

Summary of Shindo Grading

1 copy to the President • 1 copy to the Student

1. Student's Name	
Date	
Passbook #	
Date Of Last Grading	
Advancing To Rank Of	
Club	
Instructor	
2. Student's Name	
Date	
Passbook #	
Date of Last Grading	
Advancing To Rank Of	
Club	
Instructor	
3. Student's Name	
Date	
Passbook #	
Date of Last Grading	
Advancing To Rank Of	
Club	
Instructor	
Joseki Board Members	

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 1 (Basic Techniques) or Section 4 (Katas) of this evaluation

Shindo Grading Sheets

SECTION 1 - BASIC TECHNIQUES

SCORING

- F - Fail: unsatisfactory for their rank.
- B - Borderline: minimum requirements only.
- P - Pass: very good, competent at their rank.

Techniques to demonstrate all aspects of basic shindo technique

No	Stance	Technique	#	Remarks	Participant Initials	Score	Score	Score
1	Zenkutsu dachi (DEF Grip)	Oi zuki to mid-section	20	Stepping forward with strike to mid-section **TURN with thrust to mid-section and double strike to mid-section**		F B P	F B P	F B P
2	Zenkutsu dachi (DEF Grip)	Gyaku zuki to mid-section	20	Stepping forward with strike to mid-section **TURN with thrust to mid-section and gyaku zuki**		F B P	F B P	F B P
3	Zenkutsu dachi (OFF Grip – RFF/RHH)	Collarbone strike	20	Stepping forward, switch both grips and strike with front hand to collarbone **TURN and strike with same grip, then change both grips and strike again**		F B P	F B P	F B P
4	Kokutsu dachi (OFF Grip – RFF/RHH)	Bicep strike	20	Stepping forward, switch both grips and strike with front hand to bicep **TURN and strike with same grip, then change both grips and strike again**		F B P	F B P	F B P
5	Reverse nekoashi dachi (OFF Grip – RFF/RHH)	Double cross-body block, collarbone strike	10 10	Shuffling forward with double cross-body block, then strike to collarbone **TURN with double grip change**		F B P	F B P	F B P
<u>COMMENTS:</u>								

		Participant Initials						
No	Stance	Technique	#	Remarks	Score	Score	Score	Score
6	Kokutsu dachi to zenkutsu dachi (DEF Grip)	Outside block to gyaku zuki	10 10	Shift into zenkutsu dachi with gyaku zuki, shift back to kokutsu dachi with outside block **PERFORM WITH BOTH SIDES**	F B P F B P	F B P F B P	F B P F B P	F B P F B P
7	Kokutsu dachi to zenkutsu dachi (OFF Grip)	Collarbone strike to uppercut strike	10 10	Shift into zenkutsu dachi with uppercut strike to mid-section, shift back to kokutsu dachi with strike to collarbone **PERFORM WITH BOTH SIDES**	F B P F B P	F B P F B P	F B P F B P	F B P F B P
8	Reverse nekoashi dachi (BOK Grip – RFF/RHH)	Bokken strikes to collarbone and mid-section	10 10	Shuffle forward with bokken strike to collarbone, sidestep to R with forehand bokken strike to mid-section, sidestep to L with backhand bokken strike to mid-section **PERFORM WITH BOTH SIDES**	F B P F B P	F B P F B P	F B P F B P	F B P F B P
9	Kokutsu dachi (DEF Grip)	Downward thrust	20	Stepping forward	F B P	F B P	F B P	F B P
10	Zenkutsu dachi (DEF Grip)	Downward thrust	20	Stepping forward	F B P	F B P	F B P	F B P
<u>COMMENTS:</u>								

		Participant Initials					
No	Stance	Technique	#	Remarks	Score	Score	Score
11	Kiba dachi to juji dachi to kiba dachi (DEF Grip)	Inside block and strike	20	R inside block stepping L to juji dachi, rotate to kiba dachi with L strike to mid-section **PERFORM WITH BOTH SIDES**	F B P F B P	F B P F B P	F B P F B P
12	Hachiji to juji dachi (DEF Grip)	Thrust to mid-section	10 10	Step L behind R into juji dachi with L thrust behind to mid-section, rotate to R high outside block in hachiji dachi **PERFORM WITH BOTH SIDES**	F B P F B P	F B P F B P	F B P F B P
13	Reverse nekoashi dachi to hachiji dachi (DEF Grip - LFF / RHH)	Sokui uki	10 10	R gedan sokui uki (finish facing 90° to R in hachiji dachi) **PERFORM WITH BOTH SIDES**	F B P F B P	F B P F B P	F B P F B P
14	Reverse nekoashi dachi to hachiji dachi (DEF Grip - RFF / RHH)	Sokui uki stepping forward	10 10	Step L forward R gedan sokui uki (finish as above) **PERFORM WITH BOTH SIDES**	F B P F B P	F B P F B P	F B P F B P
15	Reverse nekoashi dachi to hachiji dachi (DEF Grip - RFF / RHH)	Sokui uki stepping backward	10 10	Step R back to juji dachi, R gedan sokui uki (finish as above) **PERFORM WITH BOTH SIDES**	F B P F B P	F B P F B P	F B P F B P
<u>COMMENTS:</u>							

Shindo Grading Sheets

SECTION 2 - COMBINATION TECHNIQUES WITH A PARTNER

SCORING

- F - Fail: unsatisfactory for their rank.
- B - Borderline: minimum requirements only.
- P - Pass: very good, competent at their rank.

No	Stance	Technique	#	Remarks	Participant Initials		
					Score	Score	Score
16	Hachiji dachi (DEF Grip - Neutral)	Cross-body block, inside block, mid-section strike	10	Cross-body block (RHH), switch R grip, inside block, switch R grip, strike mid-section **PERFORMED WITHOUT PARTNER**	F B P	F B P	F B P
17	Hachiji dachi (DEF Grip - Neutral)	Cross-body block, collarbone strike, inside block, mid-section strike	10	Cross-body block (RHH), switch R grip, R backhand collarbone strike, R inside block, switch R grip, R strike mid-section **PERFORMED WITHOUT PARTNER**	F B P	F B P	F B P
18	Nekoashi dachi (OFF Grip - LFF/LHH)	Inside block, uppercut strike to mid-section	10	Step L back to juji dachi, L inside block, R uppercut to mid-section **TECHNIQUE TO BE PERFORMED IN A CIRCLE** **PERFORMED WITHOUT PARTNER**	F B P	F B P	F B P
19	Reverse nekoashi dachi (OFF Grip - RFF / RHH)	Outside bicep strike, strike mid-section, strike collarbone	10	Sidestep R with R bicep strike (opponents R punch), L uppercut to mid-section, continue rotation (through 45°) with R collarbone strike **REMAINING TECHNIQUES PERFORMED WITH A PARTNER**	F B P	F B P	F B P
<u>COMMENTS:</u>							

		Participant Initials					
No	Stance	Technique	#	Remarks	Score	Score	Score
20	Reverse nekoashi dachi (DEF Grip - LFF / LHH)	Outside bicep strike - arm lock	10	Shuffle R with R bicep strike (opponents R punch), lock wrist with R hand and extend shindo behind opponent's neck, takedown	F B P	F B P	F B P
21	Reverse nekoashi dachi (DEF Grip - LFF/ LHH)	Gedan nagae-ashi uki and takedown	10	R->L nagae-ashi uki (opponents R front kick), extend shindo between legs removing L hand, grip opponents R shoulder, takedown ccw	F B P	F B P	F B P
22	Reverse nekoashi dachi (OFF Grip- RFF/ RHH)	Inside block, uppercut, mid- section strike, knee strike	10	R inside block (opponent's R punch) and L uppercut to mid-section, step L to juji dachi with R mid-section strike, rotate to reverse nekoashi dachi with strike to R knee	F B P	F B P	F B P
23	Hachiji Dachi (DEF Grip)	Cross-body block of kick rotating to takedown	10	Cross-body block (RHH) (opponents R roundhouse), immediately continue motion under leg, up, forward and to R for takedown	F B P	F B P	F B P
24	Hachiji dachi (DEF Grip - Neutral)	High block/nagae- ashi uki, switch grip, strike to wrist	10	Step L forward (and slightly to side) with L high block deflecting bokken strike R, switch R grip (OFF), R strike wrist	F B P	F B P	F B P
<u>COMMENTS:</u>							

		Participant Initials					
No	Stance	Technique	#	Remarks	Score	Score	Score
25	Hachiji dachi (DEF Grip - Neutral)	High block/nagae-ashi uki, switch grip, strike forearm, then knee	10	Step R forward with high block at base of bokken strike, deflecting L to ground, switch L grip to BOK and R strike to forearm, step into juji dachi with R strike to knee	F B P	F B P	F B P
26	Hachiji dachi (DEF Grip - Neutral)	Sidestep 45°, reverse bokken strike, switch grip, bokken strike to wrist	10	Sidestep L 45° avoiding opponents R thrust (move grip L to reverse bokken) with reverse bokken strike to mid-section, change R grip to bokken and strike wrist	F B P	F B P	F B P
27	Hachiji dachi (DEF Grip - Neutral)	Sidestep 45°, switch grip, strike to wrist, cross-strike mid-section, strike knee	10	Sidestep R 45° avoiding bokken strike, switch R grip, R strike wrist, step R with R cross-strike to mid-section, step L behind to juji dachi with R strike to knee	F B P	F B P	F B P
28	Reverse nekoashi dachi (OFF Grip - LFF / LHH)	Sidestep 45°, strike to wrist, uppercut shindo, bokken strike mid-section	10	Sidestep L 45° avoiding opponents thrust, L strike to wrist, R uppercut at fulcrum clearing opponents shindo, switch L grip to bokken, bokken strike to mid-section	F B P	F B P	F B P
29	Reverse nekoashi dachi (OFF Grip - RFF/RHH)	Step to R juji dachi, strike to wrist, thrust to mid-section, bokken strike to knee	10	Sidestep L behind R to juji dachi, R strike to wrist, rotate ccw with L backward thrust to mid-section, continue rotation switching L grip to bokken and R bokken strike to knee	F B P	F B P	F B P
<u>COMMENTS:</u>							

Shindo Grading Sheets
SECTION 3 - ADVANCED COMBINATIONS

SCORING

F - Fail: unsatisfactory for their rank.

B - Borderline: minimum requirements only.

P - Pass: very good, competent at their rank.

Techniques to show proper range and extension

Technique Description	Remarks	Participant Initials	Score	Score	Score
			F B P	F B P	F B P
			F B P	F B P	F B P
			F B P	F B P	F B P
		Overall Score	F B P	F B P	F B P

Shindo Grading Sheets

SECTION 4 - Kata

Participant Initials					
Shindo Nidan	F	P	F	P	F
Comments:					
Cio Bo Tie	F	P	F	P	F
Comments:					
Seishan no Shindo	F	P	F	P	F
Comments:					

Participant Initials					
Kushanku no Shindo (Shodan)	F	B	P	F	B
Comments:					
Taisei no Shindo (Nidan)	F	B	P	F	B
Comments:					
Chinto no Shindo (Sandan)	F	B	P	F	B
Comments:					
Wanshu no Shindo (Yodan)	F	B	P	F	B
Comments:					

Note: to pass this overall examination:

- You must pass Shindo Nidan, CioBoTie, and Seishan No Shindo.
- You must pass the kata specific to your rank.
- You cannot have any more than 2 katas that are borderline or lower.

Shindo Grading Summary

			Participant			
Score			Strength	Weakness	Recommendations	
Section 1 Basic Techniques						
F	B	P				
Section 2 Combinations						
F	B	P				
Section 3 Instruction						
F	B	P				
Section 4 Kata						
F	B	P				

Pass	Yes	No
-------------	------------	-----------

			Participant		
Score			Strength	Weakness	Recommendations
Section 1 Basic Techniques					
F	B	P			
Section 2 Combinations					
F	B	P			
Section 3 Instruction					
F	B	P			
Section 4 Kata					
F	B	P			

Pass	Yes	No
------	-----	----

Shindo Grading Summary

Participant					
Score			Strength	Weakness	Recommendations
Section 1 Basic Techniques					
F	B	P			
Section 2 Combinations					
F	B	P			
Section 3 Instruction					
F	B	P			
Section 4 Kata					
F	B	P			
Pass			Yes		No