



Testing Requirements for: Yellow Belt (10th Kyu)

\$20

- First 10 moves of First Basic Kata
- Count from 1-10 in Japanese
- 10 good pushups
- 1 minute on the wall
- Break board with front kick
- Kumite for up to 5 minutes
- Question: What does Karate mean?

I helped clean the dojo on: _____

I helped at home doing these chores:

- 1.
- 2.
- 3.