

Zaino's Martial Arts Gym

School Testing Requirements

Brown Belt

- Stances: Dachi
 - Back Stance (advance and retreat)
 - Cat Stance (advance and retreat)
 - Sanchin Stance (advance and retreat)
 - Horse Stance (regular and Japanese)
- Blocks: Uke
 - Double Forearm Block – Morote ude Uke
 - Parry Block – Soto Shotei Uke
 - Back of Hand Block – Haisho Uke
- Punches and Strikes: Zuki and Uchi
 - Ridgehand Strike / Double Ridgehand
 - Eye Poke / Double Eye Poke
 - Knifehand Strike / Double Knifehand
 - Double Punch
- Kicks: Geri
 - Front Jump Kick
 - Jump Crescent Kick
 - Jump Side Kick
 - Axe Kick
- Forms: Kata
 - Mu Gin No Ryu or Tension
 - Sei Yun Chin or San Sei Ryu
- Weapon: Perform Kata
- Self Defense:
 - Against a gun (frontal attack)
- Rolls and Falls:
 - Front Roll / Back Roll
 - Front Fall / Back Fall
 - Side Fall (right and left)
- Sparring: 5 matches



1st Degree Brown Belt

- Kicks: Geri
 - Spin Back Heel Kick
 - Spin Crescent Kick
 - Spin Hook Kick
- Self Defense:
 - Against a Gun (rear attack)
 - Perform a leg check

2nd Degree Brown Belt

- Kicks: Geri
 - Jump Spin Back Heel Kick
 - Jump Spin Crescent Kick
 - Jump Spin Hook Kick
- Self Defense:
 - Perform Sweeps / Take Downs

3rd Degree (Split) Brown Belt

- Perform all Brown, 1st, and 2nd Degree Requirements
- Forms: Kata
 - Em Pae Ryu Chi
 - Dan In Sho, Sai Pi, or Bassai Dai

