

Green Belt Testing Requirements:

Green Stripe: (Green Belt Pre-test)

- At this point in the Students karate practice, they must be able to begin show they understand how to apply the techniques to situations and be able to put sequences together.
- Begin to do basic spinning and aerial techniques.
- Must be able to complete Advanced Heyan Two kata

Green Belt: (THIS IS A 2 CLASS TEST)

DAY 1

- During this testing session, All of the basic techniques shown in White & Yellow Belt sections are done mostly as more advanced combinations, including spinning and aerial techniques.
- Student must perform Taikyoku One, Pinan Three, & Advanced Heyan Two Katas.
- Must perform a single board break.

DAY 2 (scheduled evening 7:15pm class during the Final Testing Week sessions)

- Self defense - all attackers are Black Belts
- Student must do 3 rounds of ground fighting against 1 Black Belt

1st Degree Green -

- Student must show they are progressing as a new advanced karate belt level practitioner, while also starting to show examples that newer students can follow. Demonstrating leadership qualities is a part of what is expected of higher belts.
- Must be able to perform more advanced kicking and spinning and aerial techniques.
- Conditioning and endurance is always a big part of testing .
- Student does not need to perform katas for this test

2nd Degree Green -

- Student must be more comfortable performing advanced techniques and combinations, as well as ground fighting practices, such as ground sweeps, ground kicks and take downs .
- Student must be even more confident performing the techniques shown in 1st Degree Green belt test.