



Belt Testing Clinic



Date: Sunday, December 7, 2008

Time: Clinic 1:00 p.m. ~ 2:00 p.m.
Belt Test 2:20 p.m.

Location: Hoover Recreation Center
600 Municipal Dr
Birmingham, AL 35216
(205) 444-7777

Fees:

| | |
|--------------------------------|------|
| Clinic | \$10 |
| Kyu Test & Clinic | \$50 |
| JKA Membership cards 2008..... | \$10 |
| JKA Membership cards 2009..... | \$30 |

**Registration
Deadline:**

**December 1, 2008
Noon CST**

Sign-up during class
or send an email
message to
karate@auburn.edu.

Questions

Please direct any question about the exam to Shannon Price or Stephen Powers. Or
feel free to send an email message to karate@auburn.edu.



Examiner:

Sensei Takayuki Mikami, 8th Dan
Chief Instructor, All South Karate Federation



Host:

Birmingham Shotokan Karate



**For more
information,
please call or
e-mail:**

Shih-Min Hsu at (205) 824-3486 smhsu@shotokanbirmingham.com

Joe Putman at (205) 967-1138 MARLIN639@charter.net

Sid Browning at (205) 254-7387 brownings@jccal.org

Kyu Tests Requirements

| Rank | Belt Color | Kata (Form) | Kihon (Basics) | Kumite (Sparring) |
|---------|------------|---------------|---|---------------------|
| 8th Kyu | Yellow | Heian Sho-Dan | 1. Stepping Punch (Stomach) 2. Rising Block 3. Forearm Block 4. Knife hand Block 5. Front Kick 6. Side Kick (Left & Right) | Three-step Sparring |
| 7th Kyu | Orange | Heian Ni-Dan | 1. Stepping Punch (Face) 2. Rising Block & Counter Punch 3. Forearm Block & Counter Punch 4. Knife hand Block 5. Front Kick & Punch Face 6. Roundhouse Kick & Counter Punch 7. Side Kick (Left & Right) | Three-Step Sparring |

Kyu Test Form

Please complete and return to Stephen or Shannon on or before 12/2/08

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|--------------|-------------------|-----------|--------------------------|----------|
| Name | | Age | | Sex |
| Present Rank | Date of Last Test | | Period of Training YR MO | |
| Club | | Date | | Test Fee |
| Kata 形 | Kihon 基本 | Kumite 組手 | Results 決定 | |
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日本空手協会

T. Mikami - Japan Karate Assn. ASKF.

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| Date of Birth |
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