



TESTING CHECK LIST

6TH KYU

Demonstrate the Following:

Forward Stance:	Right Side	5x	Thrusts (From a Forward Stance)	5x Right
	Left Side	5x		5x Left
Back Stance:	Right Side	5x	Sliding Pokes (From a Forward Stance)	
	Left Side	5x		5x Right
				5x Left
Cat Stance:	Right Side	5x	Hooking Blocks (From a Cat Stance)	
	Left Side	5x		5x Right
Strikes (From a Forward Stance)		5x Right	Middle Blocks (From a Forward Stance)	
		5x Left		5x Right

BO FORM 1 (Hijime No Kata)

INCLUDE THE FOLLOWING WITH YOUR TESTING MATERIAL

Completed CD/DVD of Testing Materials
Completed Application for Testing
\$24.00 Testing Fee + \$4.50 Shipping (in US – e-mail for shipping fees if outside US)
[Optional] \$5.00 for Belt (Include Size)

Make all payments to
North American Nunchaku Association

Paypal accepted: uplandmacenter@hotmail.com

PLEASE NOTE: You must be a current member of NANA or AKA to test.
Annual Membership Dues are \$35.00 and may be included with your first test.

AKA Only Allows one rank test to be sent in at a time.

SEND ALL MATERIAL TO:
Upland Martial Arts Center
1386 East Foothill Unit L
Upland, CA 91786
USA