****

|  |
| --- |
| **Shodan First Degree Black Belt Test** |

|  |  |
| --- | --- |
| **Name:** | **Test Fee: $100** |
| **Present Rank:** | **Testing Rank: Shodan** | **Result:** |
| **Single Basics** | **Score 1-5** | **Comments** |
| Oi zuki |  |  |
| Gyaku zuki |  |  |
| Gedan barai |  |  |
| Age uke |  |  |
|  Ude soto uke |  |  |
| Ude uchi uke |  |  |
| Shuto uke |  |  |
| Mae geri |  |  |
| Yoko geri kekomi (f. stance) |  |  |
| Yoko geri keage (kiba dachi) |  |  |
| Mawashi geri |  |  |
| Ushiro geri |  |  |
| Ura mawashi geri |  |  |
| **Stances** | **Score 1-5** | **Comments** |
| Front stance |  |  |
| Back stance |  |  |
| Kiba dachi |  |  |
| Other Stances |  |  |
| **Double Basics** | **Score 1-5** | **Comments** |
| Oi zuki, gyaku zuki |  |  |
| Gedan barai, gyaku zuki |  |  |
| Age uke, gyaku zuki |  |  |
| Ude soto uke, gyaku zuki |  |  |
| Ude uchi uke, gyaku zuki |  |  |
| Shuto uke, nukite |  |  |
| Mae geri, oi zuki |  |  |
| Mae geri, gyaku zuki |  |  |
| Yoko geri kekomi, gyaku zuki |  |  |
| Mawashi geri, gyaku zuki |  |  |
| Mae geri, yoko geri kekomi |  |  |
| Mae geri, mawashi geri |  |  |
| Mawashi geri, ushiro geri |  |  |

|  |
| --- |
| **Shodan First Degree Black Belt Test Continued** |
| Ushiro geri mawashi geri |  |  |
| Mae geri, yoko geri kekomi (single leg) |  |  |
| Mae geri, mawashi geri (single leg) |  |  |
| **Triple Combination** | **Score 1-5** | **Comments** |
| Sandozuki |  |  |
| **Starting from gyaku zuki, jodan kizami zuki****chudan gyaku zuki, step chudan gyaku zuki** |  |  |
| Ude soto uke, uraken, empi |  |  |
| Ude uchi uke, kizami zuki, gyaku zuki |  |  |
| Shuto uke, kizami mae geri, nukite |  |  |
| Mae geri, yoko geri kekomi, mawashi geri |  |  |
| Mae geri, mawashi geri, ushiro geri |  |  |
| Mawashi geri, uraken, gyaku zuki |  |  |
| Ushiro geri, uraken, gyaku zuki |  |  |
| **Quadruple Combination** | **Score 1-5** | **Comments** |
| **Step back age uke, mawashi geri,** **uraken (kiba dachi), oi zuki** |  |  |
| **Mae geri, yoko geri kekomi, mawashi****geri, ushiro geri (single, leg stationary)** |  |  |
| **Sparring Combinations** | **Score 1-5** | **Comments** |
|  Kizami zuki, mae geri, oi zuki |  |  |
| **Kizami zuki, gyaku zuki,**  **mawashi geri, gyaku zuki** |  |  |
| **Kata** | **Score 1-5** | **Comments** |
| Tokui kata: |  |  |
| 1  2 , 3 , , 5 Heian or  Tekki 1 |  |  |
|  Bassai Dai or Kanku Dai |  |  |
|  Jion Empi |  |  |
|  Jitte |  |  |
|  Gankaku |  |  |

|  |
| --- |
| **Shodan First Degree Black Belt Test Continued 2** **2** |
| **Jiyu Ippon Kumite** | **Attacking** | **Defending** |
| Jodan oi zuki |  Score: |  Score: |
| Chudan oi zuki |  Score: |  Score: |
| Mae geri |  Score: |  Score: |
| Yoko geri kekomi |  Score: |  Score: |
| Mawashi geri |  Score: |  Score: |
| Ushiro geri |  Score: |  Score: |
| **Jiyu Nihon Kumite** | **Attacking** | **Defending** |
| Jodan kizami zuki, chudan gyaku zuki |  Score: | Score: |
| Mae geri, jodan oi zuki |  Score: | Score: |
| **Mae geri, mawashi geri** |  Score: | Score: |
| **Jiyu Kumite** | **Attacking** | **Defending** |
| Speed | Score: | Score: |
| Power | Score: | Score: |
| Focus | Score: | Score: |
| Distance | Score: | Score: |
| Timing | Score: | Score: |
| Zanshin | Score: | Score: |
| Spirit | Score: | Score: |