

Student Name:

Date:

Fail / Pass / Outstanding

GOLD BELT - 10TH KYU PROMOTION TEST SHEET										
BASICS										
1	- Straight punch from Natural Stance	1	2	3	4	5				
2	- Front Stance, C Stepping, SFR	1	2	3	4	5				
3	- Front Stance, Low Block, SFR	1	2	3	4	5				
4	- Front Stance, High Block, SFR	1	2	3	4	5				
5	- Front Stance, Lunge Punch, SFR	1	2	3	4	5				
6	- Front Stance, Reverse Punch, SFR	1	2	3	4	5				
7	- Front Stance, Front Kick, SFR	1	2	3	4	5				
8	- Fighting Stance, High Block, Repeat; Switch Feet, Repeat	1	2	3	4	5				
9	- Fighting Stance, Low Block, Repeat; Switch Feet, Repeat	1	2	3	4	5				
10	- Fighting Stance, Turn, Repeat	1	2	3	4	5				
11	- Fighting Stance, Front Kick SFR	1	2	3	4	5				
SPARRING & SELF DEFENSE										
1	Five Step Sparring (Gohon Ippon Kumite #1 - Jodan)	1	2	3	4	5				
Wrist Release:										
1	- same side grab (vertical, diagonal, horizontal)									
	-- vertical	1	2	3	4	5				
	-- diagonal	1	2	3	4	5				
	-- horizontal	1	2	3	4	5				
2	- cross side grab	1	2	3	4	5				
3	- two hand grab	1	2	3	4	5				
FORM										
1	Taikioku Shodan	1	2	3	4	5				
MENTAL										
1	Japanese Terms:	1	2	3	4	5				
	Zuki - Punch Barai - Sweeping Zenkutsu Dachi - Front Stance									
	Geri - Kick Uke - Block Shizentai - Natural Stance									
2	2 rules of karate (be nice, pay attention)	1	2	3	4	5				
3	Style of karate; founder, country of origin (Shotokan, Funakoshi, Okinawa)	1	2	3	4	5				
4	How did karate come to America? (WWII)	1	2	3	4	5				
5	Wude Virtue: Humility (No Ego)	1	2	3	4	5				
6	Children Home Rules #1 & #2 (1-respect, 2-polite/thoughtful)	1	2	3	4	5				
NOTES:							SCORE:			
Evaluator:							Max Score: 120			
							Passing: 80% 96			
							Outstanding: 97% 116			