

**FORMS & FEE** due 2 weeks prior to exam

EXAM FORM     REQUEST TO TEST     TEST FEE

CASH | VENMO | BTC  
\$60 Color Belt  
\$70 Brown Belt



**CURRENT RANK/KYU**

White    9    8    7   |    6    5    4   |    3    2    1

Youth ONLY (under 16yrs.)   **A or B level**    B-striped    A-solid

**Participation Type**    Test     Feedback ONLY (\$20)  
SELECT 1 PORTION

**Belt size**    0    1    2    3    4    5    6    7  
 order NEW Gi

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ DATE: \_\_\_\_\_

**TESTING CRITERIA**

**Kihon**    9 kyu    8 kyu    7 kyu    6 kyu    5 kyu    4 kyu    3 kyu    2 kyu    1 kyu

**Kata**    Taikyoku    Heian 1    Heian 2    Heian 3    Heian 4    Heian 5    Tekki    Adv. \_\_\_\_\_

**Sparring**    5-Step    3-Step    1-Step    Jiyu-ippou    Jiyu    Other: \_\_\_\_\_

COMPLETE TOP PORTION AND RETURN

KIHON

Techniques \_\_\_\_\_  
accuracy | precision | chamber | wrist | hand | foot | hip position/action

Stances \_\_\_\_\_  
alignment | weight distribution | balance | grace | posture | crescent step | center

Transitions \_\_\_\_\_  
accuracy | balance | grace | posture | center of gravity

Intent/Spirit \_\_\_\_\_  
body language | control | composure | attitude | focus

FAIL				RE-TEST		PASS		
1	2	3	4	5	6	7	8	9

KATA

Sequence/Accuracy \_\_\_\_\_  
technical | sequence | timing | dynamic

Power/Connection \_\_\_\_\_  
balance | connection | accuracy | center of gravity

Timing/Rhythm \_\_\_\_\_  
kime/lock out | transitions | | breathing | grace/flow

Focus/Intent \_\_\_\_\_

Bunkai/Application \_\_\_\_\_

FAIL				RE-TEST		PASS		
1	2	3	4	5	6	7	8	9

KUMITE

Targeting/Accuracy \_\_\_\_\_

Timing \_\_\_\_\_

Distance \_\_\_\_\_

Intent/Spirit \_\_\_\_\_

FAIL				RE-TEST		PASS		
1	2	3	4	5	6	7	8	9

PASS of the rank \_\_\_\_ KYU    RE-TEST \_\_\_\_\_    FAIL

*Shawn Danaher*  
Shawn Danaher, Chief Instructor