

Little Tigers Testing Requirements

NOTE: As students advance they remain responsible for all elements of previous tests.

NOTE: Students must complete two sessions before they are eligible for each test.

Yellow Belt (1st Tiger Stripe)

Kihon - standing

- Punch Jodan
- Punch Chudan
- Age Uke
- Soto Uke
- Uchi Uke
- Gedan Barai
- Mae geri

Kumite - Standing

- Attack jodan/defend age uke
- Attack chudan/defend uchi or soto uke
- Attack mae geri/defend gedan barai

10 push ups

10 sit ups

Orange Belt (2nd Tiger Stripe)

Kihon - shifting

- Punch Jodan
- Punch Chudan
- Age Uke
- Soto Uke
- Uchi Uke
- Gedan Barai
- Mae geri

Kumite - shifting

- Attack jodan/defend age uke
- Attack chudan/defend uchi or soto uke
- Attack mae geri/defend gedan barai

15 push ups

15 situps

Green Belt (3rd Tiger Stripe)

Kata - Takioko Shodan

Kihon - shifting

- Punch Jodan
- Punch Chudan
- Age Uke
- Soto Uke
- Uchi Uke
- Gedan Barai
- Mae geri

Kumite - shifting

- Attack jodan/defend age uke
- Attack chudan/defend uchi or soto uke
- Attack mae geri/defend gedan barai

20 push ups

20 sit ups

Blue Belt (4th Tiger Stripe)

Kata - Heian Shodan

Kihon - shifting

- Punch Jodan
- Punch Chudan
- Age Uke
- Soto Uke
- Uchi Uke
- Gedan Barai
- Mae geri

Kumite - shifting

- Attack jodan/defend age uke
- Attack chudan/defend uchi or soto uke
- Attack mae geri/defend gedan barai

25 sit ups

25 push ups

Purple Belt (5th Tiger Stripe)

Kata – Heian Nidan

Kihon – shifting – zenkutsu dachi (front stance)

- Sanbon zuki
- Age Uke
- Soto Uke
- Uchi Uke
- Gedan Barai
- Mae geri

Kihon – shifting – kokutsu dachi (back stance)

Back stance with knife hand block

Kihon – shifting – kiba dachi (straddle leg stance)

- Yoko geri keage (from kiba dachi shifting left and right)

Gohon kumite

- w/gyaku zuki counter

25 Sit-ups

25 Push - ups

Purple Belt w/black stripe (6th Tiger Stripe)

Kata – Heian Sandan

Kihon – Kiba Dachi

- Sanbon Zuki

Kihon – shifting – zenkutsu dachi (front stance)

- Sanbon zuki
- Age Uke
- Soto Uke
- Uchi Uke
- Gedan Barai
- Mae geri

Kihon – shifting – kokutsu dachi (back stance)

Back stance with knife hand block

Kihon – shifting – kiba dachi (straddle leg stance)

- Yoko geri keage (from kiba dachi shifting left and right)
- Yoko geri kikomi (from kiba dachi shifting left and right)

Sanbon Kumite

30 Sit-ups

25 Push - ups

Brown Belt w/white strip (7th Tiger Stripe)

Kata – Heian Yondan

Kihon – Kiba Dachi

- Sanbon Zuki

Kihon – shifting – zenkutsu dachi (front stance)

- Age uke/gyaku zuki
- Soto uke/gyaku zuki
- Uchi uke/gyaku zuki
- Gedan barai/gyaku zuki
- Gedan Barai
- Mae geri
- Mawashi geri

Kihon – shifting – kokutsu dachi (back stance)

Back stance with knife hand block

Kihon – shifting – kiba dachi (straddle leg stance)

- Yoko geri keage (from kiba dachi shifting left and right)
- Yoko geri kikomi (from kiba dachi shifting left and right)

Ippon Kumite

- Jodan attack & defend
- Chudan attack & defend
- Maegeri attack & defend

35 Sit-ups

25 Push – ups

Brown Belt no stripe (8th Tiger Stripe)

Kata – Heian Godan

Kihon – Kiba Dachi

- Sanbon Zuki

Kihon – shifting – zenkutsu dachi (front stance)

- Age uke/gyaku zuki
- Soto uke/gyaku zuki
- Uchi uke/gyaku zuki
- Gedan barai/gyaku zuki
- Gedan Barai
- Mae geri
- Mawashi geri

Kihon – shifting – kokutsu dachi (back stance)

- Back stance with knife hand block, shift in place nukite

Kihon – shifting – kiba dachi (straddle leg stance)

- Yoko geri keage (from kiba dachi shifting left and right)
- Yoko geri kikomi (from kiba dachi shifting left and right)

Ippon Kumite

- Jodan attack & defend
- Chudan attack & defend
- Mae Geri attack & defend
- Mawashi Geri attack & defend

40 Sit-ups

25 Push – ups

Brown Belt w/black stripe (9th Tiger Stripe)

Kata

- Bassai Dai
- Tekki Shodan

Kihon – Kiba Dachi

- Sanbon Zuki

Kihon – shifting – zenkutsu dachi (front stance)

- Age uke/gyaku zuki
- Soto uke/gyaku zuki
- Uchi uke/gyaku zuki
- Gedan barai/gyaku zuki
- Gedan Barai
- Mae geri
- Mawashi geri
- Ushiro geri

Kihon – shifting – kokutsu dachi (back stance)

- Back stance with knife hand block, shift in place nukite

Kihon – shifting – kiba dachi (straddle leg stance)

- Yoko geri keage (from kiba dachi shifting left and right)
- Yoko geri kikomi (from kiba dachi shifting left and right)

Jiyu Ippon Kumite

- Jodan attack & defend
- Chudan attack & defend
- Mae Geri attack & defend
- Mawashi Geri attack & defend

50 Sit-ups

25 Push – ups