

Summary of Grading

Student's Name: _____

Passbook # : _____ Date: _____

Date of last grading: _____ Advancing to rank of: _____

Club: _____ Instructor: _____

Joseki Board Members: 1- _____ 2- _____

3- _____ 4- _____

SCORING

- | | |
|----------------|-------------------------------------|
| F – Fail | Unsatisfactory for their rank. |
| B – Borderline | Minimum requirements only. |
| P – Pass | Very good. Competent at their rank. |

One package is required per Joseki Board Member grading the specific applicant. This package contains all of the applicant's information plus grading sheets needed for the Joseki Board Member. Application form to be added to package. No rank will be recognized until the Grading Administrator hosting the specific grading sends this package to the President of the Shintani Wado Kai Karate Federation for recording purposes.

Note:

You must not fail section 3 or section 6 of this evaluation.

If section 3 and/or 6 are borderline then you must pass (without being borderline) in sections 4 and 8.

Average Score	Strength	Weakness	Recommendation
Part 3 Basic Tech. F B P	_____ _____ _____	_____ _____ _____	_____ _____ _____
Part 4 Advance Tech. F B P	_____ _____ _____	_____ _____ _____	_____ _____ _____
Part 6 Katas F B P	_____ _____ _____	_____ _____ _____	_____ _____ _____
Part 8a Kion Kumite F B P	_____ _____ _____	_____ _____ _____	_____ _____ _____
Part 8b Randore/Kumite F B P	_____ _____ _____	_____ _____ _____	_____ _____ _____

PASS: YES NO

GRADING SHEETS

SECTION 3 OF GRADING STRUCTURE

SCORING

F – Fail Unsatisfactory for their rank.
 B – Borderline Minimum requirements only.
 P – Pass Very good. Competent at their rank.

Sub total each section by
counting the passing grades (P)

Techniques to show proper range and extension

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
1	Kiba-dachi	Zuki	10	To the solar-plexus	F B P
2	Kiba-dachi	Zuki	10	To the head	F B P
3	Kiba-dachi	Zuki	10	To the groin	F B P
4	Kiba-dachi	Zuki	10	Alternate to the head, solar-plexus and groin	F B P
5	Kiba-dachi	Ude-uke	10		F B P
6	Kiba-dachi	Osoto-uke	10		F B P
7	Kiba-dachi	Age-uke	10		F B P
8	Kiba-dachi	Gedan-barai	10		F B P
9	Kiba-dachi			Maintenance of stance	F B P

Sub total: _____

Kicks to be executed at 2 distinct areas

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
10	From kiba-dachi step to juji-dachi	Yoko-geri	5	Kicking with right leg at gedan level (belt or lower)	F B P
11	From kiba-dachi step to juji-dachi	Yoko-geri	5	Kicking with left leg at gedan level (belt or lower)	F B P
12	From kiba-dachi step to juji-dachi	Yoko-geri	5	Kicking with right leg at chudan level (belt or higher)	F B P
13	From kiba-dachi step to juji-dachi	Yoko-geri	5	Kicking with left leg at chudan level (belt or higher)	F B P
14	From kiba-dachi step to juji-dachi			Maintenance and transition of stance	F B P

Sub total: _____

Stepping forward twice and executing the technique then turning around will be referred to as one cycle

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
15	Zenkutsu-dachi	Oi-zuki	10	On the turn, block gedan-barai followed by gyaku-zuki and oi-zuki	F B P
16	Zenkutsu -dachi	Gyaku-zuki	10	On the turn, block ude-uke followed by gyaku-zuki	F B P
17	Zenkutsu-dachi	Ude-uke with Gyaku-zuki	6		F B P
18	Zenkutsu-dachi	Age-uke with Gyaku-zuki	6		F B P
19	Zenkutsu-dachi	Gedan-barai with Gyaku-zuki	6		F B P
20	Zenkutsu-dachi	Osoto-uke with Gyaku-zuki	6	On the turn, block ude-uke followed by gyaku-zuki	F B P
21	Zenkutsu-dachi	Juji-uke	6		F B P
22	Zenkutsu-dachi			Maintenance of stance	F B P

Sub total: _____

Name: _____

Kicks to be executed at 2 distinct areas.

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
23	Zenkutsu-dachi	Mae-geri	5	Kicking with right leg from back at gedan level (belt or lower)	F B P
24	Zenkutsu-dachi	Mae-geri	5	Kicking with left leg from back at gedan level (belt or lower)	F B P
25	Zenkutsu-dachi	Mae-geri	5	Kicking with right leg from back at chudan level (belt or higher)	F B P
26	Zenkutsu-dachi	Mae-geri	5	Kicking with left leg from back at chudan level (belt or higher)	F B P
27	Zenkutsu-dachi			Maintenance of stance	F B P

Sub total: _____

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
28	Hachiji-dachi	Tate-zuki	10	Alternating hands at chudan level	F B P
29	Hachiji-dachi	Uraken-uchi	10	Alternating hands at jodan level	F B P
30	Hachiji-dachi	Tettsui-uchi	10	Stepping to the left and executing the right hand to the head on the right side, then alternate the step to the right and execute the left hand to the head.	F B P
31	Hachiji-dachi			Maintenance of stance	F B P

Sub total: _____

Kicks to be executed at 2 distinct areas.

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
32	Zenkutsu-dachi	Mawashi-geri	5	Kicking with right leg from back at gedan level (belt or lower)	F B P
33	Zenkutsu-dachi	Mawashi-geri	5	Kicking with left leg from back at gedan level (belt or lower)	F B P
34	Zenkutsu-dachi	Mawashi-geri	5	Kicking with right leg from back at chudan level (belt or higher)	F B P
35	Zenkutsu-dachi	Mawashi-geri	5	Kicking with left leg from back at chudan level (belt or higher)	F B P
36	Zenkutsu-dachi			Maintenance of stance	F B P

Sub total: _____

Kicks to be executed at 1 exact area.

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
37	Kokutsu-dachi	Migazuki-geri	5	Kicking with right leg from front at gedan level (belt or lower)	F B P
38	Kokutsu-dachi	Migazuki-geri	5	Kicking with left leg from front at gedan level (belt or lower)	F B P
39	Kokutsu-dachi			Maintenance of stance	F B P

Sub total: _____

Name: _____

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
40	From kokutsu-dachi to zenkutsu-dachi	Haito-uchi	10	In kokutsu-dachi with left leg forward, shift into zenkutsu-dachi and execute the right haito-uchi	F B P
41	From kokutsu-dachi to zenkutsu-dachi	Haito-uchi	10	In kokutsu-dachi with right leg forward, shift into zenkutsu-dachi and execute the left haito-uchi	F B P
42	From kokutsu-dachi to zenkutsu-dachi	Uraken-uchi	10	In kokutsu-dachi with left leg forward, shift into zenkutsu-dachi and execute the right uraken-uchi	F B P
43	From kokutsu-dachi to zenkutsu-dachi	Uraken-uchi	10	In kokutsu-dachi with right leg forward, shift into zenkutsu-dachi and execute the left uraken-uchi	F B P
44	From kokutsu-dachi to zenkutsu-dachi	Nukite	10	In kokutsu-dachi with left leg forward, shift into zenkutsu-dachi and execute the right nukite	F B P
45	From kokutsu-dachi to zenkutsu-dachi	Nukite	10	In kokutsu-dachi with right leg forward, shift into zenkutsu-dachi and execute the left nukite	F B P
46	From kokutsu-dachi to zenkutsu-dachi			Maintenance and transition of stance	F B P

Sub total: _____

Note: 45 to 47 are bonus points

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
47	Reverse neko-ashi-dachi	Moware Ushiro-geri	10	Right leg forward, left leg kicking Gedan - chudan level	F B P
48	Reverse Neko-ashi-dachi	Moware Ushiro-geri	10	Left leg forward, right leg kicking Gedan - chudan level	F B P
49	Reverse neko-ashi-dachi			Maintenance of stance	F B P

Sub total: _____

Stepping forward twice and executing the technique then turning around will be referred to as one cycle

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
50	Kokutsu-dachi	Traditional shuto-uke	10		F B P
51	Kokutsu-dachi	Slicing shuto-uke-uchi	10		F B P
52	Kokutsu-dachi	Morote-uke	10		F B P
53	Kokutsu-dachi			Maintenance of stance	F B P

Sub total: _____

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
54	From kiba-dachi to juji-dachi	Age-uke followed by oi-zuki	10	From kiba-dachi, step left leg over into juji-dachi with right block then twist into kiba-dachi with the left strike. Alternate side-side.	F B P
55	From kiba-dachi to juji-dachi	Gedan-barai followed by oi-zuki	10	From kiba-dachi, step left leg over into juji-dachi with the right block then twist into kiba-dachi with the left strike. Alternate side-side.	F B P
56	From kiba-dachi to juji-dachi	Ude-uke followed by osoto-uke	10	From kiba-dachi, step left leg over into juji-dachi with right ude-uke then twist into kiba-dachi with the left osoto-uke. Alternate side-side.	F B P

Total of pages 2 - 4 _____

Sub total: _____

Black Belt Grading Sheet

Section 3 Basic Stances and Techniques 0 - 33 Fail 34 - 41 Borderline 42+ Pass	Section 6 KATAS
<p>Overall Performance F B P</p> <hr/> <hr/> <hr/> <hr/>	<p><u>To receive a Shodan</u></p> <p>Pinan Shodan - F P</p> <hr/> <p>Pinan Nidan - F P</p> <hr/> <p>Pinan Sandan - F P</p> <hr/> <p>Pinan Yodan - F P</p> <hr/> <p>Pinan Godan - F P</p> <hr/> <p>Kushanku - F B P</p> <hr/>
Section 4 Advanced Techniques and Combinations	
<p>Overall Performance F B P</p> <p>Speed</p> <p>Power</p> <hr/> <p>Spirit</p> <p>Effectiveness</p> <hr/> <p>Fluidity</p> <p>Timing</p> <hr/> <p>Form</p> <p>Hip Movement</p> <hr/> <p>Balance</p> <p>Knowledge of Technique</p>	<p><u>To receive a Nidan</u></p> <p>Seishan - F B P</p> <hr/> <p>Nahanchin - F B P</p> <hr/>
Section 8 Kion Kumite and Kumite	
<p>Overall Performance F B P</p> <p>Form</p> <p>Speed</p> <p>Power</p> <p>Spirit</p> <hr/> <p>Knowledge of Tech.</p> <p>Effectiveness</p> <hr/> <p>Block and Counter</p> <p>Defense</p> <hr/> <p>Controlling the fight</p> <p>Forces the fight</p> <hr/> <p>Kicking</p> <p>Timing</p> <hr/> <p>Distancing</p> <p>Explosiveness</p>	<p><u>To receive a Sandan</u></p> <p>Chinto - F B P</p> <hr/> <p><u>To receive a Yodan</u></p> <p>Wanshu - F B P</p> <hr/>

Note: to pass this overall examination:

- You must pass all the Pinan katas.
- You must pass the kata specific to your rank.
- You cannot have any more than 2 katas that are borderline.