

EXAMINATION APPLICATION

 DOJO BRANCH: **Bracknell FSKA**

EXAM DATE: / TIME: :

First Name:

Last Name:

AGE:

HEIGHT:

LENGTH of TRAINING: YRS. MOS.

SEX:

FEES:

-
- EXAM FEES PAID
-
-
- TUITION

PRESENT RANK

_____ KYU

Tuition payment must be current and exam fees must be paid before taking this exam.
DO NOT WRITE BELOW THIS LINE
KIHON

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- Good hand techniques
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-
- Front stance should be longer
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- Punch: hips should be straighter
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-
- Punch: turn shoulders slightly
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-
- Up block: turn hips 45°
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-
- Outside block: BIGGER motion
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-
- Inside block: BIGGER motion
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-
- Down block: BIGGER wind-up
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-
- Back stance: should be lower
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-
- Knife-hand block: BIGGER wind-up
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-
- Needs more practice
-
-
- Meets requirements

-
- Good kicking techniques
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- Front snap kick: raise knee higher
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-
- Front snap kick: snap heel back
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- Front thrust kick: straighten ankle
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- Round-house kick: lift knee higher
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- Side snap kick: toes to side, not up
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-
- Side snap kick: snap foot back
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- Side thrust kick: kick with edge of foot
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- Back kick: kick with heel, not ball
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-
- Back kick: toes 45° down, not to side
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-
- Needs more practice
-
-
- Meets requirements

KATA
KUMITE

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- Good Kata
-
-
- Recommended next higher Kata
-
-
- Must review present Kata
-
-
- Does not know Kata well
-
-
- Rushing
-
-
- No timing
-
-
- No rhythm
-
-
- Needs more Kata practice
-
-
- Meets requirements

-
- Good Kumite
-
-
- Good spirit and control
-
-
- Not enough spirit and kime
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-
- Needs more Kumite practice
-
-
- Meets requirements

SUMMARY

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- Meets requirements for RANK TESTED
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- Recommended temporary RANK
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-
- Does not meet requirements for RANK TESTED

NEW RANK

Instructor Signature