|  |
| --- |
| **7th Kyu Orange Belt Test** |



|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Name:** | | | | | | | **Examiner:** | | | |
| **Present Rank:** | | | | | **Testing Rank: 7th Kyu** | | | | | **Result:** |
| **Single Basics** | | **Score** | | **Comments** | | | | **Spirit:** | | |
| Oi Zuki | |  | |  | | | | | | |
| Gyaku Zuki | |  | |  | | | | | | |
| Gedan Barai | |  | |  | | | | | | |
| **Sando Zuki** | |  | |  | | | | | | |
| Age Uke | |  | |  | | | | | | |
| Ude Soto Uke | |  | |  | | | | | | |
| Ude Uchi Uke | |  | |  | | | | | | |
| Shuto Uke | |  | |  | | | | | | |
| Mae Geri | |  | |  | | | | | | |
| Yoko Geri Keage (kiba daichi) | |  | |  | | | | | | |
| **Yoko Geri Kekomi (kiba daichi)** | |  | |  | | | | | | |
| **Mawashi Geri** | |  | |  | | | | | | |
| **Stances** | | **Score** | | **Comments** | | | | | | |
| Zenkutsu Dachi | |  | |  | | | | | | |
| Kokutsu Dachi | |  | |  | | | | | | |
| Kiba Dachi | |  | |  | | | | | | |
| **Kata** | | **Score** | | **Comments** | | | | **Spirit:** | | |
| Heian Nidan | |  | |  | | | | | | |
| **Sanbon Kumite** | | **Score** | | **Comments** | | | | **Spirit:** | | |
| **\*First cell is for attacking score/Second cell is for defending score** | | | | | | | | | | |
| Jodan Oi Zuki | |  |  |  | | | | | | |
| Chudan Oi Zuki | |  |  |  | | | | | | |
| Mae Geri | |  |  |  | | | | | | |
| Combination | |  |  |  | | | | | | |
| **Score** | 1 = Fail (Comment Required) | | | | | 2 = Pass (Comment Recommended) | | | 3 = Excellent | |