



KOSMO SHOTOKAN KARATE CLUB

Grading Requirements

9th Kyu (Orange Belt)



Student Name: _____

Current Grade: Beginner (White Belt)

1st Section: Kihon (basic moves)

Moving into Gedan-barai (low level sweep in forward / front stance)

1) Moving forward 4 times Oi-zuki (straight punch) Jodan (head level). Kiai on last punch	Mark: 1 2 3 4 5
	Comments: _____
2) Moving back 4 times Age-Uke (upward rising block). Kiai on last block	Mark: 1 2 3 4 5
	Comments: _____
3) Moving forward 4 times Oi-zuki (straight punch) Chudan (middle level). Kiai on last punch	Mark: 1 2 3 4 5
	Comments: _____
4) Moving back 4 times Soto-ude-uke (outside to inside forearm block). Kiai on last block	Mark: 1 2 3 4 5
	Comments: _____
5) Moving forward 4 times Uchi-ude-uke (inside to outside forearm block). Kiai on last block	Mark: 1 2 3 4 5
	Comments: _____
6) Moving back 4 times Uchi-ude-uke (inside to outside forearm block). Kiai on last block	Mark: 1 2 3 4 5
	Comments: _____

Yame (stop)

Moving into Zenkutsu Dachi (forward / front stance with both arms outstretched to the side)

7) Moving forward 3 times Mae-geri (front kick) Chudan (middle level) Kiai on last kick - Turn	Mark: 1 2 3 4 5
	Comments: _____
8) Moving forward 3 times Mae-geri (front kick) Jodan (head level) Kiai on last kick - Turn	Mark: 1 2 3 4 5
	Comments: _____

Yame (stop)

2nd Section: Kihon Ippon Kumite (Basic 1 step sparring)

One step Jodan attack. (blocking left side)	Mark: 1 2 3 4 5
	Comments: _____
One step Chudan attack. (blocking left side)	Mark: 1 2 3 4 5
	Comments: _____

3rd Section: Kata

Taikyo-ku Shodan (Kihon Kata) - Great Ultimate beginning step (Basic)	Mark: 1 2 3 4 5
	Comments: _____

4th Section: Dojo Kun

Score Range:	FINAL PERCENTAGE _____
From 0% - 34%: Fail	
From 35% - 54%: Temporary Pass	OUTCOME: _____
From 55% - 84%: Pass to 9th Kyu (Orange Belt)	
From 85% - 94%: Pass with Distinction	GRADE ACHIEVED: _____
From 95% - 100%: Double Grade to 8th Kyu (Red Belt)	

Grading: Sensei M. Walsh Signature: _____

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

Grading: Sensei C. Brown Signature: _____