



Testing Requirements for: **Blue Belt with black stripe (8th Kyu)**

\$30

- 4 Katas
- Carry someone on back for 2 katas
- Wall challenge
- Break board with punch
- Kumite
- Questions: Where does Matsubayashi-ryu come from?
- Name 3 surfaces of the foot & hand we can hit with.
- Terminology: Katas, counting, stances, blocks, punches & kicks

I helped clean the dojo on: _____

I helped at home doing these chores:

- 1.
- 2.
- 3.