

# Youth Exam: Kinderkarate

*Washington Shotokan Association*

Student's Name: \_\_\_\_\_

Age: \_\_\_\_\_

Current Rank: Kinderkarate White

**DOJO**

Bellevue       South Bellevue

Issaquah

Testing For: 11th Kyu Yellow/Black Stripe

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	
Punches	<input type="checkbox"/>	_____
Rising Block	<input type="checkbox"/>	_____
Stomach Block	<input type="checkbox"/>	_____
Down Block	<input type="checkbox"/>	_____
Front Snap Kick	<input type="checkbox"/>	_____
Lunge Punch	<input type="checkbox"/>	_____
Rising Block Front Stance	<input type="checkbox"/>	_____
<b>Basics</b>		
Wind ups	<input type="checkbox"/>	_____
Pulling hand	<input type="checkbox"/>	_____
Low stance	<input type="checkbox"/>	_____
Kicks knee up	<input type="checkbox"/>	_____
<b>Spirit/Leadership</b>		
Loud Kiai/Oss	<input type="checkbox"/>	_____
Focus	<input type="checkbox"/>	_____
Sitting Up Straight	<input type="checkbox"/>	_____

## GRADING SENSEI

Name: \_\_\_\_\_

Sign: \_\_\_\_\_

**COMMENTS**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Pass

Temporary Pass

Recommend Re-Test

**NEW RANK: \_\_\_\_\_ KYU**

# Youth Exam: 10th Kyu Yellow

*Washington Shotokan Association*

Student's Name: \_\_\_\_\_

Age: \_\_\_\_\_

Current Rank:  White  
 11th Kyu Kinderkarate

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*

## KIHON

Technique	SCORE
Rev. Punch (L/R)	<input type="checkbox"/> _____
Sta. Front Snap Kick (L/R)	<input type="checkbox"/> _____
Lunge Punch	<input type="checkbox"/> _____
Rising Block	<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"/> _____

## GRADING SENSEI

Name: \_\_\_\_\_

Sign: \_\_\_\_\_

## COMMENTS

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Pass   
 Temporary Pass   
 Recommend Re-Test   
 NEW RANK: \_\_\_ KYU

# Youth 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

Technique	SCORE
Rev. Punch (L/R)	<input type="checkbox"/>
Sta. Front Snap Kick (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"/>
<b>Basics</b>	
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"/>
<b>Spirit/Leadership</b>	
Loud Kiai/Oss	<input type="checkbox"/>
Focus	<input type="checkbox"/>
Sitting Up Straight	<input type="checkbox"/>

## KATA

	SCORE
9th Kyu - Taikyoku Shodan	<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	

# Youth Exam: 8th Kyu Blue

*Washington Shotokan Association*

Student's Name: \_\_\_\_\_

Age: \_\_\_\_\_

Current Rank: 9th Kyu Orange

<b>DOJO</b>		
<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 (L/R)	<input type="checkbox"/>	_____
Sta. Front Snap Kick (L/R)	<input type="checkbox"/>	_____
Lunge Punch	<input type="checkbox"/>	_____
Triple 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"/>	_____
Knifehand Block	<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

Technique	SCORE
8th Kyu - Heian Shodan	<input type="checkbox"/>
_____	_____
_____	_____
_____	_____

## GRADING SENSEI

Name: \_\_\_\_\_

Sign: \_\_\_\_\_

## COMMENTS

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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

# Youth Exam: 7th & 6th Kyu Green

*Washington Shotokan Association*

Student's Name: \_\_\_\_\_

Age: \_\_\_\_\_

Current Rank:  8th Kyu     7th Kyu-T  
 7th Kyu     6th Kyu-T

**DOJO**

Bellevue     South Bellevue  
 Issaquah

Testing For:                      Kyu Green

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 (L/R)	<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"/>
Side Snap Kick	<input type="checkbox"/>
Knifehand Block-7th	<input type="checkbox"/>
Knifehand+Spearhand-6th	<input type="checkbox"/>
<b>Basics</b>	
Posture/Pull hnd/Wnd up	<input type="checkbox"/>
Front/Back/Kiba Stance	<input type="checkbox"/>
Kick Wnd up/Foot/Ankle	<input type="checkbox"/>
Hip Rotation	<input type="checkbox"/>
<b>Spirit/Leadership</b>	
Loud kiai/Oss/Focus	<input type="checkbox"/>

**KATA**

	SCORE
7th Kyu - Heian Nidan	<input type="checkbox"/>
6th Kyu - Heian Sandan	<input type="checkbox"/>

## GRADING SENSEI

Name: \_\_\_\_\_

Sign: \_\_\_\_\_

**KUMITE**

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

**COMMENTS**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Pass   
 Temporary Pass   
 Recommend Re-Test   
**NEWRANK: \_\_\_\_\_ KYU**

# Youth 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**

Bellevue     South Bellevue  
 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 (L/R)	<input type="checkbox"/>
Lunge Punch	<input type="checkbox"/>
Triple Punch-5th	<input type="checkbox"/>
Double Punch-4th	<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/(Thrust)-4th	<input type="checkbox"/>
Rndhouse Kick/(Spin Bk)-4th	<input type="checkbox"/>
Side Snap Kick/(Thrust)-4th	<input type="checkbox"/>
Knifehand+Spearhand-5th	<input type="checkbox"/>
Knfhnd+FSKck+Sprhnd-4th	<input type="checkbox"/>
<b>Basics</b>	
Posture/Pull hnd/Wnd up	<input type="checkbox"/>
Front/Back/Kiba Stance	<input type="checkbox"/>
Kick Wnd up/Foot/Ankle	<input type="checkbox"/>
Hip Rotation	<input type="checkbox"/>
<b>Spirit/Leadership</b>	
Loud kiai/Oss/Focus	<input type="checkbox"/>

**KATA**

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

## GRADING SENSEI

Name: \_\_\_\_\_  
Sign: \_\_\_\_\_

**KUMITE**

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

**COMMENTS**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Pass

Temporary Pass

Recommend Re-Test

**NEW RANK: \_\_\_\_\_ KYU**