

# ***TESTING CRITERIA***

## **6th GRADE LIGHT GREEN BELT**

### ***FORM***

WON - HYO

### ***ONE STEPS***

3

### ***NEW TECHNIQUES***

Reverse Knifehand Strike

Side Punch

Reverse Side Punch

Down Push Block

Ridgehand Strike

### ***SPARRING***

1 - 2 TIMES

### ***BOARD BREAKING***

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

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