

HWKA Testing Form

Date: _____ Name: _____ kyu _____

Spirit and Attitude: 1 2 3 4

Basic karate knowledge (Rei, seiken,tachikata) 1 2 3 4

Sonoba Kihon (stationary basics) 1 2 3 4

Ido Kihon (moving basics) 1 2 3 4

Kata 1 2 3 4

Single attack (9 kyu) and combinations (8 kyu and up) 1 2 3 4

Kihon Kumite ipponme (3 kyu and up) 1 2 3 4

Kihon Kumite nihonme (3 kyu and up) 1 2 3 4

Jiyu Kumite (3 kyu and up) 1 2 3 4

Total _____

Average _____