



Testing Requirements for: **Orange Belt with black stripe (9th Kyu)**

\$30

- First and Second Basic Kata
- 1min 45sec on the wall
- Break board with Elbow Strike
- Carry someone on back for 2 katas
- Kumite
- Terminology: Kata, counting, stances & blocks
- How do you tie your belt?

I helped clean the dojo on: _____

I helped at home doing these chores:

- 1.
- 2.
- 3.