|  |
| --- |
| **SHODAN FIRST DEGREE BLACK BELT TEST** |

****

|  |  |
| --- | --- |
| **Name:** | **Test Fee: $100** |
| **Present Rank:** | **Testing Rank: Shodan** | **Result:** |

|  |  |  |
| --- | --- | --- |
| **Single Basics** | **Score** | **Comments** |
| Oizuki | 1 | 2 | 3 | 4 | 5 |  |
| Gyaku zuki (stepping back) | 1 | 2 | 3 | 4 | 5 |  |
| Gedan barai | 1 | 2 | 3 | 4 | 5 |  |
| Age uke | 1 | 2 | 3 | 4 | 5 |  |
| Ude soto uke | 1 | 2 | 3 | 4 | 5 |  |
| Ude uchi uke | 1 | 2 | 3 | 4 | 5 |  |
| Shuto uke | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri | 1 | 2 | 3 | 4 | 5 |  |
| Yoko geri kekomi (f. Stance) | 1 | 2 | 3 | 4 | 5 |  |
| Yoko geri keage (kiba dachi) | 1 | 2 | 3 | 4 | 5 |  |
| Mawashi geri | 1 | 2 | 3 | 4 | 5 |  |
| Ushiro geri | 1 | 2 | 3 | 4 | 5 |  |

|  |  |  |
| --- | --- | --- |
| **Stances** | **Score** | **Comments** |
| Front stance | 1 | 2 | 3 | 4 | 5 |  |
| Back stance | 1 | 2 | 3 | 4 | 5 |  |
| Kiba dachi | 1 | 2 | 3 | 4 | 5 |  |
| Other Stances | 1 | 2 | 3 | 4 | 5 |  |

|  |  |  |
| --- | --- | --- |
| **Double Basics** | **Score** | **Comments** |
| Oizuki - gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Gedan barai - gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Age uke - gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Ude soto uke - gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Ude uchi uke - gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Shuto uke - nukite | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri – jodan oizuki | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri – chudan gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Yoko geri - gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Mawashi geri - gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri - yoko geri | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri - mawashi geri | 1 | 2 | 3 | 4 | 5 |  |
| Mawashi geri - ushiro geri | 1 | 2 | 3 | 4 | 5 |  |
| Ushiro geri - mawashi geri | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, yoko geri, one leg | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, mawashi geri, one leg | 1 | 2 | 3 | 4 | 5 |  |

|  |  |  |
| --- | --- | --- |
| **Triple Combination** | **Score** | **Comments** |
| Sandozuki | 1 | 2 | 3 | 4 | 5 |  |
| Starting from gyakuzuki, jodan kizami zukichudan gyakuzuki, step chudan gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Ude soto uke, uraken, empi, gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Ude uchi uke, kizamizuki, gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Shuto uke, kizami maegeri, nukite | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, yoko geri, mawashi geri | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, mawashi geri, ushiro geri | 1 | 2 | 3 | 4 | 5 |  |
| Mawashi geri, uraken, gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Ushiro geri, uraken, gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |

|  |  |  |
| --- | --- | --- |
| **Quadruple Combination** | **Score** | **Comments** |
| Step back age uke, mawashi geri,uraken (kibadachi), oizuki | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, yoko kekomi, mawashigeri, ushiro geri, one leg | 1 | 2 | 3 | 4 | 5 |  |

|  |  |  |
| --- | --- | --- |
| **Sparring Combinations** | **Score** | **Comments** |
| Kizami zuki, mae geri, oizuki | 1 | 2 | 3 | 4 | 5 |  |
| Kizami zuki-gyakuzuki,mawashi geri, gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |

|  |  |  |
| --- | --- | --- |
| **Kata** | **Score** | **Comments** |
| **Tokui kata:** |  |  |  |  |  |  |
| 1 | 2 | 3 | 4 | 5 |
| **1 , 2 , 3 , , 5 ** **Heian or  Tekki 1** |  |  |  |  |  |  |
| 1 | 2 | 3 | 4 | 5 |
| ******Bassai Dai** | ******Kanku Dai** |  |  |  |  |  |  |
| 1 | 2 | 3 | 4 | 5 |
| ******Jion** | ******Empi** | 1 | 2 | 3 | 4 | 5 |  |
| ******Jitte** |  |  |  |  |  |  |
| 1 | 2 | 3 | 4 | 5 |
| ******Gankaku** |  |  |  |  |  |  |
| 1 | 2 | 3 | 4 | 5 |

|  |  |  |
| --- | --- | --- |
| **Jiyu Ippon Kumite** | **Attacking** | **Defending** |
| Jodan oizuki |  Score: |  Score: |
| Chudan oizuki |  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 oizuki |  Score: | Score: |
| Mae geri, mawashi geri |  Score: | Score: |

|  |  |  |
| --- | --- | --- |
| **Jiyu Kumite** | **Attacking** | **Defending** |
| Speed |  |  |
| Power |  |  |
| Focus |  |  |
| Distance |  |  |
| Timing |  |  |
| Zanshin |  |  |
| Spirit |  |  |