

Zaino's Martial Arts Gym

School Testing Requirements

Green Belt

- Stances: Dachi
 - Perform 5 basic stances:
 - Front Stance – Zenkutsu Dachi
 - Horse Stance – Kiba Dachi
 - Sanchin (Hourglass) Stance – Sanchin Dachi
 - Cat Stance – Neko Ashi Dachi
 - Bamboo Stance
 - Back Stance – Kokutsu Dachi
- Blocks: Uke
 - Knifehand Blocks – Shuto Uke (from a Back Stance – Kokutsu Dachi)
- Punches and Strikes: Zuki and Uchi
 - Single Eye Poke (from a Horse Stance – Kiba Dachi)
- Kicks: Geri
 - Instep Kick (instep of foot)
 - Spin Back Heel Kick – Ashi Ushiro Geri
- Forms: Kata
 - Shifting Kata
- Weapon:
 - Perform Basic movements – Bo / Kama
- Self Defense:
 - Against a Front Kick
 - Against an Overhand Strike
- Sparring: 3 matches



1st Degree Green Belt

- Blocks: Uke
 - Fist Blocks – Seiken Uke (from a Back Stance – Kokutsu Dachi)
- Punches and Strikes: Zuki and Uchi
 - Vertical Punch – Tate Zuki
- Kicks: Geri
 - Double Front Kick
- Falls and Rolls:
 - Front Fall
 - Front Roll

2nd Degree Green Belt

- Punches and Strikes: Zuki and Uchi
 - Inverted Punch (Uppercut) – Ura Zuki
- Kicks: Geri
 - Double Side Kick
- Rolls and Falls:
 - Back Fall
 - Back Roll

3rd Degree (Split) Green Belt

- Perform all Green, 1st, and 2nd Degree Requirements
- Forms: Kata
 - Geki Sai Dai Ni

