

Zaino's Martial Arts Gym

School Testing Requirements

Yellow Belt

1. Stances: Dachi
 - A. Sanchin (hourglass) Stance: Sanchin Dachi
 - B. Horse Stance / Center Punch
2. Blocks: Uke
 - A. 12 Point Blocking System:
 - (a) High Block –Jodan Uke
 - (b) Inside (middle) Block – Chudan Uke
 - (c) Outside (forearm) Block – Soto Ude Uke
 - (d) Knife Hand Block – Shuto Uke
 - (e) Down (low) Block – Gedan Uke
 - (f) Spear Hand Block
3. Punches and Strikes – Zuki and Uchi
 - A. Palm Heel Strike – Shotei Uchi
 - B. Knife Hand Strike – Shuto Uchi
4. Kicks: Geri
 - A. Front Snap Kick – Mae Keage Geri (front and back leg)
 - B. Inside Crescent Kick – Mikazuki Geri
5. Forms: Kata
 - A. USA GoJu-Ryu Series #1 (with low blocks – our “School Kata #2”)
 - B. USA GoJu-Ryu Series #2 (with middle blocks)
 - C. USA GoJu-Ryu Series #3 (with high blocks)



1st Degree Yellow Belt

1. Punches and Strikes: Zuki and Uchi
 - A. Reverse Punch – Seiken Zuki – to center / to throat (from a Horse Stance)
2. Kicks: Geri
 - A. Outside Crescent Kick – Mikazuki Geri

2nd Degree Yellow Belt

1. Blocks: Uke
 - A. Cross (X) Block – Juji Uke (closed and open hand)
2. Kicks: Geri
 - A. Japanese Roundhouse Kick – Mawashi Keage Geri (ball of foot)

3rd Degree (Split) Yellow Belt

1. Perform all Yellow Belt, 1st, and 2nd Degree requirements
2. Forms: Kata
 - A. USA GoJu-Ryu Series #4 (with low, middle, and high blocks)
 - B. USA GoJu-Ryu Series #5 (with low blocks and low front kicks)

