

Green Belt Testing Requirements

All Highlighted areas are for Advanced Green Belts

Traditional	Basic Stances	Zen Kutsu Dachi Forward Stance	Hiko Dachi 4 Corner Stance	Neko Ashi Dachi Cat Foot Stance
		Fudo Dachi Immovable Stance	Ososa Dachi Cross Leg Stance	Kiba Dachi Horse Riding Stance
	Basic Blocks	Gedan Barai Uke Down Block	Chudan Soto Uke Outside Middle Block	Jodan Age Uke Rising Block
		Chudan Uchi Uke Inside Middle Block	Chudan Shuto Uke Middle Knife Hand	Gedan Shuto Uke Down Knife Hand
	Kata	Pinan Kata	Pinan Kata	Pinan Kata
		Shin Pa Tan	Weapon	
	Bunkai	Pinan Kata	Pinan Kata	Pinan Kata
		Shin Pa Tan	Weapon	
Self-Defense	Basic Attacks	Gyaku Tsuki Reverse Punch	Kizami Tsuki Jab Punch	Mae Geri Front Kick
		Uraken Back Fist	Haito Tsuki Ridge Hand	Shuto Tsuki Knife Hand Chop
		Yoko Geri Side Kick	Mawashi Geri Round Kick	Ura Mawashi Geri Heel Kick
	Elbow Technique	Fab 5		#1-10
	Escapes	Arm Grab	Neck Choke	Back Attack
	Kicking	Singles	Doubles	
Tournament	Sparring Drills	Block and Counter #1-9 Fighting Attacks		
	Sparring	Strong/Weak Side	Score With a Kick	Counter Attack
	Physical Test	50 push-ups in 2 min.	50 sit-ups in 2 min.	60 Sec. Side Kick Hold
	Board Break	Hand	Foot	Elbow
Important Quiz & Testing Dates				
January 15-16		Stances, Blocks, All Kata & Bunkai		
February 12-13		Elbow Techniques & Attacks		
March 9-10		Escapes & Sparring		
March 18, 2020		Orange, Purple, Green, & Brown Belt Testing		
March 19, 2020		White, Yellow, & Blue Belt Testing		
March 20, 2020		Green Belt w/black stripe Testing		
March 23, 2020		Dojo Community Event		
March 24, 2020		TMAA Awards Ceremony		

Green Belt Curriculum Time-Line

Date		Warm-up	Green Belt Curriculum	Advanced Green Belt Curriculum	Sparring Drills
Day 1	Dec. 23	Agility Drills	Pinan Kata with Bunkai	Intro to Shin Pa Tan	Reaction Drills with Counter Attacks
Day 2	Dec. 30	Agility Drills	Pinan Kata with Bunkai	Next Moves of Shin Pa Tan	Kicking Drills
Day 3	Jan. 1-2	Agility Drills	Pinan Kata with Bunkai	Next Moves of Shin Pa Tan	Strong Side Sparring Combo
Day 4	Jan. 6-7	Agility Drills	Pinan Kata with Bunkai	Next Moves of Shin Pa Tan	Weak Side Sparring Combo
Day 5	Jan. 8-9	Agility Drills	Pinan Kata with Bunkai	Next Moves of Shin Pa Tan	Reaction Drills with Counter Attacks
Day 6	Jan. 13-14	Agility Drills	Pinan Kata with Bunkai	Next Moves of Shin Pa Tan	Kicking Drills
Day 7	Jan. 15-16	All Auxiliary Kata and Shin Pa Tan			
Day 8	Jan. 20-21	Agility Drills	Elbow Techniques 1-3	Elbow Technique Fab 5	Strong Side Sparring Combo
Day 9	Jan. 22-23	Agility Drills	Elbow Techniques 4-6	Weapon Review	Strong Side Sparring Combo
Day 10	Jan. 27-28	Agility Drills	All Kata & Bunkai Review	Elbow Technique Fab 5	Weak Side Sparring Combo
Day 11	Jan. 29-30	Agility Drills	Elbow Techniques 7-8	Weapon Review	Reaction Drills with Counter Attacks
Day 12	Feb 3-4	Agility Drills	All Kata & Bunkai Review	Elbow Technique Fab 5	Kicking Drills
Day 13	Feb. 5-6	Agility Drills	Elbow Techniques 9-10	Weapon Review	Strong Side Sparring Combo
Day 14	Feb. 10-11	Agility Drills	All Kata & Bunkai Review	Elbow Technique Fab 5	Weak Side Sparring Combo
Day 15	Feb. 12-13	Selected Elbow Techniques & Basic Blocks, Attacks			
Day 16	Feb. 17-18	Agility Drills	Sparring Combination		Strong Side Sparring Combo
Day 17	Feb. 19-20	Agility Drills	Hand & Neck Escape		Weak Side Sparring Combo
Day 18	Feb. 24-25	Agility Drills	Neck & Behind Escape		Reaction Drills with Counter Attacks
Day 19	Feb. 26-27	Agility Drills	Sparring Combination		Kicking Drills
Day 20	Mar. 2-3	Agility Drills	Neck & Behind Escape		Reaction Drills with Counter Attacks
Day 21	Mar. 4-5	Agility Drills	Sparring Combination		Kicking Drills
Day 22	Mar. 9-10	All Escapes and Sparring Combination			
Day 23	Mar. 11-12		All Elbow Technique Review		Reaction Drills with Counter Attacks
Day 24	Mar. 16-17		All Kata & Bunkai Review		Weak Side Sparring Combo
March 18, 2020 Solid Green Belt Test			March 20, 2020 Advanced Green Belt Test		

6 Major Concepts for Grading Techniques

Correct Stance: Each stance has the proper depth, width, foot angle & weight distribution.

Focus Breathe: The use of his/her breathe to demonstrate power, rhythm, and body control.

Eye Contact: The use of his/her eyes to determine the target for each technique used.

Speed: The speed of blocks, punches, kicks, & execution of combos, Kime, and "soft/hard" movements.

Targeting: All techniques (blocks, punches, kicks, including all positions & chambers) are completed at the assigned target.

Balance: Having control of his/her body while executing each technique.

Red Stripe Quiz	4 of the 6 major concepts must be applied to all kata & Bunkai
Blue Stripe Quiz	4 of the 6 major concepts must be applied to elbow techniques, blocks, and attacks
Green Stripe Quiz	4 of the 6 major concepts must be applied to escapes & sparring concepts

Test Grading Scale for White Belts

P	Technique is done very well. Demonstrating the understanding of the 4 or more of the 6 major concepts.
W/O	Technique was done lacking 3 or more of the 6 major concepts. Will need to focus on improving this technique immediately.

Test Grading Scale for Yellow-Brown Belts

EX	The technique met all 6 major concepts. The technique was done at black belt level.
G	The technique lacked 2 of the 6 major concepts for mastery. The technique was done very well for the level that they have.
OK	The technique was done well but lacked 4 of the 6 major concepts. They may need some more time to master these techniques.

N

The technique was not done well. Many of the 6 major concepts were incomplete. This technique may need attention before advancing.