

Zaino's Martial Arts Gym

School Testing Requirements

Orange Belt

- Stances: Dachi
 - Cat Stance – Neko Ashi Dachi
 - Bamboo Stance
- Blocks: Uke
 - Double Block – Morote Chudan-Gedan Uke
- Punches and Strikes: Zuki and Uchi
 - Backfist Strike – Uraken Uchi
 - Hammerfist Strike – Tetsui Uchi
- Kicks: Geri
 - Front Thrust Kick – Mae Kekomi Geri
 - Side Kick – Yoko Geri
- Forms: Kata
 - USA GoJu-Ryu Series #6 (with middle blocks and middle front kicks)
 - USA GoJu-Ryu Series #7 (with high blocks and high front kicks)
 - USA GoJu-Ryu Series #8 (with rotating low, middle, and high blocks and front kicks)
- Self Defense:
 - Against a wrist grab
 - Against a lapel grab
- Sparring – 2 matches



1st Degree Orange Belt

- Punches and Strikes: Zuki and Uchi
 - Double Punch – Awase Zuki
- Kicks: Geri
 - Step Side Kick
- Self Defense:
 - Against a choke

2nd Degree Orange Belt

- Punches and Strikes: Zuki and Uchi
 - Ridgehand Strike – Heito Uchi (from a Horse Stance – Kiba Dachi)
- Kicks: Geri
 - Front Jump Kick – Mae Tobi Geri
- Self Defense
 - Against a punch to the face

3rd Degree (Split) Orange Belt

- Perform all Orange, 1st, and 2nd Degree requirements
- Forms: Kata
 - School Kata #3

