



KOSMO SHOTOKAN KARATE CLUB
Grading Requirements
SHODAN



Student Name: _____

1st Section: Kihon (basic moves)					
in Jiyu Dachi, pull back after each set. Repeat 5 times and kiai.					
1) Oi Zuki, Uraken Gyaku Zuki - Forward	Mark:	1	2	3	4 5
2) Age-uke, Kizami Mawashi Geri, Gyaku zuki, Gedan Berai	Mark:	1	2	3	4 5
3) Mae Geri Chudan, Oi Zuki Chudan, Gyaku Zuki - Forward	Mark:	1	2	3	4 5
4) Gyaku Zuki	Mark:	1	2	3	4 5
5) Shuto-uke, Shuto Uke, Twist Tettsui, Gyaku Zuki - Forward	Mark:	1	2	3	4 5
6) Uche Ude Uke, Kizami Zuki, Kizami Mae Geri, Gyaku Zuki, Gedan Berai	Mark:	1	2	3	4 5
7) Manji Uke, Twist Manji Uke - Forward	Mark:	1	2	3	4 5
8) Soto Ude Uke, Empi, Uraken, Gyaku Zuki, Gedan Berai	Mark:	1	2	3	4 5
9) Age Empi, Yoko Empi, Mawashi Empi - Forward	Mark:	1	2	3	4 5
10) Age Uke, Gyaku Uche Ude Uke, Haito, Gyaku Zuki	Mark:	1	2	3	4 5
11) Shuto Uke, Gyaku Haito, Mae Geri Foot Back, Kumade - Forward	Mark:	1	2	3	4 5
12) Gedan Berai (Neko Ashi), Kizami Mawashi, Gyaku Zuki	Mark:	1	2	3	4 5
13) Kizami Kekomi, Ushiro, Gyaku Zuki - Forward	Mark:	1	2	3	4 5
14) Sanbon Zuki (Fudo Dachi, Zenkutsu Dachi, Fudo Dachi)	Mark:	1	2	3	4 5
15) Gyaku Zuki, half step Mawashi, Gyaku Zuki - Forward	Mark:	1	2	3	4 5
16) Kiba Dachi - Keage, Kekomi (slow)	Mark:	1	2	3	4 5
17) Kiba Dachi - Keage, Kekomi (slow) - Forward	Mark:	1	2	3	4 5
18) Spin Uraken, Gyaku Zuki	Mark:	1	2	3	4 5
19) Ura Mawashi, Gyaku Zuki - Forward	Mark:	1	2	3	4 5
20) Own Combination Backwards	Mark:	1	2	3	4 5
21) Own Combination Forwards	Mark:	1	2	3	4 5
22) Stances	Mark:	1	2	3	4 5
	Mark:	1	2	3	4 5
	Mark:	1	2	3	4 5
	Mark:	1	2	3	4 5
COMPLETED: YES <input type="checkbox"/> NO <input type="checkbox"/>					

JIUJYU KUMITE - 2 minute fights against one opponent						
Fight 1	Mark:	1	2	3	4	5
Fight 2	Mark:	1	2	3	4	5
Fight 3	Mark:	1	2	3	4	5
Fight 4	Mark:	1	2	3	4	5
Fight 5	Mark:	1	2	3	4	5
COMPLETED: YES <input type="checkbox"/> NO <input type="checkbox"/>						

JIUJYU KUMITE - 2 minute fights against two opponents						
Fight 1	Mark:	1	2	3	4	5
Fight 2	Mark:	1	2	3	4	5
COMPLETED: YES <input type="checkbox"/> NO <input type="checkbox"/>						

KATA						
Bassai Dai	Mark:			3	4	5
Jion	Mark:			3	4	5
Kanku Dai	Mark:			3	4	5
Gyaku Bassai Dai	Mark:	1	2	3	4	5
Bo Kata	Mark:	1	2	3	4	5
Chosen Black Belt Kata (Nijushiho / Enpi / Tekki Nidan / Ji'in / Jitte)	Mark:			3	4	5
Own Kata	Mark:			3	4	5
COMPLETED: YES <input type="checkbox"/> NO <input type="checkbox"/>						

OUTCOME: _____

Grading: Sensei M. Walsh Signature: _____

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

Grading: Sensei C. Brown Signature: _____