



Testing Requirements for: **Orange Belt (9th Kyu)**
\$25

- All of First Basic Kata
- Carry someone on back for First Basic Kata
- 1min, 30 sec on the wall
- 10 good pushups
- Break board with Side Kick
- Kumite for 5 minutes or more
- Questions: Who is the founder of Matsubayashi Shorinyu?
- What is a kata & what is it used for?
- What 2 knuckles do you punch with?
- Terminology: Kata, counting & stances

I helped clean the dojo on: _____

I helped at home doing these chores:

- 1.
- 2.
- 3.