

Adult Exam: 10th Kyu Yellow

Washington *Shotokan* Association

Student's Name: _____

Age: _____

Current Rank: White

DOJO		
<input type="checkbox"/> Bellevue	<input type="checkbox"/> South Bellevue	
	<input type="checkbox"/> Issaquah	

Testing For: 10th Kyu Yellow

Recommending Instructor: _____

Date/Hrs. of Last Exam: _____

Mo. Yr. Hrs.

Karate Gi: Clean & no holes No colored undershirt Belt tied correctly WSA patch sewn on

GRADING: 1=Needs Improvement, 3=Acceptable, 5=Good

KI HON

Technique	SCORE	
Rev. Punch Speed (L/R)	<input type="checkbox"/>	_____
Lunge Punch	<input type="checkbox"/>	_____
Rising Block	<input type="checkbox"/>	_____
Stomach Block	<input type="checkbox"/>	_____
Down Block	<input type="checkbox"/>	_____
Front Snap Kick	<input type="checkbox"/>	_____
Front Thrust Kick	<input type="checkbox"/>	_____
Basics		
Posture/Pulling hand	<input type="checkbox"/>	_____
Proper wind up	<input type="checkbox"/>	_____
Low Stances/Feet/Legs	<input type="checkbox"/>	_____
Kick Wnd up/Foot/Ankle	<input type="checkbox"/>	_____
Spirit/Leadership		
Loud Kiai/Oss	<input type="checkbox"/>	_____
Focus	<input type="checkbox"/>	_____
Sitting Up Straight	<input type="checkbox"/>	_____

KATA

	SCORE
10th Kyu - Taikyoku Shodan	<input type="checkbox"/>

KUMITE

5-Step Kumite	SCORE
Correct Wind-up	<input type="checkbox"/>
Proper Timing & Distance	<input type="checkbox"/>
Counter Punch Posture	<input type="checkbox"/>

GRADING SENSEI

Name: _____

Sign: _____

COMMENTS

Pass	<input type="checkbox"/>
Temporary Pass	<input type="checkbox"/>
Recommend Re-Test	<input type="checkbox"/>
NEW RANK: ____ KYU	

Adult Exam: 9th Kyu Orange

Washington *Shotokan* Association

Student's Name: _____

Age: _____

Current Rank: 10th Kyu Yellow

DOJO	
<input type="checkbox"/> Bellevue	<input type="checkbox"/> South Bellevue
	<input type="checkbox"/> Issaquah

Testing For: **9th** Kyu Orange

Recommending Instructor: _____

Date/Hrs. of Last Exam: _____

Mo. Yr. Hrs.

Karate Gi: Clean & no holes No colored undershirt Belt tied correctly WSA patch sewn on

GRADING: 1=Needs Improvement, 3=Acceptable, 5=Good

KIHON

<u>Technique</u>	SCORE	
Rev. Punch Speed (L/R)	<input type="checkbox"/>	_____
Lunge Punch	<input type="checkbox"/>	_____
Rising Block	<input type="checkbox"/>	_____
Stomach Block	<input type="checkbox"/>	_____
Insideout Block	<input type="checkbox"/>	_____
Down Block	<input type="checkbox"/>	_____
Front Snap Kick	<input type="checkbox"/>	_____
Front Thrust Kick	<input type="checkbox"/>	_____
Knifehand Block	<input type="checkbox"/>	_____

<u>Basics</u>	SCORE	
Posture/Pull hnd/Wnd up	<input type="checkbox"/>	_____
Front/Back Stance	<input type="checkbox"/>	_____
Low Stances/Feet/Legs	<input type="checkbox"/>	_____
Kick Wnd up/Foot/Ankle	<input type="checkbox"/>	_____
Hip Rotation	<input type="checkbox"/>	_____

<u>Spirit/Leadership</u>	SCORE	
Loud Kiai/Oss	<input type="checkbox"/>	_____
Focus	<input type="checkbox"/>	_____
Sitting Up Straight	<input type="checkbox"/>	_____

COMMENTS

KATA

	SCORE
9th Kyu - Heian Shodan	<input type="checkbox"/>

KUMITE

<u>5-Step Kumite</u>	SCORE
Correct Wind-up	<input type="checkbox"/>
Proper Timing & Distance	<input type="checkbox"/>
Counter Punch Posture	<input type="checkbox"/>

GRADING SENSEI

Name: _____

Sign: _____

Pass	<input type="checkbox"/>
Temporary Pass	<input type="checkbox"/>
Recommend Re-Test	<input type="checkbox"/>
NEW RANK: _____ KYU	

Adult Exam: 8th Kyu Blue

Washington Shotokan Association

Student's Name: _____

Age: _____

Current Rank: 9th Kyu Orange

DOJO	
<input type="checkbox"/> Bellevue	<input type="checkbox"/> South Bellevue
	<input type="checkbox"/> Issaquah

Testing For: 8th Kyu Blue

Recommending Instructor: _____

Date/Hrs. of Last Exam: _____

Mo. Yr. Hrs.

Karate Gi: Clean & no holes No colored undershirt Belt tied correctly WSA patch sewn on

GRADING: 1=Needs Improvement, 3=Acceptable, 5=Good

KIHON

Technique		SCORE
Rev. Punch Speed (L/R)		_____
Lunge Punch		_____
Triple Punch		_____
Rising Block		_____
Stomach Block		_____
Insideout Block		_____
Down Block		_____
Front Snap Kick		_____
Front Thrust Kick		_____
Side Snap Kick		_____
Side Thrust Kick		_____
Knifehand Block		_____
Basics		
Posture/Pull hnd/Wnd up		_____
Front/Back/Kiba Stance		_____
Low Stances/Feet/Legs		_____
Kick Wnd up/Foot/Ankle		_____
Hip Rotation		_____
Spirit/Leadership		
Loud Kiai/Oss		_____
Focus		_____
Sitting Up Straight		_____

KATA

	SCORE
8th Kyu - Heian Nidan	

KUMITE

5-Step Kumite	SCORE
Correct Wind-up	
Proper Timing & Distance	
Counter Punch Posture	

GRADING SENSEI

Name: _____

Sign: _____

COMMENTS

Pass	
Temporary Pass	
Recommend Re-Test	
NEW RANK: _____ KYU	

Adult Exam: 7th & 6th Kyu Green

Washington *Shotokan* Association

Student's Name: _____

Age: _____

Current Rank: 8th Kyu 7th Kyu-T

7th Kyu 6th Kyu-T

Testing For: Kyu Green

DOJO		
<input type="checkbox"/> Bellevue	<input type="checkbox"/> South Bellevue	
	<input type="checkbox"/> Issaquah	

Recommending Instructor: _____

Date/Hrs. of Last Exam: _____

Mo. Yr. Hrs.

Karate Gi: Clean & no holes No colored undershirt Belt tied correctly WSA patch sewn on

GRADING: 1=Needs Improvement, 3=Acceptable, 5=Good

KIHON

Technique	SCORE	
Rev. Punch Speed (R/L)	<input type="checkbox"/>	_____
Lunge Punch	<input type="checkbox"/>	_____
Triple Punch	<input type="checkbox"/>	_____
Rising Block + 2 Punch	<input type="checkbox"/>	_____
Stomach Block + 2 Punch	<input type="checkbox"/>	_____
Insideout Block + 2 Punch	<input type="checkbox"/>	_____
Down Block + 2 Punch	<input type="checkbox"/>	_____
Front Snap Kick	<input type="checkbox"/>	_____
Front Thrust Kick	<input type="checkbox"/>	_____
Roundhouse Kick	<input type="checkbox"/>	_____
Side Snap Kick	<input type="checkbox"/>	_____
Side Thrust Kick	<input type="checkbox"/>	_____
Knifehand Block	<input type="checkbox"/>	_____
Knifehand + Spearhand	<input type="checkbox"/>	_____
Basics		
Posture/Pull hnd/Wnd up	<input type="checkbox"/>	_____
Front/Back/Kiba Stance	<input type="checkbox"/>	_____
Low Stances/Feet/Legs	<input type="checkbox"/>	_____
Kick Wnd up/Foot/Ankle	<input type="checkbox"/>	_____
Hip Rotation	<input type="checkbox"/>	_____
Spirit/Leadership		
Loud Kiai/Oss	<input type="checkbox"/>	_____
Focus	<input type="checkbox"/>	_____
Sitting Up Straight	<input type="checkbox"/>	_____

KATA

	SCORE
7th Kyu - Heian Sandan	<input type="checkbox"/>
6th Kyu - Heian Yondan	<input type="checkbox"/>
KUMITE	
3-Step Kumite	SCORE
Correct Wind-up	<input type="checkbox"/>
Proper Timing & Distance	<input type="checkbox"/>
Counter Punch Posture	<input type="checkbox"/>

GRADING SENSEI

Name: _____

Sign: _____

COMMENTS

Pass	<input type="checkbox"/>
Temporary Pass	<input type="checkbox"/>
Recommend Re-Test	<input type="checkbox"/>
NEW RANK: _____ KYU	

Adult Exam: 5th & 4th Kyu Purple

Washington Shotokan Association

Student's Name: _____

Age: _____

Current Rank: 6th Kyu 5th Kyu-T
 5th Kyu 4th Kyu-T

DOJO	
<input type="checkbox"/> Bellevue	<input type="checkbox"/> South Bellevue
	<input type="checkbox"/> Issaquah

Testing For: Kyu Purple

Recommending Instructor: _____

Date/Hrs. of Last Exam: _____

Mo. Yr. Hrs.

Karate Gi: Clean & no holes No colored undershirt Belt tied correctly WSA patch sewn on

GRADING: 1=Needs Improvement, 3=Acceptable, 5=Good

KIHON

Technique	SCORE	
Rev. Punch Speed (R/L)	<input type="checkbox"/>	_____
Lunch Punch	<input type="checkbox"/>	_____
Double Punch	<input type="checkbox"/>	_____
Rising Block+Rev Punch	<input type="checkbox"/>	_____
Stomach Block+Rev Punch	<input type="checkbox"/>	_____
Insideout Block+Rev Punch	<input type="checkbox"/>	_____
Down Block+Rev Punch	<input type="checkbox"/>	_____
FntSnp+FntThst Alternate	<input type="checkbox"/>	_____
FntSnp+Rndhouse Alternate	<input type="checkbox"/>	_____
Spinning Back Kick	<input type="checkbox"/>	_____
SdeSnp+SdeThst Alternate	<input type="checkbox"/>	_____
Knfhnd+FntSnpKck+Sprhnd	<input type="checkbox"/>	_____
SBlck+Empi+BkFst+RevPnch	<input type="checkbox"/>	_____
<u>Basics</u>		
Posture/Pull hnd/Wnd up	<input type="checkbox"/>	_____
Front/Back/Kiba Stance	<input type="checkbox"/>	_____
Low Stances/Feet/Legs	<input type="checkbox"/>	_____
Transitions	<input type="checkbox"/>	_____
Kick Wnd up/Foot/Ankle	<input type="checkbox"/>	_____
Hip Rotation	<input type="checkbox"/>	_____
<u>Spirit/Leadership</u>		
Loud Kiai/Oss/Focus	<input type="checkbox"/>	_____
Sitting Up Straight	<input type="checkbox"/>	_____

KATA

	SCORE
5th Kyu - Heian Godan	<input type="checkbox"/>
4th Kyu - Tekki Shodan	<input type="checkbox"/>

KUMITE

1-Step Kumite	SCORE
Correct Wind-up	<input type="checkbox"/>
Proper Timing & Distance	<input type="checkbox"/>
Counter Punch Posture	<input type="checkbox"/>

GRADING SENSEI

Name: _____

Sign: _____

COMMENTS

Pass
 Temporary Pass
 Recommend Re-Test
 NEW RANK: ____ KYU

Adult Exam: 3rd Kyu Brown

Washington Shotokan Association

Student's Name: _____

Age: _____

Current Rank: 4th Kyu 3rd Kyu-T

DOJO	
<input type="checkbox"/> Bellevue	<input type="checkbox"/> South Bellevue
	<input type="checkbox"/> Issaquah

Testing For: 3rd Kyu Brown

Recommending Instructor: _____

Date/Hrs. of Last Exam: _____

Mo. Yr. Hrs.

Karate Gi: Clean & no holes No colored undershirt Belt tied correctly WSA patch sewn on

GRADING: 1=Needs Improvement, 3=Acceptable, 5=Good

KIHON

Technique	SCORE	KAMAE DACHI NO COUNT
Jab	<input type="checkbox"/>	_____
Back Fist	<input type="checkbox"/>	_____
Reverse Punch	<input type="checkbox"/>	_____
Lunge Punch	<input type="checkbox"/>	_____
Jab + Lunge Punch	<input type="checkbox"/>	_____
Lunging Reverse Punch	<input type="checkbox"/>	_____
Jab + 1/2 step + Rev Punch	<input type="checkbox"/>	_____
BackFist+1/2 step+Rev Punch	<input type="checkbox"/>	_____
Jab+LngPnch+1/2 stp+RvPnch	<input type="checkbox"/>	_____
Front Snap + Lunge Punch	<input type="checkbox"/>	_____
FntSnp+FntThst Same Leg	<input type="checkbox"/>	_____
FntSnp+Rndhouse Same Leg	<input type="checkbox"/>	_____
SdeSnp+SdeThst Same Leg	<input type="checkbox"/>	_____
Spinning Back Kick	<input type="checkbox"/>	_____
Knfhnd+FntSnpKck+Sprhnd	<input type="checkbox"/>	_____
SBlck+Empi+BkFst+RevPnch	<input type="checkbox"/>	_____

Basics

Posture/Pull hnd/Wnd up	<input type="checkbox"/>	_____
Kamae Stance	<input type="checkbox"/>	_____
LowStances/Feet/Transitions	<input type="checkbox"/>	_____
Kick Wnd up/Foot/Ankle	<input type="checkbox"/>	_____
Hip Rotation	<input type="checkbox"/>	_____
<u>Spirit/Leadership</u>		
Loud Kiai/Oss/Focus	<input type="checkbox"/>	_____

COMMENTS

KATA

	SCORE
Tekki Shodan	<input type="checkbox"/>
Bassai Dai	<input type="checkbox"/>
_____	_____
_____	_____

KUMITE

1-Step Kumite	SCORE
Correct Wind-up & Counter Punch	<input type="checkbox"/>
Proper Timing & Distance	<input type="checkbox"/>
_____	_____
_____	_____

BAG KICKS

Proper Timing, Speed & Distance	<input type="checkbox"/>
Correct Pivot & Direction	<input type="checkbox"/>
_____	_____
_____	_____

GRADING SENSEI

Name: _____

Sign: _____

Pass	<input type="checkbox"/>
Temporary Pass	<input type="checkbox"/>
Recommend Re-Test	<input type="checkbox"/>
NEW RANK: ___ KYU	

Adult Exam: 2nd & 1st Kyu Brown

Washington Shotokan Association

Student's Name: _____

Age: _____

Current Rank: 3rd Kyu 2nd Kyu-T
 2nd Kyu 1st Kyu-T

DOJO		
<input type="checkbox"/> Bellevue	<input type="checkbox"/> South Bellevue	
	<input type="checkbox"/> Issaquah	

Testing For: Kyu Brown

Recommending Instructor: _____

Date/Hrs. of Last Exam: _____

Mo. Yr. Hrs.

Karate Gi: Clean & no holes No colored undershirt Belt tied correctly WSA patch sewn on

GRADING: 1=Needs Improvement, 3=Acceptable, 5=Good

KIHON

Technique	SCORE	KAMAE DACHI NO COUNT
Kizami zuki		_____
Uraken uchi		_____
Gyaku zuki		_____
Oi zuki		_____
Kizami zuki, oi zuki		_____
Oi-gaku zuki		_____
Kizami, 1/2 step, gyaku zuki		_____
Uraken, 1/2 step, gyaku zuki		_____
Kizami, oi, 1/2 step, gyaku zuki		_____
Mae geri, oi zuki		_____
Mae geri keage/kekomi		_____
Mae geri keage/mawashi		_____
Yoko geri keage/kekomi		_____
Ushiro geri		_____
Knfhnd+FntSnpKck+Sprhnd		_____
SBlck+Empi+BkFst+RevPnch		_____

KATA

	SCORE
2nd Kyu-Bassai Dai	
2nd Kyu-Jion	
1st Kyu-Kanku Dai	
1st Kyu-Hangetsu	

KUMITE

Free 1-Step Kumite	SCORE
Correct Wind-up & Counter Punch	
Proper Timing & Distance	

BAG KICKS

Proper Timing, Speed & Distance	
Correct Pivot & Direction	

Basics

Posture/Pull hnd/Wnd up		_____
Kamae Stance		_____
Low Stances/Feet/Transitions		_____
Kick Wnd up/Foot/Ankle		_____
Hip Rotation		_____

Spirit/Leadership

Loud Kiai/Oss/Focus

COMMENTS

GRADING SENSEI

Name: _____

Sign: _____

Pass	
Temporary Pass	
Recommend Re-Test	
NEW RANK: ____ KYU	