



CAMARILLO SHOTOKAN KARATE-DO STUDENT ADVANCEMENT EXAM / FEEDBACK FORM

REVIEW TYPE

- Exam Evaluation
(Color Belt \$65 / Brown \$75)
- Developmental Feedback
(\$30)
- Instructor Recommendation
- Not Participating

NAME: _____ AGE: _____ DATE OF EXAM/REVIEW: _____

CURRENT RANK / KYU: _____ TEST RANK / KYU: _____ BELT SIZE: _____

1 KIHON

INSTRUCTOR: _____

MOVEMENT MECHANICS

- Weight Distribution
- Stance
- Transition
- Center of Gravity
- Connection
- Balance
- Posture
- Grace / Fluidity

TECHNIQUE & TIMING

- Technique
- Targeting
- Hip Action / Position
- Timing
- Precision
- Chamber / Prep

MENTAL & EMOTIONAL

- Focus / Attention
- Body Language
- Breathing
- Intent
- Power / Spirit

Notes/Comments: _____

2 KATA

INSTRUCTOR: _____

MOVEMENT MECHANICS

- Weight Distribution
- Stance
- Transition
- Center of Gravity
- Connection
- Balance
- Posture
- Grace / Fluidity

TECHNIQUE & TIMING

- Technique
- Targeting
- Hip Action / Position
- Timing
- Precision
- Chamber / Prep

MENTAL & EMOTIONAL

- Focus / Attention
- Body Language
- Breathing
- Intent
- Power / Spirit
- Bunkai

Notes/Comments: _____

3 KUMITE

INSTRUCTOR: _____

MOVEMENT MECHANICS

- Distance
- Speed
- Agility
- Power
- Balance
- Posture
- Technique
- Shifting

TECHNIQUE & TIMING

- Technique
- Targeting
- Timing
- Precision
- Tension / Relaxation
- Chamber / Prep

MENTAL & EMOTIONAL

- Focus / Attention
- Body Language
- Breathing
- Intent / Power
- Spirit
- Adaptability / Strategy

Notes/Comments: _____

CHIEF INSTRUCTOR SECTION

Shawn Canales

SCORES

___ KIHON
___ KATA
___ KUMITE

PASS RETEST