



Shorinjiryu Karate Senpai Program
10 - 14 year olds

BEGINNER TESTING CHART

Skill	White belt	White Black Stripe	YellowBlack Stripe
DEXTERITY Blocks: High, Low, inside outside Double cover Strikes: Front Punch, twist punch , Backfist, hook, uppercut Kicks: Front, Twist, Round, Side Footwork: Cat step , double cat step, triangle step	Must perform all stage 1 blocks and strikes from memory with proper chambers and hand positions	Must perform all stage 1 kicks and footwork from memory with proper foot positions and chambers	Must perform all stage 1 blocks, strikes, kicks and footwork from memory with proper technique
REACTION 1. Grip escape 1-4 2. Front, Back , Side Break falls 3. Front, Back Rolls 1. 4 grounds takedowns 2. 4 standing takedowns	R.1 Front Break fall Back Break fall Side Break fall	Demonstrate grip escapes 1-4 Front, Back Roll Technical get up	Demonstrate Break fall kata
VERSATILITY	Demonstrate beginner techniques w/ 3, 2 move combos called by instructor	Demonstrate beginner techniques w/ 3, 3 move combos called by instructor	Demonstrate techniques in 3-move creative combinations
MOMENTUM	R.1 3 distances with front & twist kick	R.2 3 ways of stepping into side kick	R.3 3 distances front & twist round house
PRECISION	Kihon Tsuki Kata	Go Ho No ichi Kumite	Naihanchin Kata

INSTINCT	R.1 Pad work / Sparing round 1 x 1 - min	Pad work / Sparing round 2 x 1-min	Pad work / Sparing round 3 x 1-min
STRENGTH Arms: Hold Adv. Push up Legs: Hold Single leg Squat Abs: Hold Adv. Dish Core: Hold Straight leg Bridge	Jumping jack -20 Crunches - 20 Squats - 20 Push ups - 10 Burpees - 10 Leg raises - 20 Call raises - 30	Jumping jack - 25 Crunches - 25 Squats - 25 Push ups - 15 Burpees - 20 Leg raises - 25 Call raises - 30	Jumping jack - 30 Crunches - 30 Squats - 30 Push ups - 20 Burpees - 25 Leg raises - 30 Call raises - 35
VISION	R.1 Must answer a question regarding Motivation	R.2 Must answer a question regarding Resiliency	R.3 Must answer a question regarding Desire