

TMSK Student Name: _____

GREEN BELT REQUIREMENT CHECKLIST

Be sure to check off each item as you become comfortable and competent of each requirement. Recommendation for examination by an authorized instructor is encouraged. Please note that recommendation is not promotion guaranteed.

Written Exam - approximately 30 minutes and done during class time

- Includes material from yellow and orange written exam requirement
- Procedure for opening and closing class in Japanese
- Terminologies from the Kihon Waza section below plus the following:
- Yuri ashi; tsugi ashi; ayumi ashi; hiraki ashi
- Haishu uke; Kime; Hikite; Kata; Kumite

Practical Exam - Must be demonstrated with speed and power.

- 1. Kihon Waza** (basic techniques) - 4 times each with the right and left
 - Teisho uchi; haito uchi - demonstrate in uchi hachiji dachi
 - In Seisan Dachi kamae- using front foot: Mae tobi keri; mawashi tobi keri
 - Mawari Ushiro Keri - spinning back kick
 - Ura-Mawashi Keri - hook kick
 - Mawari Ura Mawashi Keri - spinning hook kick
 - Fumi Komi Keri - stomping kick
 - Gyaku Mawashi Keri - reverse roundhouse kick

- 2. Ashi Waza** (Foot techniques) - covering distance. Demonstrate each movement 4 x going forward leading with the right foot, turn, come back 4 x leading with the left foot.
 - Yuri ashi; tsugi ashi; ayumi ashi (forwards and backwards)
 - Hiraki ashi
 - Kizame tsuki using yuri ashi; gyaku tsuki using yuri ashi - kamae each time
 - Kizame tsuki using tsugi ashi; gyaku tsuki using tsugi ashi - kamae each time

- 3. Renzoku Waza** (combination techniques) 4 x forward, turn, 4 x back
 - a. In seisan dachi kamae - finish in kamae position after each combination
 1. Ni-ren tsuki (double punch) using yuri ashi
 2. Mae keri + Kizame tsuki + gyaku tsuki
 3. Tsugi ashi/jodan mae ashi mawashi keri + chudan gyaku tsuki

- 4. Kihon Dosa (Basic exercises)**

Kihon Kata 3

One kihon dosa from orange & yellow requirements - examiner's choice

- 5. Kata (Formal exercises)**

Tien Shin; Heian Sandan; Seisan

One kata each from orange & yellow requirements - examiner's choice