- _____ Rear Leg Front Kick, 2 Punches
- _____ Jab, Punch, Roundhouse Kick
- _____ Roundhouse Kick, Jab, Punch
- _____ "Hop, Hop, Switch, Roundhouse Kick"
- _____ Skipping Front Kick
- _____ Knock down guard/ punch
- _____ Knock up guard/ punch
- _____ RH Kick/ Spinning Back Kick
- _____ RH Kick/High Punch/Low Punch
- _____ Jab, Punch, High RH Kick
- _____ Roundhouse Kick, Side Kick, Spin Kick
- _____ Roundhouse Kick, 2 Mid Punch, High Hook,
Mid punch, Low punch
- _____ Leg sweep

Defensive (Block First)

- _____ Cross Block and Punch
- _____ Low Block and Punch
- _____ Cross Block, Punch, Front Kick
- _____ Cross Block, 2 Punches
- _____ Low Block, Punch, Front Kick
- _____ Cross Block, Front Roundhouse Kick
- _____ "Stopping" Front Kick
- _____ "Stop" Front Kick/RH Kick/2 Punch
- _____ Side Step/Cross Block/Punch
- _____ Low Block/Circle Block/Punch
- _____ Low RHK/High Punch/Low Punch
- _____ Knee Block
- _____ Crane Block/Front Kick
- _____ Cross/Circle Block/ Punch
- _____ High Block/ Punch
- _____ Sanchin Arm Guard - Outside Attack
- _____ Sanchin Arm Guard - Inside Attack
- _____ Hookpunch-Block/ Punch

Escape Techniques

Escapes Against Bigger Opponents

- _____ 1) Wrist Grab 1 (Swing, Grab, & Slam)
- _____ 2) Wrist Grab 2 (Baseball Throw)
- _____ 3) Bear Hug (Lifted off the ground)
- _____ 4) "Football" Grab (muzzles are 4 horses)

Simple Escapes

- _____ 1) Wrist Grab (Circle towards thumb)
- _____ 2) 2 Hand Arm Grab
- _____ 3) Clothing Grab
- _____ 4) Bear Hug (Sanchin - Elbow Strike)
- _____ 5) Bear Hug (Kanshiwa - Leg Grab)
- _____ 6) Head Lock (Push Out)
- _____ 7) Head Lock (Triangle)
- _____ 8) Rear Choke
- _____ 9) Upper Arm Grab
- _____ 10) 1Hand Choke
- _____ 11) 2 Hand Choke
- _____ 12) 2 Hand Choke-Rear

Takedown/Throw Techniques

- _____ 1) Sanchin Turn
- _____ 2) Roundhouse Kick Trap
- _____ 3) Take-Down with Americana Lock
- _____ 4) Scissor Sweep

Knife Defense

- _____ 1) Thrust - wrist/hand slap
- _____ 2) X-Block
- _____ 3) Same Side trap-lock-disarm
- _____ 4) Cross Arm Trap-americana-disarm
- _____ 5) Maloney

Groundfighting

- _____ 1) Arm Bar from full mount
- _____ 2) Arm Bar defense
- _____ 3) Americana Lock from Side Control
- _____ 4) Kimora Lock from Side Control
- _____ 5) Rear Naked Choke