

Green Belt

Eligibility for testing

- At least 6 months of consistent class attendance as Orange Belt
- Attend kobudo classes at least once per month, on average
- Ability to do 20 consecutive push-ups and sit-ups with proper form

Performance requirements

Kata

- Sanchin
- Gekisai Ichi
- Gekisai Ni

Kobudo

- Basic bo technique
- Gekisai Ichi no bo

Kumite

- Point sparring
- Free sparring
- Renzoku

Training expectations

- Good attendance necessary for this level of training.
- Green Belt typically takes about 10 months with regular attendance. Students who attend optional classes will progress more quickly than those who attend fewer classes.
- Begin practicing your kata requirements at home at least two weeks prior to your grading day. Find 15 minutes twice per week to practice your kata at home. Practice on non-karate nights for best results.
- Candidates are expected to be understand how to protect themselves in the dojo for higher level sparring. You must demonstrate situational awareness in the dojo.
- Attending a CNGK tournament in the year prior to your test is an excellent way to prepare for Green Belt.