

Tenth Kyu Test

This is the beginning level test. It is only for children under the age of 12. The test is simplified to aid young student in starting their adventure in the martial arts. The goal is to help the student to begin developing:

- Their understanding, principles and philosophy of martial arts.
- Their understanding of the discipline required for learning martial arts.
- Concepts of self-defense.

The test requires

- Demonstrating techniques in all of the basic stances.
- The power drill involves the elbow blitz.
- Performing the developmental forms called form 1 and 2.

Kata or forms

- Both forms are done in only front stance, and use only low block and reverse punches.
- Form 1 involves left-hand turns in 90° angles. Students perform a low block and reverse punch in each of the four directions.
- Form 2 involves right hand turns in 180° angles. This also involves low blocks and reverse punches.
- The importance of the forms is to get an understanding of how to make the turns into good stances, and to get ready for the first Kata, which they will learn during their next level.

Power Drill – Elbow Blitz

- Standing in self-defense stance,
- Hands are turned into fists.
- Elbows raise up and out to make a “T”
- Rear elbow rotates forward at the feet.
- The front foot rotates on the heel around to point outside.
- The rear foot rotates on the ball of the foot so that it points forward.

Self-defense

- The student must effectively demonstrate their ability to escape from upper arm grabs. The grab is above the elbow and below the shoulder. The attacker may grab with one hand thumb up, thumb down, with both hands on one arm, or with hands on both arms.
- Using pressure point fighting is encouraged.

Other testing material:

- The student must be able to show that he/she can tie their belt by themselves.
- Sensei will ask the student questions.
 - Questions may include
 - Dojo rules
 - Responsibility
 - Respect
 - Personal rules for life
 - When to use martial arts skills, and when not to use
- Prior to testing students must have attended at least 25 classes, **AND** perform at least 18 at-home-practice sessions with their parents.