



Testing Requirements for: **Green Belt with black stripe (4<sup>th</sup> Kyu)**

\$30

- 8 Katas (open hand & weapon)
- Carry someone on back with Cat Stance, forward & backward, across mat
- Break board with Axe Kick
- Make your own Sword (shape & material of your choice)
- Kumite
- Wall Challenge
- Terminology
- Question: Who composed the Pinon Katas and when?

I helped clean the dojo on: \_\_\_\_\_

I helped at home doing these chores:

- 1.
- 2.
- 3.