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| **1st KYU 3rd DEGREE BROWN BELT TEST** |



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| **Name:** | **Test Fee: $80** |
| **Present Rank:** | **Testing Rank: 1st Kyu** | **Result:** |

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| **Single Basics** | **Score** | **Comments** | **Spirit:** |
| Oi zuki |  |  |
| Gyaku zuki |  |  |
| Gedan barai |  |  |
| Age uke |  |  |
| Ude soto uke |  |  |
| Ude uchi uke |  |  |
| Shuto uke |  |  |
| Mae geri |  |  |
| Yoko geri kekomi (f. stance) |  |  |
| Yoko geri keage (kiba dachi) |  |  |
| Mawashi geri |  |  |
| Ushiro geri |  |  |

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| **Stances** | **Score** | **Comments** |
| Front stance |  |  |
| Back stance |  |  |
| Kiba dachi |  |  |
| Other Stances |  |  |

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| **Double Basics** | **Score** | **Comments** | **Spirit:** |
| Oi zuki, gyaku zuki |  |  |
| Gedan barai, gyaku zuki |  |  |
| Age uke, gyaku zuki |  |  |
| Ude soto uke, gyaku zuki |  |  |
| Ude uchi uke, gyaku zuki |  |  |
| Shuto uke, nukite |  |  |
| Mae geri, oi zuki |  |  |
| Mae geri , gyaku zuki |  |  |
| Yoko geri, gyaku zuki |  |  |
| Mawashi geri, gyaku zuki |  |  |
| Mae geri, yoko geri |  |  |
| Mae geri, mawashi geri |  |  |
| Mawashi geri, ushiro geri |  |  |
| Ushiro geri, mawashi geri |  |  |

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| **Score** | 1 = Fail (Comment Required) | 2 = Pass (Comment Recommended) | 3 = Excellent |

**1st KYU 3rd DEGREE BROWN BELT CONTINUED**

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| **Triple Combination** | **Score** | **Comments** | **Spirit:** |
| Sando zuki |  |  |
| Ude soto uke, uraken, empi |  |  |
| Ude uchi uke, kizami zuki, gyaku zuki |  |  |
| Mae geri, yoko geri, mawashi geri |  |  |
| Mawashi geri , uraken, gyaku zuki |  |  |
| Mae geri , yoko geri , mawashi geri (one leg) |  |  |

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| **Kata** | **Score** | **Comments**  | **Spirit:** |
| Tokui kata: |  |  |
| Heian: 1, 2, 3, 4, 5 Tekki: 1 |  |  |
| Bassai Dai  | Kanku Dai  |  |  |
| Jion |  |  |
| Empi |  |  |

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| **Jiyu Ippon Kumite** | **Score** | **Comments** | **Spirit:** |
| Jodan oi zuki |  |  |
| Chudan oi zuki |  |  |
| Mae geri |  |  |
| Yoko geri |  |  |
| Mawashi geri |  |  |
| Ushiro geri |  |  |

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| **Jiyu Nihon Kumite** | **Score** | **Comments** | **Spirit:** |
| Kizami zuki, gyaku zuki (2X) |  |  |
| Mae geri, jodan oi zuki (2X) |  |  |
|  |
| **Jiyu Kumite** | **Score** | **Comments** | **Spirit:** |
| Attacking |  |  |
| Defending |  |  |
| Speed |  |  |
| Power |  |  |
| Timing |  |  |
| Distance |  |  |
| Spirit |  |  |

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| --- | --- | --- | --- |
| **Score** | 1 = Fail (Comment Required) | 2 = Pass (Comment Recommended) | 3 = Excellent |