



5th 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 obtained an exceptionally high level of karate both in technique and soul. Questions will be asked in reference to a basic technique.

#	Initial	Ending	Direction	Technique	Score		Comments
	Stance	Stance			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 - **Examiner chooses from:**Bassai-dai, Bassai-sho, Kanku-dai, Kanku-sho, Jion, Jiin, Enpi, Hangetsu, Tekki Nidan, Tekki Sandan, Nijushiho, Gojushiho-sho, Gojushiho-dai, Meikyo, Jitte, Gankaku, Wankan, Chinte, Unsu, Sochin and ask questions about the examinee's tokui kata.

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 :	