

GREEN BELT TEST REQUIREMENTS

Eligibility:

- Minimum 6 months of consistent attendance as an orange belt
- Attend at least one CNGK event (tournament or seminar)
- Able to do 15 push-ups and 15 sit-ups without stopping

Perform Kata (65%)

- Sanchin
- Gekisai Ichi
- Gekisai Ni
- Gekisai Ichi no bo

Kumite and partner work (25%)

- Jiyu kumite
- Point sparring
- Renzoku kumite (jo chu gei)

Knowledge of basics and terminology (10%)

- Knowledge of all techniques exhibited in requirement kata
- Knowledge of all terminology in requirement kata

Stripe belts:

Orange/Green stripe belts may be awarded to junior students who have put in the attendance and effort requirements but are unable to perform Gekisai Ichi no bo without errors.

Note:

Students are expected to improve on all requirements learned in previous levels. At this level, students should start to prepare for their grading at least four weeks prior to their scheduled grading day. Practice each kata three times in a row, three days per week, on non-karate class days.