

Green Belt Test

Vocabulary	
Numbers 1 through 10	Ichi, ni, san, shi / yo, go, roku, shichi, hachi, kyu, jyu
Ordinals	Shodan, Nidan, Sandan, Yodan, Godan, Rokudan, Shichidan, Hachidan, Kudan, Judan

Hand techniques	Attitude	Tech	Speed	Power
Backfist				
Rearhand punch				
Front jab				
Front Palm Heel				
Front Ridgehand				
Rear Palm Heel				
Rear Ridgehand				
Step Punch				
Step Jab				
Step (side or rear) Backfist				
Uppercut				

Foot techniques	Attitude	Tech	Speed	Power
Front leg front kick				
Back leg front kick				
Front leg side kick				
Back leg side kick				
Front leg round kick				
Back leg round kick				
Turn Side Kick				
Step-behind Side Kick				
Crescent Outward				
Crescent Inward				

Combinations	Attitude	Tech	Speed	Power
Backfist / Rearhand punch / back leg round kick / Turn Side kick				
Backfist / Rearhand punch / Front leg front kick / Step side kick				
Backfist / Rearhand punch / Back leg round kick / Under middle				
Front Round kick / turn side / back round kick / UMB				
Jab / Rearhand Punch / Jab / Uppercut				
Back leg front kick / Turn-side / Oi Crescent				
Freestyle (one block, two kicks, one punch, any order)				

Stances	Attitude	Tech	Speed	Power
Front stance				
Back stance				
X Stance				
Horse Stance				

Blocks	Attitude	Tech	Speed	Power
X block (Front stance)				
Outside / Inside block (Front stance)				
Inside / Outside block (Front stance)				
Under Middle (Back stance)				
Knifehand (Back stance)				
Down block (Front stance)				
High block (Front stance)				
Double middle (Front stance)				

One-Step Kumite	Attitude	Tech	Speed	Power
Hammer fist / High block / Ridgehand				
Front kick / Down block / Palmheel				
Rearhand Punch / Under Middle block / Thrust kick				
Back leg round kick / Down block / punch				
Back leg round kick / under middle block / punch				
Hammerfist / High block / back leg round kick low / high				

Five step Combinations	Attitude	Tech	Speed	Power
Backfist / block / punch / grab / step & elbow				
Backfist / block / punch / grab / step under elbow / takedown				
Backfist / block / punch / Grab / Step across / Throw				

Self-Defense	Attitude	Tech	Speed	Power
Rear choke				
Side headlock				
Same-side wrist grab				
Cross Wrist grab				
Front choke				
Double shirt grab				
Double wrist grab				
Bearhug				
Front headlock				

Kata	Attitude	Tech	Speed	Power
Taikyoku Shodan				
Taikyoku Nidan				
Taikyoku Sandan				
Heian Shodan				
Heian Nidan				

Totals	Attitude	Tech	Speed	Power
Score				