SHAWN DANAHER'S

SHOTOKAN KARATE-DO

CAMARILLO VENTURA CSU CHANNEL ISLANDS

_____	_____	___ years ___ months	_____
Name *(print clearly)*	**Age**	**Length of practice**	**Date of Exam**

_____ **Kyu/Dan**	_____ **Kyu/Dan**	#_____	$ _____ **CASH ONLY**	**Yes / No**
Current Rank	*Testing Rank*	*Belt Size*	*Exam Fee: $50 COLOR / $60 BROWN*	*Parent / Teacher Form*

KIHON
(Basic Movements)

1 2 3 fail | 4 5 6 re-test | 7 8 9 pass

Accuracy _____ Grace/Flow _____

Balance _____ Hip Action/Position _____ Relaxation _____

Breathing _____ Intent _____ Retract _____ Technique _____

Dynamics _____ Posture _____ Spirit _____ Transition _____

Focus _____ Power _____ Stance _____ OTHER _____

KATA
(Forms)

1 2 3 fail | 4 5 6 re-test | 7 8 9 pass

Application _____ Dynamics _____

Balance _____ Embusen _____ Intent _____ Relaxation _____

Breathing _____ Focus _____ Posture _____ Spirit _____ Timing _____

Bunkai _____ Grace/Flow _____ Power _____ Stance _____ Zanshin _____

Control _____ Hip Action/Position _____ Precision _____ Technique _____ OTHER _____

Taikyoku ____ Heian 1____ 2____ 3____ 4____ 5____ Tekki 1____ 2____ 3____ ADV _____

KUMITE
(Sparring)

1 2 3 fail | 4 5 6 re-test | 7 8 9 pass

Accuracy ____ Focus _____

Balance _____ Intent _____ Shifting _____ Technique _____

Control _____ Posture _____ Spirit _____ Timing _____

Distance _____ Power _____ Stance _____ OTHER _____

Step: 5 / 3 / 1

Jiyu: Ippon / Jiyu

OTHER _____

☐ **PASS** of rank _____ Kyu/Dan ☐ **RE-TEST** in _____ Months in _____

Examiner: _____

NOTES: