



4th 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

Examinee must have mastered all karate techniques, can understand their principles, apply them fully and be able to give general instruction. Questions will be asked in reference to a basic technique.

#	Initial Stance	Ending Stance	Direction	Technique	Score 1 - 10	Comments
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 - Examiner chooses from: Tekki Nidan, Tekki Sandan, Bassai-dai, Jion, Enpi, Kanku-dai, Hangetsu, Jitte.**

Stance		
Balance		
Power		
Rhythm		
Timing		
Transition		
Kiai		
Overall Score :		

**Jiyu-kumite or (by prior arrangement with examining board) either self-defense or detailed explanation of tokui-waza with a partner.**

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 :**