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| **6th Kyu Green Belt Test** |



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| **Name:**  | **Examiner:**  |
| **Present Rank:** | **Testing Rank: 6th Kyu** | **Result:** |
| **Single Basics** | **Score** | **Comments** | **Spirit:** |
| Oi Zuki |  |  |
| Gyaku Zuki |  |  |
| Gedan Barai |  |  |
| Age Uke |  |  |
| Ude Soto Uke |  |  |
| Ude Uchi Uke |  |  |
| Shuto Uke |  |  |
| Mae Geri |  |  |
| Yoko Geri Keage (kiba daichi) |  |  |
| Yoko Geri Kekomi (f. stance) |  |  |
| Mawashi Geri |  |  |
| **Stances** | **Score** | **Comments** |
| Zenkutsu Dachi |  |  |
| Kokutsu Dachi |  |  |
| Kiba Dachi |  |  |
| **Double Basics** | **Score** | **Comments** | **Spirit:** |
| Sando Zuki |  |  |
| **Gedan Barai, Gyaku Zuki** |  |  |
| **Age Uke, Gyaku Zuki** |  |  |
| **Ude Soto Uke, Gyaku Zuki** |  |  |
| **Ude Uchi Uke, Gyaku Zuki** |  |  |
| **Shuto Uke, Nukite** |  |  |
| Mae Geri, Yoko Geri Kekomi |  |  |
| **Kata** | **Score** | **Comments** | **Spirit:** |
| Heian Sandan |  |  |
| **Ippon Kumite** | **Score** | **Comments** | **Spirit:** |

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| **\*First cell is for attacking score/Second cell is for defending score** |
| Jodan Oi Zuki |  |  |  |
| Chudan Oi Zuki |  |  |  |
| Mae Geri |  |  |  |

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| **Score** | 1 = Fail (Comment Required) | 2 = Pass (Comment Recommended) | 3 = Excellent |