



One Green Stripe Test Form



Students Name (First, Last, Pronouns):	Test Date:	
Dojo Name:	Test Level:	1 Green Stripe
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	Natural, Attention, Rectangular, Kicking, Forward, Cat, Diagonal Stances 90°, 180°, 270° turns		
Hand Techniques	Lunge, Reverse, Double, High/Low Double, Vertical Punches, Inner Chop Downward & Roundhouse Elbow strikes Jab, Cross, Hook Uppercut		
Blocking Techniques	Lower, Inner Middle, & Rising Blocks Double Inner Middle Block		
Leg Techniques / Kicks	Upward & Roundhouse Knee kicks, Snap Kick, Thrust Kick, Low Back Stamping Kick		
Blocks / Punches	In Rectangular stance, Low, Mid, High		
Katas / Applications	Taikyoku, Kata 2, 3 & 4 Modified Kata Applications		
Weapon(s)	N/A		
Dropping Techniques / Rolls	Side Drop		
Escapes / Self Defense	Thumb Escape		
Sparring	3-step Prearranged Sparring Modern & O Sensei Guard		
Stamina	Lunges: 100 w/ Chop or punch Punches: 100 Pushups: 20 Palm		

Board Breaking: N/A				Public Speaking: NA	
Set	# of Boards	Technique	Trials	Philosophy: Needs Improvement / Pass	
1				Written Paper: NA	
2				Written Test: NA	
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)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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