

NAME: _____

REQUIREMENTS CHECKLIST

GoKyu (5th Grade) 3rd Class

GREEN BELT

☐

Yonkyu (4th Grade) Master

GREEN BELT

☐

Spinning Back Kick

☐☐☐☐

Jump Spinning Back Kick

☐☐☐☐

Layout Kick

☐☐☐☐

Flying Side Kick

☐☐☐☐

KATA Satori

☐☐☐☐

KATA (OPTIONAL)

☐☐☐☐

Tiger's Awakening

Merging Ki Principals

Breaking Techniques

Break 1 wood board

☐☐☐☐

Break 1 cement block

☐☐☐☐

Tora Sai Kata and/or

Self Defense Sets 6 & 7

☐☐☐☐

LINE TECHNIQUES

1 and 2

☐☐☐☐

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