|  |
| --- |
| **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 |