



Green Belt Test Form



Students Name (First, Last, Pronouns):	Test Date:	
Dojo Name:	Test Level:	Green Belt
Instructor(s):	"Real" Time in Rank:	
Candidate Limitations:	Test Fee Paid:	Y / N
INSTRUCTIONS: Grade student's performance and give comments. A – Knows and can execute techniques very well B – Knows techniques well, could use a little polishing C – Knows techniques but needs work on fundamentals D – Has difficulty with techniques F – Fail, Does not know techniques or are not up to test level	Assistant Teaching since last promotion (Brown Belt and up):	<u>N/A</u> Hours 10 Hours total min. required

	Requirement for rank	GRADE	COMMENTS
Stances & Footwork	Inward Stance Sliding		
Hand Techniques	Outer Diagonal Chop, Palm Heel Strike, Elbow Strikes: Upwards, Backwards, Forward, Side, Back Roundhouse		
Blocking Techniques	Middle low block, Side Elbow Block, Palm heel block, double forearm block, Sliding block (3 levels),		
Leg Techniques / Kicks	Side Snap Kick, Crescent Kick, Knee Block, Deflecting Knee, Shin Block, Deflecting Shin (to side & upward) Rear leg knee charge		
Blocks / Punches	In inward stance add elbow block and Middle low blocks		
Katas / Applications	Pinan 2 Pinan 3 Applications		
Weapon(s)	Tambo (left & right hand) Yang grip: 6 blocks, basic strikes figure 8's		
Dropping Techniques / Rolls	Forward Roll into Side Drop		
Escapes / Self Defense	Elbow Strike		
Sparring	N/A		
Stamina	Lunges: 150 w/ Outer Horiz Chop w/ block Pushups: 20 Palm 15 Fingertip		

Board Breaking: N/A				Public Speaking: NA	
Set	# of Boards	Technique	Trials	Philosophy: Needs Improvement / Pass	
1				Written Paper: NA / Pass / Probation	
2				Written Test: NA / Pass / Probation	
3				FINAL: PASS PROBATION FAIL	
4				Probation: Reason / Time:	
Additional comments (top 3 things to work on):				Tester's Name:	

Additional Comments:

(Use for more details descriptions of areas for improvement and suggestions to fix)

[illegible]

NOTE: Grades and scores are a guideline only final decision up to head tester and students head instructor.