

1st Dan Examination



Name :
 Current Rank :
 Belt Size :

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 | | Comments |
|-----------------|----------------|---------------|-----------|---|--------|--|----------|
| | | | | | 1 - 10 | | |
| 1 | FS | FS | ➡ | Sanbon-zuki | | | |
| 2 | FS | FS | ➡ | Rotate 360° gyaku-zuki | | | |
| | FS | FS | ⬅ | Age-uke mae-geri | | | |
| | FS | FS | ➡ | Soto-uke enpi uraken (kibba-dachi) | | | |
| 3 | BS | BS | ⬅ | Gedan shuto-uke (neko-ashi-dachi) mae-geri (front leg) nukite | | | |
| 4 | FS | FS | ➡ | Uchi-uke kizami-zuki gyaku-zuki | | | |
| 3 | FS | FS | ➡ | Mae-geri chudan mae-geri jodan nidan-geri (two level jumping) | | | |
| 6 | BS | BS | ➡ | Mae-geri chudan same leg yoko kekomi | | | |
| 7 | KD | KD | ⬅ | Yoko-geri keage change leg yoko kekomi | | | |
| 8 | FS | FS | ➡ | Mawashi-geri gyaku-zuki | | | |
| 9 | FS | FS | ➡ | Ushiro-geri gyaku-zuki | | | |
| 10 | FS | FS | ➡ | Double jodan shuto-uchi (out then inside) | | | |
| 11 | FS | FS | ⬅ | Uraken-uchi | | | |
| 12 | FS | FS | ➡ | Gyaku mawashi-geri | | | |
| 13 | FS | FS | ➡ | Ura mawashi-geri | | | |
| Overall Score : | | | | | | | |

Tokui-Kata - Choose From: Bassai-dai, Kanku-dai, Jion, Enpi - Sensei Selects One: Heian Shodan - Godan or Tekki Shodan

| | | |
|-----------------|--|--|
| Stance | | |
| Balance | | |
| Power | | |
| Rhythm | | |
| Timing | | |
| Transition | | |
| Kiai | | |
| Overall Score : | | |

Jiyu-Ippon Kumite

Jodan Oi-zuki; Chudan oi-zuki; Mae-geri; Mawashi-geri; Ushiro-geri - Defense must be uke followed by counter, no de-ai

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

Physical Fitness and DOJO Etiquette

| | | |
|-----------------|--|--|
| Sit-ups | | |
| Push-ups | | |
| Stretching | | |
| Shuttle Run | | |
| One Mile Run | | |
| Overall Score : | | |

Testing Summary

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|-----------------------|--|
| Additional Comments : | |
| | |
| | |
| Test Overall Score: | |
| Signature : | |