

Zaino's Martial Arts Gym

School Testing Requirements

Purple Belt

1. Stances: Dachi
 - A. Back Stance – Kokutsu Dachi
 - B. Cat Stance – Neko Ashi Dachi
 - C. Sanchin (Hourglass) Stance – Sanchin Dachi
2. Blocks: Uke
 - A. Knife Hand Blocks – Shuto Uke (from a Back Stance)
 - B. Fist Blocks – Seiken Uke (from a Back Stance)
 - C. Cross (X) Block – Juji Uke (closed and open hand)
 - D. Double Block – Morote Chudan-Gedan Uke
3. Punches and Strikes: Zuki and Uchi
 - A. Double Ridgehand Strikes
 - B. Double eye poke
4. Kicks: Geri
 - A. Instep Kick (low / high)
 - B. Hook Kick – Kagi Geri
 - C. Spin Outside Crescent Kick
5. Forms: Kata
 - A. Sai Fa
6. Weapon:
 - A. Perform Kata – Bo or Kama
7. Self Defense:
 - A. Against a bear hug (frontal and rear)
 - B. Against a rear choke
8. Rolls and Falls:
 - A. Side Falls (left / right)
9. Sparring: 4 matches



1st Degree Purple Belt

1. Kicks: Geri
 - A. Spinning Hook Kick
 - B. Spin / Jump Back Heel Kick
 - C. Jump Spinning Crescent Kick
2. Self Defense:
 - A. Against a knife (upper cut)

2nd Degree Purple Belt

1. Kicks: Geri
 - A. Machine Gun Kick (Round House)
2. Self Defense:
 - A. Against a Knife (over head)

3rd Degree (Split) Purple Belt

1. Perform all Purple, 1st, and 2nd Degree Requirements
2. Forms: Kata
 - A. Ana Ku

