

Task Karate Gold Belt Test

Fighting Stance

- Fighting Stance (with switching)
- Advancing and Retreating

Punching

- Rear Hand Punch

Kicking

- Front Leg Snap Front Kick (top of the foot)

Self Defense (Emergency and Release)

- Front Choke (step back, swing arm over, elbow)

One Step Sparring

- Step Back, High Block, Punch

Traditional Form Movements

- Down Block (From chun-bi, left, and then right)
- Front Stance (advancing and retreating)
- Front Stance Stepping Punch

Remember the Rules!

1. Never abuse your Martial Arts skills. (Don't use it the wrong way).
2. Be respectful.
3. Do your best!

Projected Promotion Schedule:

12 to 24 lessons and 1 to 3 months of attendance, as well as an understanding of the rules and techniques, are required for promotion!