

# **Task Karate Gold Belt Test**

## **Fighting stance**

- Fighting stance (with switching)
- Advancing and retreating
- Step slide (fencing)

## **Punching**

- Rear hand punch

## **Kicking**

- Back leg snap front kick (top of the foot, land in back)

## **Self-Defense (emergency and release)**

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

## **Defense against strikes (rotates each month)**

- Straight punch, haymaker, backfist

## **Traditional form movements**

- Front stance (advancing and retreating)
- Front stance, stepping punch

## **Remember the Rules!**

1. Don't use it the wrong way.
2. Be respectful.
3. Do your best!

## **Projected Promotion Schedule:**

12 to 24 lessons and 2 to 3 months of attendance, as well as an understanding of the rules and techniques, are required for promotion!