



KOSMO SHOTOKAN KARATE CLUB
Grading Requirements
JUNIOR SHODAN



Student Name: _____

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 Kekomi 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 Tetsui, Gyaku Zuki - Forward	Mark:	1	2	3	4 5
6) Uche Ude Uke, 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, Gyaku Mawashi Empi - Forward	Mark:	1	2	3	4 5
10) Gedan Berai (Neko Ashi), Kizami Mawashi, Gyaku Zuki	Mark:	1	2	3	4 5
11) Kizami Kekomi, Ushiro Geri, Gyaku Zuki - Forward - TURN	Mark:	1	2	3	4 5
12) Gyaku Zuki, half step Mawashi, Gyaku Zuki - Forward - TURN	Mark:	1	2	3	4 5
13) Kiba Dachi - Keage, Kekomi (slow)	Mark:	1	2	3	4 5
14) Kiba Dachi - Keage, Kekomi (slow) - Forward	Mark:	1	2	3	4 5
15) Own Combination Backwards	Mark:	1	2	3	4 5
16) Own Combination Forwards	Mark:	1	2	3	4 5
17) Stances	Mark:	1	2	3	4 5
	Mark:	1	2	3	4 5
COMPLETED: YES <input type="checkbox"/> NO <input type="checkbox"/>					

Ippons					
Attacking with right hand side					
Jodan	Mark:	1	2	3	4 5
Chudan	Mark:	1	2	3	4 5
Mae Geri	Mark:	1	2	3	4 5
Yoko Geri Kekomi	Mark:	1	2	3	4 5
Mawashi Geri Jodan	Mark:	1	2	3	4 5
Ushiro Geri	Mark:	1	2	3	4 5
Attacking with left hand side					
Jodan	Mark:	1	2	3	4 5
Chudan	Mark:	1	2	3	4 5
Mae Geri	Mark:	1	2	3	4 5
Yoko Geri Kekomi	Mark:	1	2	3	4 5
Mawashi Geri Jodan	Mark:	1	2	3	4 5
Ushiro Geri	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
COMPLETED: YES <input type="checkbox"/> NO <input type="checkbox"/>					

KATA					
Gyaku Taikyoku Shodan	Mark:		3	4	5
Chosen Kata 1 (Any Heian Kata or Tekki Shodan)	Mark:		3	4	5
Chosen Kata 2 (Any Heian Kata or Tekki Shodan)	Mark:		3	4	5
Bassai Dai	Mark:		3	4	5
Jion	Mark:		3	4	5
Own Kata (18-30 moves)	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: _____