



3rd 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 gyaku-zuki choku-zuki oi-zuki gyaku-zuki (gohon renzoku oi-komi – 5 tsuki one step plus yori-ashi),		
2	All from jiyu kamae		➠	mawatte		
3	All from jiyu kamae		➡	Step forward age-enpi (kokutsu-dachi), yoko-enpi (kiba-dachi), mawashi-enpi (zenkutsu-dachi),		
	All from jiyu kamae		➡	mawatte		
4	All from jiyu kamae		➡	Gyaku mawashi-geri mawashi-geri (same leg)		
	All from jiyu kamae		➠	mawatte		
5	All from jiyu kamae		➠	Ura mawashi-geri gyaku-zuki,		
6	All from jiyu kamae		➡	mawatte		
7	All from jiyu kamae		➡	Mae-geri oi-zuki, mawashi-geri uraken, ushiro-geri gyaku-zuki.		
8	All from jiyu kamae		➠	mawatte.		
9	All from jiyu kamae			Facing examiner: mae-geri, yoko-geri keage, ushiro-geri (same leg, do not put down) left and right side.		
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

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 :	