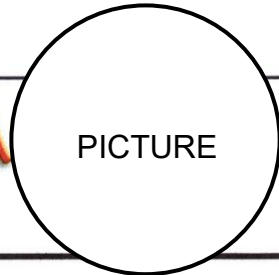


**INSERT IN YOUR STUDENT RECORD OF PROMOTION BOOKLET.
BRING YOUR BOOKLET TO THE DOJO FOR SIGNATURE.**



Session attendance: _____%

Examination Form

Student's Name: _____ Age: _____ Exam Date _____ **2026**
 Partner's Name: _____ Dojo: **SHUSWAP** Last Exam _____ **20**

RED STRIPES	WHITE	GREEN	BROWN	BLACK
<input type="checkbox"/> I	<input type="checkbox"/> I 9 kyu	<input type="checkbox"/> I 6 kyu	<input type="checkbox"/> I 3 kyu	Shodan <input type="checkbox"/>
<input type="checkbox"/> II	<input type="checkbox"/> II 8 kyu	<input type="checkbox"/> II 5 kyu	<input type="checkbox"/> II 2 kyu	Nidan <input type="checkbox"/>
<input type="checkbox"/> III	<input type="checkbox"/> III 7 kyu	<input type="checkbox"/> III 4 kyu	<input type="checkbox"/> III 1 kyu	Sandan <input type="checkbox"/>

Unified Kata	Individual			Bunkai			Kiso Kumite		
(Modern Kata)	#1	#2	#3	#1	#2	#3		Level 1	Level 2
Fukyu Kata	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		#1 Shodan	<input type="checkbox"/>	
Gekisai	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	#2 Nidan	<input type="checkbox"/>	<input type="checkbox"/>
Gekiha	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		#3 Sandan	<input type="checkbox"/>	
Kakuha	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			#4 Yondan	<input type="checkbox"/>	
Hakutsuru	<input type="checkbox"/>						#5 Godan	<input type="checkbox"/>	
							#6 Rokudan	<input type="checkbox"/>	
							#7 Seichidan	<input type="checkbox"/>	
							#8 Hachidan	<input type="checkbox"/>	
							#9 Kudan	<input type="checkbox"/>	
							#10 Judan	<input type="checkbox"/>	

Classic Kata	Open H.	Bunkai	Classic Kata - Basic	
Saifa	<input type="checkbox"/>	<input type="checkbox"/>	Sanchin	<input type="checkbox"/>
Seyunchin	<input type="checkbox"/>	<input type="checkbox"/>	Tensho	<input type="checkbox"/>
Seisan	<input type="checkbox"/>	<input type="checkbox"/>		

	Kihon	#1	#2	Weapons	#1	#2
Seipai	<input type="checkbox"/>			Kihon/Kumi Bo	<input type="checkbox"/>	<input type="checkbox"/>
Shisochin	<input type="checkbox"/>	English (White)	<input type="checkbox"/>	Bo Kata	<input type="checkbox"/>	<input type="checkbox"/>
Sanseiru	<input type="checkbox"/>	Japanese (Green & Brown)	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Kururunfa	<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>
Suparenpei	<input type="checkbox"/>	See below for list.		Sai Kata	<input type="checkbox"/>	

Check all subjects you are being tested for

Feedback	Rating				
	N	S	G	E	
Memorization					<i>N: needs improvement immediately</i> <i>S: meets expectations of level but will need to improve for next level. Satisfactory</i> <i>G: Good. May already be working at next level</i> <i>E: Excellent. Far exceeds expectations</i>
Posture & Basics					
Power & Breathing					

General Comments	KIHON	
	1. Stances 4. Kicks	2. Punches 5. Shuto
	3. Blocks 6. Counting	

Ready to advance to next level (circle one):

YES NO

Black belt signatures:

SEE REVERSE FOR SCORING INFORMATION.

EXAMINATION FORM INFORMATION

Each subject is assigned a score from 5.9 to 7.0. For a pass, scoring starts at 6.0 and increases based on performance.

SCORE	STATUS	REMARKS
5.9	Not ready	Did not meet expectations. Needs immediate improvement before being retested.
6.0	Pass	<p style="text-align: center;"><u>SATISFACTORY PERFORMANCE</u></p> <ul style="list-style-type: none"> • Technique: Meets minimum expectations but will need to improve for next belt testing. Basic techniques are recognizable and generally correct but may lack refinement. • Physicality: Balance and control are present but may falter at times during transitions. • Miscellaneous: Shows effort. Focus is present but may not be consistently applied throughout the technique.
6.1	Pass	
6.2	Pass	
6.3	Pass	
6.4	Pass	<p style="text-align: center;"><u>GOOD PERFORMANCE</u></p> <ul style="list-style-type: none"> • Technique: Demonstrates a good grasp of basics with minimum errors in performing the technique. • Physicality: Good balance and control. Power applied is sufficient but may not always be impactful in every movement. • Miscellaneous: A sound effort is evident. Shows commitment to improve.
6.5	Pass	
6.6	Pass	
6.7	Pass	<p style="text-align: center;"><u>EXCELLENT PERFORMANCE</u></p> <ul style="list-style-type: none"> • Technique: Far exceeds expectations. Subject performed with great precision and control. • Physicality: Strong power and controlled balance. Movements are fluid and transitions smooth. • Miscellaneous: Clear focus and committed spirit. Solid understanding of the technique.
6.8	Pass	
6.9	Pass	
7.0	Pass	<p style="text-align: center;"><u>SUPERIOR PERFORMANCE</u></p> <ul style="list-style-type: none"> • Technique: Flawless execution of subject with mastery of the required movements. • Physicality: Maximum power, explosive speed, and impeccable balance and control. • Miscellaneous: Exceptional spirit, unwavering focus and confidence. Profound understanding of the meaning of the subject.

A student will advance to the next stripe/belt if the score for every test subject is 6.0 or above. A student will not advance if one (or more) test scores are 5.9. If a student with a score of 5.9 shows marked improvements, he/she may be tested prior to the end of the next session.

The feedback/rating and general comments on the reverse are based on the overall performance for all test subjects.