



2nd 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 1 - 10	Comments
1	All from jiyu kamae		➡	Kizami-zuki sanbon-zuki		
2	All from jiyu kamae		⬅	Kizami-zuki mae-geri oi-zuki		
3	All from jiyu kamae		⬅	Step back age-uke forward mawashi-geri, uraken oi-zuki,		
4	All from jiyu kamae		➡	Ushiro-geri uraken gyaku-zuki,		
5	All from jiyu kamae		⬅	Gyaku mawashi-geri,		
6	All from jiyu kamae		➡	Ura mawashi-geri gyaku-zuki.		
7	All from jiyu kamae			Facing examiner: mae-geri, yoko-geri keage, ushiro-geri (same leg, do not put down) left and right side.		
8	All from jiyu kamae		➡	Gyaku-zuki distance control (with a target).		
Overall Score :						

Tokui-Kata - Choose From: Bassai-dai, Kanku-dai, Jion, Enpi - Examiner chooses from: Bassai-dai, Kanku-dai, Jion, Enpi.

Stance		
Balance		
Power		
Rhythm		
Timing		
Transition		
Kiai		
Overall Score :		

Jiyu-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

Additional Comments :	
Test Overall Score:	
Signature :	