

TESTING CRITERIA

5th GRADE DARK GREEN BELT

FORM

YUL - GOK

ONE STEPS

3

NEW TECHNIQUES

Jump Spin Crescent Kick	Hook Block
X Stance	Jump Side Kick
Double Inner Forearm Block	

SPARRING

1 - 2 TIMES

BOARD BREAKING

(All board breaking must be approved by the students instructor)

The student is required to attempt a hand technique with a single board.