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| **Shodan First Degree Black Belt Test** |

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| **Name:** | | | | | | | **Test Fee: $100** |
| **Present Rank:** | | | | | | **Testing Rank: Shodan** | **Result:** |
| **Single Basics** | | **Score 1-5** | | **Comments** | | | |
| Oi zuki | |  | |  | | | | |
| Gyaku zuki | |  | |  | | | | |
| Gedan barai | |  | |  | | | | |
| Age uke | |  | |  | | | | |
| Ude soto uke | |  | |  | | | | |
| Ude uchi uke | |  | |  | | | | |
| Shuto uke | |  | |  | | | | |
| Mae geri | |  | |  | | | | |
| Yoko geri kekomi (f. stance) | |  | |  | | | | |
| Yoko geri keage (kiba dachi) | |  | |  | | | | |
| Mawashi geri | |  | |  | | | | |
| Ushiro geri | |  | |  | | | | |
| Ura mawashi geri | |  | |  | | | | |
| **Stances** | | **Score 1-5** | | **Comments** | | | | |
| Front stance | |  | |  | | | | |
| Back stance | |  | |  | | | | |
| Kiba dachi | |  | |  | | | | |
| Other Stances | |  | |  | | | | |
| **Double Basics** | | **Score 1-5** | | **Comments** | | | |
| Oi zuki, gyaku zuki | |  | |  | | | |
| Gedan barai, gyaku zuki | |  | |  | | | |
| Age uke, gyaku zuki | |  | |  | | | |
| Ude soto uke, gyaku zuki | |  | |  | | | |
| Ude uchi uke, gyaku zuki | |  | |  | | | |
| Shuto uke, nukite | |  | |  | | | |
| Mae geri, oi zuki | |  | |  | | | |
| Mae geri, gyaku zuki | |  | |  | | | |
| Yoko geri kekomi, gyaku zuki | |  | |  | | | |
| Mawashi geri, gyaku zuki | |  | |  | | | |
| Mae geri, yoko geri kekomi | |  | |  | | | |
| Mae geri, mawashi geri | |  | |  | | | |
| Mawashi geri, ushiro geri | |  | |  | | | |

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| **Shodan First Degree Black Belt Test Continued** | | | | | | |
| Ushiro geri mawashi geri | | |  | |  | |
| Mae geri, yoko geri kekomi (single leg) | | |  | |  | |
| Mae geri, mawashi geri (single leg) | | |  | |  | |
| **Triple Combination** | | | **Score 1-5** | | **Comments** | |
| Sandozuki | | |  | |  | |
| Starting from gyaku zuki, jodan kizami zuki  chudan gyaku zuki, step chudan gyaku zuki | | |  | |  | |
| Ude soto uke, uraken, empi, gyaku zuki | | |  | |  | |
| Ude uchi uke, kizami zuki, gyaku zuki | | |  | |  | |
| Shuto uke, kizami mae geri, nukite | | |  | |  | |
| Mae geri, yoko geri kekomi, mawashi geri | | |  | |  | |
| Mae geri, mawashi geri, ushiro geri | | |  | |  | |
| Mawashi geri, uraken, gyaku zuki | | |  | |  | |
| Ushiro geri, uraken, gyaku zuki | | |  | |  | |
| **Quadruple Combination** | | | **Score 1-5** | **Comments** | |
| Step back age uke, mawashi geri,  uraken (kiba dachi), oi zuki | | |  |  | |
| Mae geri, yoko geri kekomi, mawashi  geri, ushiro geri (single leg stationary) | | |  |  | |
| **Sparring Combinations** | | | **Score 1-5** | **Comments** | |
| Kizami zuki, mae geri, oi zuki | | |  |  | |
| Kizami zuki, gyaku zuki,  mawashi geri, gyaku zuki | | |  |  | |
| **Kata** | **Score 1-5** | **Comments** | | | |
| Tokui kata: |  |  | | | |
| 1  2 , 3 , , 5   Heian or  Tekki 1 |  |  | | | |
|  Bassai Dai or   Kanku Dai |  |  | | | |
|  Jion   Empi |  |  | | | |
|  Jitte |  |  | | | |
|  Gankaku |  |  | | | |

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| **Shodan First Degree Black Belt Test Continued 2**  **2** | | |
| **Jiyu Ippon Kumite** | **Attacking** | **Defending** |
| Jodan oi zuki | Score: | Score: |
| Chudan oi zuki | Score: | Score: |
| Mae geri | Score: | Score: |
| Yoko geri kekomi | Score: | Score: |
| Mawashi geri | Score: | Score: |
| Ushiro geri | Score: | Score: |
| **Jiyu Nihon Kumite** | **Attacking** | **Defending** |
| Jodan kizami zuki, chudan gyaku zuki | Score: | Score: |
| Mae geri, jodan oi zuki | Score: | Score: |
| Mae geri, mawashi geri | Score: | Score: |
| **Jiyu Kumite** | **Attacking** | **Defending** |
| Speed | Score: | Score: |
| Power | Score: | Score: |
| Focus | Score: | Score: |
| Distance | Score: | Score: |
| Timing | Score: | Score: |
| Zanshin | Score: | Score: |
| Spirit | Score: | Score: |