



Testing Requirements for: Blue Belt (8th Kyu)

\$30

- 3 Katas
- 2 minutes on the wall
- Carry someone on back for 2 katas
- Break board with Roundhouse Kick
- Kumite
- Terminology: Katas, counting, stances, blocks & punches
- Question: How many katas in Matsubayashi-ryu?

I helped clean the dojo on: _____

I helped at home doing these chores:

- 1.
- 2.
- 3.