



Testing Requirements for: **Green Belt (5th Kyu)**

\$30

- 7 Katas (open hand & weapon)
- Carry someone on back for 3 Katas
- Break board with Side-to-Side Knife Hand Strike
- Make your own Bo Staff (material of your choice)
- Kumite
- Wall Challenge
- Terminology

I helped clean the dojo on: _____

I helped at home doing these chores:

- 1.
- 2.
- 3.