

Blue Belt 7th KYU Examination

Name :

Current Rank :

Belt Size :

Examiner :

Test Score :

Next Rank :

Legend : ➡ is forward movement
 ➡ is backward movement
 Score : 1 = Poor 10 = Excellent
 Passing Score : 6 - 10

Kihon

Initial Stance	Ending Stance	Direction	Technique	Score 1 - 10	Comments
FS	FS	➡	Chudan Jun-zuki		
FS	FS	➡	Jodan Age-uke		
FS	FS	➡	Chudan Soto-uke		
FS	FS	➡	Chudan Uchi-uke		
BS	BS	➡	Shuto-uke		
FS	FS	➡	Mageri		
KD	KD	➡	Yoko Ke-age (left/right)		
Overall Score :					

Kata - Heian Nidan

Stance		
Balance		
Power		
Rhythm		
Timing		
Transition		
Kiai		
Overall Score :		

Kumite - Sanbon Kumite (Jodan/Chudan) (Jodan/Chudan and Mageri)

Stance		
Balance		
Power		
Rhythm		
Timing		
Fighting Spirit		
Combination of Technique		
Target Accuracy		
Overall Score :		

Physical Fitness and DOJO Etiquette

Sit-ups 2-Sets of 10		
Push-ups 2-Sets of 10		
Stretching		
History of Karate?		
What Style?		
Overall Score :		

Testing Summary

Additional Comments		
Number of Tournaments Paticipated In (6 - 12 months)		
Number of Dojo Events Paticipated In the past 6 - 12 months (ie: camp, seminars, clinics, etc.)		
Number of Out of Town Events Paticipated In the past 6 - 12 months (ie: camp, seminars, clinics, etc.)		
Overall Score :		