

RYUKYU KEMPO—Green Belt—5th Kyu TEST

NAME:	1st Evaluation	2nd Evaluation	3rd Evaluation	4th Evaluation	5th Evaluation
	Date:	Date:	Date:	Date:	Date:

Technique:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
Example: Horse Stance	M ₅	M ₄	M ₅	M ₅	P ₆	1 2 3 4 5 <u>6</u> 7 8 9 10	very decent stance.
<i>Stances: Front/Forward Stance (Right & Left)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Stances: Horse Stance</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Stances: Fighting Stance (Right & Left)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Stances: Cat Stance (Right & Left)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Punches: Lunge Punch (Both Hands)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Punches: Reverse Punch (Both Hands)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Punches: Jab Punch (Both Hands)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Punches: Roundhouse Punch (Both Hands)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Kicks: Front Snap Kick (Both Legs)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Kicks: Roundhouse Kick (Both Legs)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Kicks: Side Thrust Kick (Both Legs)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Kicks: Back Thrust Kick (Both Legs)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Matt Work: Front Fall</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Matt Work: Side Fall (Right & Left)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Matt Work: Back Fall</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Matt Work: Forward Roll (Right & Left)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Self-Defense 1: Wrist Release (against the thumb)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Self-Defense 2: Wrist Release (striking points)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Self-Defense 3: Front One Hand Choke (Push Off)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Self-Defense 3: Front Two Hand Choke (Push Off)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Self-Defense 4: Front One Hand Choke (wrist lock take-down)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Self-Defense 4: Front Two Hand Choke (wrist lock take-down)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	

Techniques:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
Self-Defense 5: Hand Shake Defense <i>(Throw 1, pull thumb back-step back)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
Self-Defense 6: Hand Shake Defense <i>(Throw 2, grab your thumb, palm up throw)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
Self-Defense 7: Hand Shake Defense <i>(Striking Points)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
Self-Defense 8: Rear Hair Grab <i>(Spinner Throw)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
Self-Defense 9: Rear Strangle Hold <i>(Drop Shoulder Throw)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
Self-Defense 10: Rear Two Hand Choke <i>(Using Thumbs)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
Self-Defense 11: Side Head Lock <i>(Groin Grab)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
Self-Defense 12: Side Head Lock <i>(Pants, Collar Throw)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
Self-Defense 13: Arm Lock Defense <i>(Throw)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
Self-Defense 14: Cross Hand Wrist Grab <i>(Strike Points)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
Self-Defense 15: Two Finger Hold						1 2 3 4 5 <u>6</u> 7 8 9 10	
Self-Defense 16: Arm Lock Defense <i>(Spin Kick)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
Self-Defense 17: Front Two Hands Wrist Grab <i>(Bang Points)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
Self-Defense 18: Front Two Hands on Lower Arm <i>(Grab Fist Pull Out)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
Kata 1: 27 Movements						1 2 3 4 5 <u>6</u> 7 8 9 10	
Kata 2: Taikyoku Shodan						1 2 3 4 5 <u>6</u> 7 8 9 10	
Kata 3: Taikyoku Nidan						1 2 3 4 5 <u>6</u> 7 8 9 10	
Kata 4: Taikyoku Sandan						1 2 3 4 5 <u>6</u> 7 8 9 10	
Kata 5: Chil Sung Il Ro						1 2 3 4 5 <u>6</u> 7 8 9 10	
Kata 6: Naihanchi Shodan						1 2 3 4 5 <u>6</u> 7 8 9 10	
Kata 7: Pinan Nidan						1 2 3 4 5 <u>6</u> 7 8 9 10	

Techniques:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
<i>Combos: Combo Drill #1 (Right & Left)</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Combos: Small Circle JuJitsu Drill #1: Cross Hand Push (Push Down Tops of Fingers), Two Finger Hold (Low Punch), Outside Middle Punch, Down Block, to Bent Elbow Two Finger Lock.</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Energy Work: Energy Restoration for arms</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
<i>Assignments: Verbal Report on “Karate-Do, My Way of Life”</i>						1 2 3 4 5 <u>6</u> 7 8 9 10	
Basic Lineage:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
Grandmasters of Ryukyu Kempo: George A. Dillman Jack Hogan						1 2 3 4 5 <u>6</u> 7 8 9 10	
Masters: George Von Waldner Warren Young						1 2 3 4 5 <u>6</u> 7 8 9 10	
Sensai: John Quest						1 2 3 4 5 <u>6</u> 7 8 9 10	
Small Circle JuJitsu International: Grand Master Wally Jay Grand Master Leon Jay						1 2 3 4 5 <u>6</u> 7 8 9 10	
Modern Arnis International: Grand Master Remy Presas Master Bruce Chiu						1 2 3 4 5 <u>6</u> 7 8 9 10	
Basic Knowledge:	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Pass/ Miss	Rating Scale:	Comments:
Ryukyu Kempo—Okinawa						1 2 3 4 5 <u>6</u> 7 8 9 10	
Tang Soo Do—Korea						1 2 3 4 5 <u>6</u> 7 8 9 10	
Shotokan—Japan						1 2 3 4 5 <u>6</u> 7 8 9 10	
JuJitsu—Japan						1 2 3 4 5 <u>6</u> 7 8 9 10	
Judo—Japan						1 2 3 4 5 <u>6</u> 7 8 9 10	
Arnis—Philippines						1 2 3 4 5 <u>6</u> 7 8 9 10	