**$50 Testing fee**

**Kata (Forms):**

Sei San

**Kobudo (Weapons):**

Tonfa – Shiho Hai

Sai - Zenshinkotai

**Teaching Skill:** Display ability to teach a segment of a kata to under-belts, including proper Bunkai

**Board Breaking:** – Option 1 – Two kicks in combination (without putting foot down) and five speed breaks (continuous with no pausing) two of these must be spinning or jumping kicks.

Option 2 - 4 power breaks (2 boards). One must be jumping or spinning.