



KOSMO SHOTOKAN KARATE CLUB
Grading Requirements
1st Kyu (Brown Belt with 2 White Stripes)



Student Name: _____

Current Grade: 2nd Kyu (Brown Belt 1 White Stripe)

1st Section: Kihon (basic moves)	
All basics to be performed in Jiyu Dachi (Free Stance)	
1) Moving forward 4 times Kizami Zuki Jodan, Oi Zuki Chudan, Gyaku Zuki (Kiai on last punch)	Mark: 1 2 3 4 5 Comments:
2) Moving back 4 times Age-uke, Kizami Kekomi Geri, Gyaku zuki, Gedan Berai. Kiai on the last block	Mark: 1 2 3 4 5 Comments:
3) Moving forward 4 times Mae Geri Chudan, Oi Zuki Chudan, Gyaku Zuki (Kiai on last punch)	Mark: 1 2 3 4 5 Comments:
4) Moving back 4 times Uchi-ude-uke, Gyaku uche ude uke, Kizami Zuki Jodan, Gyaku Zuki (Kiai on the last punch)	Mark: 1 2 3 4 5 Comments:
5) Moving forward 4 times Shuto-uke, Shuto Uke, Twist Tettsui, Gyaku Zuki (Kiai on last punch) TURN	Mark: 1 2 3 4 5 Comments:
6) Moving forward 4 times Yoko Geri Kekomi, Uraken, Gyaku Zuki (Kiai on last punch) TURN	Mark: 1 2 3 4 5 Comments:
7) Moving forward 4 times Mawashi Geri Jodan, Uraken, Gyaku Zuki (Kiai on last punch) TURN	Mark: 1 2 3 4 5 Comments:
8) Moving forward 4 times Ushiro Geri, Gyaku Zuki (Kiai on last punch) TURN	Mark: 1 2 3 4 5 Comments:
9) Moving forward 4 times Mae Geri Chudan, Kekomi, Mawashi Jodan, Ushiro, Uraken, Gyaku Zuki (Kiai)	Mark: 1 2 3 4 5 Comments:
10) Moving 4 times Ura Mawashi Geri, Gyaku Zuki (Kiai on last punch) TURN	Mark: 1 2 3 4 5 Comments:
11) Moving forward 4 times Combination of your choice. Between 3-8 moves forward. Talk through	Mark: 1 2 3 4 5 Comments:
12) Moving back 4 times Combination of your choice. Between 3-8 moves back. Talk through	Mark: 1 2 3 4 5 Comments:
13) 3 times - Standing Still, using your right foot: Mae Geri Chudan, Yoko Geri Keage, Yoko Geri Kekomi, Ushiro Geri, Foot down	Mark: 1 2 3 4 5 Comments:
14) 3 times - Standing still, using your left foot Mae Geri Chudan, Yoko Geri Keage, Yoko Geri Kekomi, Ushiro Geri, Foot down	Mark: 1 2 3 4 5 Comments:
Yame (stop)	
Fitness Test	
Child: 2 x 25 Press Ups/Sit Ups/Squats. Adults: 2 x 30 Press Ups/Sit Ups/Squats	Mark: 1 2 3 4 5 Comments:
Pad Work	
10 x Gyaku-Zuki, Uraken, Double Mawashi Geri on both sides	Mark: 1 2 3 4 5 Comments:
2nd Section	
Set One (Both Sides)	

Jodan	1	2	3	4	5	Jodan	1	2	3	4	5
Chudan	1	2	3	4	5	Chudan	1	2	3	4	5
Mae Geri	1	2	3	4	5	Mae Geri	1	2	3	4	5
Kekomi	1	2	3	4	5	Kekomi	1	2	3	4	5
Mawashi	1	2	3	4	5	Mawashi	1	2	3	4	5
Comments						Comments					
Set Two (Both Sides)											
Jodan	1	2	3	4	5	Jodan	1	2	3	4	5
Chudan	1	2	3	4	5	Chudan	1	2	3	4	5
Mae Geri	1	2	3	4	5	Mae Geri	1	2	3	4	5
Kekomi	1	2	3	4	5	Kekomi	1	2	3	4	5
Mawashi	1	2	3	4	5	Mawashi	1	2	3	4	5
Comments						Comments					
Ippons (Own Ippons, Both Sides)											
Jodan	1	2	3	4	5	Jodan	1	2	3	4	5
Chudan	1	2	3	4	5	Chudan	1	2	3	4	5
Mae Geri	1	2	3	4	5	Mae Geri	1	2	3	4	5
Kekomi	1	2	3	4	5	Kekomi	1	2	3	4	5
Mawashi	1	2	3	4	5	Mawashi	1	2	3	4	5
Ushiro	1	2	3	4	5	Ushiro	1	2	3	4	5
Comments						Comments					
GRAB – Demonstrate that you can get out of a grab and take your partner down. Finish with an attack and kiai (Where you are grabbed is						Mark:	1	2	3	4	5
KNIFE ATTACK – The knife must not make contact. Demonstrate that you can block and dis-arm a knife attack and take your partner down.						Comments:					
JIYU KUMITE – Free fight with any Brown Belt or above. You will fight for 2 minutes. You must kiai on attack. Each attack is worth 1 point						Mark:	1	2	3	4	5
						Comments:					
Shock Test						Mark:	1	2	3	4	5
						Comments:					
The First 10 Precepts						Mark:	1	2	3	4	5
						Comments:					
3rd Section: Kata											
Jion						Mark:	1	2	3	4	5
						Comments:					
Bassai Dai						Mark:	1	2	3	4	5
						Comments:					
Bunkai for Bassai Dai. Any part of kata between 3 & 8 moves.						Mark:	1	2	3	4	5
						Comments:					
Chosen Kata (Not Kihon)						Mark:	1	2	3	4	5
						Comments:					
4th Section: Dojo Kun						Mark:	1	2	3	4	5

Score Range:

From 0% - 40%: Fail

FINAL PERCENTAGE _____

From 41% - 60%: Temporary Pass
From 61% - 84%: Pass to 1st Kyu (Brown 2)
From 85% - 100% Pass with Distinction

OUTCOME: _____

GRADE ACHIEVED: _____

Grading: Sensei M. Walsh Signature: _____

Grading: Sensei F. Walsh Signature: _____ Date: _____

Grading: Sensei C. Brown Signature: _____