| Adult Exam: 10th Kyu Yellow | Washington Moto Kan Association |
|------------------------------|---------------------------------------|
| Student's Name: | Age: |
| Current Rank: White | DOJO |
| | Bellevue South Bellevue |
| Testing For: 10th Kyu Yellow | Issaquah |
| Recommending Instructor: | Date/Hrs. of Last Exam: Mo. Yr. Hrs. |
| _ | rement, 3=Acceptable, 5=Good |
| KIHON | KATA |
| Technique SCORE | SCORE 10th Kyu - Taikyoku Shodan |
| Rev. Punch Speed (L/R) | |
| Lunge Punch Rising Block | |
| Stomach Block | |
| Down Block | |
| Front Snap Kick | KUMITE |
| Front Thrust Kick | 5-Step Kumite SCORE |
| | Correct Wind-up |
| Basics | Proper Timing & Distance |
| Posture/Pulling hand | Counter Punch Posture |
| Proper wind up | |
| Low Stances/Feet/Legs | |
| Kick Wnd up/Foot/Ankle | |
| Spirit/Leadership | |
| Loud Kiai/Oss | GRADING SENSEI |
| Focus | |
| Sitting Up Straight | Name: |
| | |
| | Sign: |
| | |
| | Pass |
| COMMENTS | Temporary Pass |
| | Recommend Re-Test |
| | NEW RANK: KYU |

Adult Exam: 9th Kyu Orange Age: Student's Name: DOIO Current Rank: 10th Kyu Yellow Bellevue South Bellevue Testing For: 9th Kyu Orange Issaquah Recommending Instructor: Date/Hrs. of Last Exam: Hrs. Clean & no holes No colored undershirt Belt tied correctly WSA patch sewn on Karate Gi: GRADING: 1=Needs Improvement, 3=Acceptable, 5=Good **KIHON** KATA **SCORE** Technique **SCORE** 9th Kyu - Heian Shodan Rev. Punch Speed (L/R) Lunge Punch Rising Block Stomach Block Insideout Block Down Block **KUMITE** 5-Step Kumite **SCORE** Front Snap Kick Front Thrust Kick Correct Wind-up Knifehand Block Proper Timing & Distance Counter Punch Posture **Basics** Posture/Pull hnd/Wnd up Front/Back Stance Low Stances/Feet/Legs Kick Wnd up/Foot/Ankle GRADING SENSEI Hip Rotation Name: Spirit/Leadership Loud Kiai/Oss Focus Sign: Sitting Up Straight **Pass COMMENTS Temporary Pass** Recommend Re-Test NEW RANK:___

| Adult Exam: 8th Kyu Blue | Washington Moto Kan Association | |
|--|---------------------------------------|--|
| Student's Name: | Age: | |
| Current Rank: 9th Kyu Orange | DOJO | |
| , | Bellevue South Bellevue | |
| - · ~ 0.1 · · · · · · · · · · · · · · · · · · · | | |
| Testing For: 8th Kyu Blue | 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 | KATA | |
| <u>Technique</u> SCORE | SCORE | |
| Rev. Punch Speed (L/R) | 8th Kyu - Heian Nidan | |
| Lunge Punch | | |
| Triple Punch | | |
| Rising Block | | |
| Stomach Block | | |
| Insideout Block | KUMITE | |
| Down Block | 5-Step Kumite SCORE | |
| Front Snap Kick | Correct Wind-up | |
| Front Thrust Kick | Proper Timing & Distance | |
| Side Snap Kick | Counter Punch Posture | |
| Side Thrust Kick | | |
| Knifehand Block | | |
| Basics | | |
| Posture/Pull hnd/Wnd up | | |
| Front/Back/Kiba Stance | | |
| Low Stances/Feet/Legs | GRADING SENSEI | |
| Kick Wnd up/Foot/Ankle | | |
| Hip Rotation | Name: | |
| Contract Toronto | | |
| Spirit/Leadership Loud Kiai/Oss | Sign: | |
| Focus | | |
| Sitting Up Straight | | |
| Sitting Op Straight | Pass | |
| COMMENTS | Temporary Pass | |
| | Recommend Re-Test | |
| | NEW RANK: KYU | |
| | IVL VV IVIII VII. | |

| Student's Name: Current Rank: | | Washington Moto Land Association |
|--|--|--|
| Testing For: Kyu Geth Kyu-T Recommending Instructor: Date/Hrs. of Last Exam: Recommending Instructor: Date/Hrs. of Last Exam: Mo. Yr. Hrs. | Student's Name: | |
| Testing For: Kyu Green Date/Hrs. of Last Exam: Mo. Yr. Hrs. | Current Rank: 8th Kyu 7th Kyu-T | DOJO |
| Testing For: Kyu Green Date/Hrs. of Last Exam: Mo. Yr. Hrs. | 7th Kyny 6th Kyny T | Rellevue South Bellevue |
| Recommending Instructor: Date/Hrs. of Last Exam: Mo. Yr. Hrs. | Limited 1.1 | |
| Karate Gi: Clean & no holes No colored undershirt Belt tied correctly WSA patch sewn on GRADING: 1=Needs Improvement, 3=Acceptable, 5=Good KIHON KATA Technique SCORE 7th Kyu - Heian Sandan Rev. Punch Speed (R/L) Lunge Punch Triple Punch Rising Block + 2 Punch Stomach Block + 2 Punch Insideout Block + 2 Punch Down Block + 2 Punch Front Snap Kick Front Thrust Kick Roundhouse Kick Side Snap Kick Front Thrust Kick Correct Wind-up SCORE KUMITE SCORE KUMITE SCORE KUMITE Front Thrust Kick Counter Punch Posture Kifehand Block Knifehand Block Knifehand Block Knifehand + Spearhand | Testing For: Kyu Green | Issaquah |
| GRADING: 1=Needs Improvement, 3=Acceptable, 5=Good KIHON Technique SCORE 7th Kyu - Heian Sandan Rev. Punch Speed (R/L) Lunge Punch Triple Punch Rising Block + 2 Punch Stomach Block + 2 Punch Insideout Block + 2 Punch Front Snap Kick Front Thrust Kick Roundhouse Kick Side Snap Kick Side Snap Kick Side Thrust Kick Knifehand Block Knifehand Block Knifehand + Spearhand KATA SCORE 7th Kyu - Heian Sandan SCORE 6th Kyu - Heian Yondan KUMITE SCORE Correct Wind-up Proper Timing & Distance Counter Punch Posture | Recommending Instructor: | |
| GRADING: 1=Needs Improvement, 3=Acceptable, 5=Good KIHON Technique SCORE 7th Kyu - Heian Sandan Rev. Punch Speed (R/L) Lunge Punch Triple Punch Rising Block + 2 Punch Stomach Block + 2 Punch Insideout Block + 2 Punch Front Snap Kick Front Thrust Kick Roundhouse Kick Side Snap Kick Side Snap Kick Side Thrust Kick Knifehand Block Knifehand Block Knifehand + Spearhand KATA SCORE 7th Kyu - Heian Sandan SCORE 6th Kyu - Heian Yondan KUMITE SCORE Correct Wind-up Proper Timing & Distance Counter Punch Posture | Karate Gi: Clean & no holes No colored und | rshirt Belt tied correctly WSA patch sewn on |
| KIHON Technique SCORE Tth Kyu - Heian Sandan Rev. Punch Speed (R/L) Lunge Punch Triple Punch Score Rising Block + 2 Punch Stomach Block + 2 Punch Insideout Block + 2 Punch Down Block + 2 Punch Front Snap Kick Front Thrust Kick Front Thrust Kick Roundhouse Kick Side Snap Kick Side Snap Kick Side Thrust Kick Knifehand Block Knifehand Block Knifehand + Spearhand SCORE Th Kyu - Heian Sandan SCORE Th Kyu - Heian Yondan SCORE Th Kyu - Heian Yondan SCORE Thrust Kick Correct Wind-up Proper Timing & Distance Counter Punch Posture | | |
| Technique SCORE Rev. Punch Speed (R/L) Lunge Punch Triple Punch Rising Block + 2 Punch Stomach Block + 2 Punch Insideout Block + 2 Punch Down Block + 2 Punch Front Snap Kick Front Thrust Kick Roundhouse Kick Side Snap Kick Side Snap Kick Knifehand Block Knifehand + Spearhand SCORE 7th Kyu - Heian Sandan SCORE Roundan SCORE The Kyu - Heian Yondan SCORE The Kyu - Heian Sandan SCORE The Kyu - Heian Yell SCORE The Kyu - Heian Yell | _ | - |
| Rev. Punch Speed (R/L) Lunge Punch Triple Punch Rising Block + 2 Punch Insideout Block + 2 Punch Down Block + 2 Punch Front Snap Kick Front Thrust Kick Roundhouse Kick Side Snap Kick Side Snap Kick Side Thrust Kick Knifehand Block Knifehand + Spearhand 7th Kyu - Heian Sandan SCORE SCORE SCORE SCORE KUMITE SCORE Correct Wind-up Proper Timing & Distance Counter Punch Posture | | |
| Rev. Punch Speed (R/L) Lunge Punch Triple Punch Rising Block + 2 Punch Stomach Block + 2 Punch Insideout Block + 2 Punch Front Snap Kick Front Thrust Kick Roundhouse Kick Side Snap Kick Side Snap Kick Front Thrust Kick Side Thrust Kick Knifehand Block Knifehand + Spearhand | <u>Technique</u> SCORE | |
| Lunge Punch Triple Punch Rising Block + 2 Punch Stomach Block + 2 Punch Insideout Block + 2 Punch Down Block + 2 Punch Front Snap Kick Front Thrust Kick Roundhouse Kick Side Snap Kick Side Thrust Kick Knifehand Block Knifehand + Spearhand SCORE SCORE KUMITE SCORE Correct Wind-up Proper Timing & Distance Counter Punch Posture | n n I c 1(n/I) | 7th Kyu - Heian Sandan |
| Triple Punch Rising Block + 2 Punch Stomach Block + 2 Punch Insideout Block + 2 Punch Down Block + 2 Punch Front Snap Kick Front Thrust Kick Roundhouse Kick Side Snap Kick Side Thrust Kick Knifehand Block Knifehand + Spearhand SCORE 6th Kyu - Heian Yondan SCORE KUMITE SCORE KUMITE SCORE Correct Wind-up Proper Timing & Distance Counter Punch Posture | | |
| Rising Block + 2 Punch Stomach Block + 2 Punch Insideout Block + 2 Punch Down Block + 2 Punch Front Snap Kick Front Thrust Kick Roundhouse Kick Side Snap Kick Side Snap Kick Side Thrust Kick Knifehand Block Knifehand + Spearhand | | SCOPE |
| Stomach Block + 2 Punch Insideout Block + 2 Punch Down Block + 2 Punch Front Snap Kick Front Thrust Kick Roundhouse Kick Side Snap Kick Side Snap Kick Side Thrust Kick Knifehand Block Knifehand + Spearhand | | |
| Insideout Block + 2 Punch Down Block + 2 Punch Front Snap Kick Front Thrust Kick Roundhouse Kick Side Snap Kick Side Thrust Kick Knifehand Block Knifehand + Spearhand | | Oth Kyu ² Helan Tohdan |
| Down Block + 2 Punch Front Snap Kick Front Thrust Kick Roundhouse Kick Side Snap Kick Side Thrust Kick Knifehand + Spearhand Kumite Kumite Kumite Kumite Kumite Score Correct Wind-up Proper Timing & Distance Counter Punch Posture | | |
| Front Snap Kick Front Thrust Kick Roundhouse Kick Side Snap Kick Side Thrust Kick Knifehand Block Knifehand + Spearhand KUMITE SCORE Correct Wind-up Proper Timing & Distance Counter Punch Posture | | |
| Front Thrust Kick Roundhouse Kick Side Snap Kick Side Thrust Kick Knifehand Block Knifehand + Spearhand SCORE Correct Wind-up Proper Timing & Distance Counter Punch Posture | | KUMITE |
| Roundhouse Kick Side Snap Kick Proper Timing & Distance Side Thrust Kick Knifehand Block Knifehand + Spearhand | | |
| Side Snap Kick Proper Timing & Distance Counter Punch Posture Knifehand Block Knifehand + Spearhand | | |
| Side Thrust Kick Knifehand Block Knifehand + Spearhand Counter Punch Posture | | |
| Knifehand Block Knifehand + Spearhand | | |
| Knifehand + Spearhand | | |
| | Knifehand + Spearhand | |
| | | |
| Posture/Pull hnd/Wnd up | | |
| Front/Back/Kiba Stance GRADING SENSEI | | GRADING SENSEI |
| Low Stances/Feet/Legs | Low Stances/Feet/Legs | |
| Kick Wnd up/Foot/Ankle Name: | Kick Wnd up/Foot/Ankle | Name: |
| Hip Rotation | Hip Rotation | |
| Spirit/Leadership | | |
| Loud Kiai/Oss Sign: | | Sign: |
| Focus | | |
| Sitting Up Straight | Sitting Up Straight | |
| Pass | | |
| COMMENTS Temporary Pass | COMMENIS | |
| Recommend Re-Test | COMMILITIE | |
| NEW RANK: KYU | COMMITTO | |

| Adult Exam: 5th & 4th Kyu Purp | le Washington Mother Association |
|--|---|
| Student's Name: | Age: |
| Current Rank: 6th Kyu 5th Kyu-T | DOJO |
| 5th Kyu 4th Kyu-T | Bellevue South Bellevue |
| | |
| Testing For: Kyu Purple | Issaquah |
| Recommending Instructor: | Date/Hrs. of Last Exam: Mo. Yr. Hrs. |
| Karate Gi: Clean & no holes No colored un | ndershirt Belt tied correctly WSA patch sewn on |
| | vement, 3=Acceptable, 5=Good |
| KIHON | KATA |
| Technique SCORE | SCORE |
| | 5th Kyu - Heian Godan |
| Rev. Punch Speed (R/L) | |
| Lunch Punch | |
| Double Punch | SCORE |
| Rising Block+Rev Punch Stomach Block+Rev Punch | 4th Kyu - Tekki Shodan |
| Insideout Block+Rev Punch | |
| Down Block+Rev Punch | |
| FntSnp+FntThst Alternate | KUMITE |
| FntSnp+Rndhouse Alternate | 1-Step Kumite SCORE |
| Spinning Back Kick | Correct Wind-up |
| SdeSnp+SdeThst Alternate | Proper Timing & Distance |
| Knfhnd+FntSnpKck+Sprhnd | Counter Punch Posture |
| SBlck+Empi+BkFst+RevPnch | |
| Basics | |
| Posture/Pull hnd/Wnd up | CD ADING OF NOTE |
| Front/Back/Kiba Stance | GRADING SENSEI |
| Low Stances/Feet/Legs | Nome |
| Transitions Viole Wedner/Foot/Aplile | Name: |
| Kick Wnd up/Foot/Ankle Hip Rotation | |
| Spirit/Leadership | Sign: |
| Loud Kiai/Oss/Focus | |
| Sitting Up Straight | |
| | Pass |
| COMMENTS | Temporary Pass |
| | Recommend Re-Test |
| | NEW RANK: KYU |
| | |

Association Adult Exam: 3rd Kyu Brown Student's Name: Age: DOIO 3rd Kyu-T Current Rank: 4th Kyu Bellevue South Bellevue Issaquah **Testing For:** 3rd Kyu Brown Date/Hrs. of Last Exam: Recommending Instructor: Mo. Hrs. Yr. Belt tied correctly WSA patch sewn on No colored undershirt Clean & no holes Karate Gi: GRADING: 1=Needs Improvement, 3=Acceptable, 5=Good **KATA KIHON** KAMAE DACHI NO COUNT **SCORE SCORE** Technique Tekki Shodan Tab Bassai Dai Back Fist Reverse Punch Lunge Punch Jab + Lunge Punch Lunging Reverse Punch KUMITE Jab + 1/2 step + Rev Punch 1-Step Kumite **SCORE** BackFist+1/2 step+Rev Punch Correct Wind-up & Counter Punch Jab+LngPnch+1/2 stp+RvPnch Proper Timing & Distance Front Snap + Lunge Punch FntSnp+FntThst Same Leg FntSnp+Rndhouse Same Leg SdeSnp+SdeThst Same Leg **BAG KICKS** Spinning Back Kick Proper Timing, Speed & Distance Knfhnd+FntSnpKck+Sprhnd Correct Pivot & Direction SBlck+Empi+BkFst+RevPnch **Basics** Posture/Pull hnd/Wnd up **GRADING SENSEI** Kamae Stance Name: LowStances/Feet/Transitions Kick Wnd up/Foot/Ankle Hip Rotation Sign: Spirit/Leadership Pass Loud Kiai/Oss/Focus **Temporary Pass COMMENTS** Recommend Re-Test NEW RANK: KYU

| Adult Exam: 2nd & 1st Kyu Brow | n Washington Moto Land Association |
|---|--|
| Student's Name: | Age: |
| Current Rank: 3rd Kyu 2nd Kyu-T | DOJO |
| | Bellevue South Bellevue |
| 2nd Kyu lst Kyu-T | |
| Testing For: Kyu Brown | Issaquah |
| Recommending Instructor: | Date/Hrs. of Last Exam: Mo. Yr. Hrs. |
| Karate Gi: Clean & no holes No colored un | dershirt Belt tied correctly WSA patch sewn on |
| | vement, 3=Acceptable, 5=Good |
| KIHON | KATA |
| | |
| Technique SCORE KAMAE DACHI No | 2nd Kyu-Bassai Dai |
| Uraken uchi | 2nd Kyu-Jion |
| Gyaku zuki | lst Kyu-Kanku Dai |
| Oi zuki | lst Kyu-Hangetsu |
| Kizami zuki, oi zuki | |
| Oi-gaku zuki | |
| Kizami,½ step,gyaku zuki | KUMITE |
| Uraken,½ step,gyaku zuki | Free I-Step Kumite SCORE |
| Kizami,oi,½ step,gyaku zuki | Correct Wind-up & Counter Punch |
| Mae geri, oi zuki | Proper Timing & Distance |
| Mae geri keage/kekomi | |
| Mae geri keage/mawashi | |
| Yoko geri keage/kekomi | |
| Ushiro geri | BAG KICKS |
| Knfhnd+FntSnpKck+Sprhnd | Proper Timing, Speed & Distance |
| SBlck+Empi+BkFst+RevPnch | Correct Pivot & Direction |
| Basics | |
| Posture/Pull hnd/Wnd up | |
| Kamae Stance | GRADING SENSEI |
| LowStances/Feet/Transitions | Name: |
| Kick Wnd up/Foot/Ankle | |
| Hip Rotation | Sign: |
| Spirit/Leadership | |
| Loud Kiai/Oss/Focus | Pass Tomporary Pass |
| COMMENTS | Temporary Pass |
| | Recommend Re-Test |
| | NEW RANK: KYU |
| | |