



SWKKF National Black Belt Grading Evaluation Sheets

Information and Instructions on how to use this Spreadsheet

1. This spreadsheet fills out information for 3 students. Insert Data into all blue cells.
2. Enter the date of the grading beside Grading Date.
3. Fill out the information on each of the students
4. Click on the Grading Section Tabs and the Summary Sheet and print the desired number

Grading Date:

Joseki Board Chairperson:

Student #1 Grading Information	
Name	Date of Last Grading
Passbook	Instructor
Club	Rank Attempted

Student #2 Grading Information	
Name	Date of Last Grading
Passbook	Instructor
Club	Rank Attempted

Student #3 Grading Information	
Name	Date of Last Grading
Passbook	Instructor
Club	Rank Attempted

新谷空手道和道会

SWKKF - Section 2 - Basics

Stepping forward twice and executing the technique then turning around will be referred to as one cycle

No.	Stance (-dachi)	Technique	Cycles	Remarks			
15	Zenkutsu	Oi-Zuki	6	start right foot first - jodan	F B P	F B P	F B P
16	Zenkutsu	Gyaku-zuki	6	start left foot first - chudan	F B P	F B P	F B P
17	Zenkutsu	Ude-uke with Gyaku-zuki	6	start right foot first - chudan	F B P	F B P	F B P
18	Zenkutsu	Age-uke with Gyaku-zuki	6	start left foot first - chudan	F B P	F B P	F B P
19	Zenkutsu	Gedan-barai with Gyaku-zuki	6	start right foot first - jodan	F B P	F B P	F B P
20	Zenkutsu	Osoto-uke with Gyaku-zuki	6	start left foot first - chudan	F B P	F B P	F B P
21	Zenkutsu	Juji-uke	6	start right foot first - godan	F B P	F B P	F B P
22	Zenkutsu			Maintenance of Stance	F B P	F B P	F B P

Comments

subtotals: /8 /8 /8

Kicks to be executed at 2 distinct and different targets with reverse leg

No.	Stance (-dachi)	Technique	Cycles	Remarks			
23	Zenkutsu	Mawashi-geri	5	Right - gedan level or lower	F B P	F B P	F B P
24	Zenkutsu	Mawashi-geri	5	Left - gedan level or lower	F B P	F B P	F B P
25	Zenkutsu	Mawashi-geri	5	Right- gedan level or higher	F B P	F B P	F B P
26	Zenkutsu	Mawashi-geri	5	Left- gedan level or higher	F B P	F B P	F B P
27	Zenkutsu			Maintenance of Stance	F B P	F B P	F B P

Comments

subtotals: /5 /5 /5

Page subtotals: /13 /13 /13

SWKKF - Section 2 - Basics

No.	Stance (-dachi)	Technique	Cycles	Remarks			
28	Hachiji	Tate-zuki	10	Alternate hands at chudan level	F B P	F B P	F B P
29	Hachiji	Uraken-zuki	10	Alternate hands at Jodan level	F B P	F B P	F B P
30	Hachiji	Tettsui-uchi	10	Step left, execute right hand to head on the right side, then alternate the step to the right and execute left had to the head	F B P	F B P	F B P
31	Hachiji to Kokutsu	Nagae-ashi-uke	10	Alternate stepping back from hachi-dachi to kokutsu-dachi with block	F B P	F B P	F B P
32	Hachiji			Maintenance of stance	F B P	F B P	F B P

Comments

subtotals: /5 /5 /5

Kicks to be executed at 2 distinct and different targets

No.	Stance (-dachi)	Technique	Cycles	Remarks			
33	Kiba to juji	Yoko-geri	5	Kick with right leg from back at gedan level (belt or lower)	F B P	F B P	F B P
34	Kiba to juji	Yoko-geri	5	Kick with left leg from back at gedan level (belt or lower)	F B P	F B P	F B P
35	Kiba to juji	Yoko-geri	5	Kick with right leg from back at chudan level (belt or higher)	F B P	F B P	F B P
36	Kiba to juji	Yoko-geri	5	Kick with left leg from back at chudan level (belt or higher)	F B P	F B P	F B P
37	Juji			Maintenance of Stance	F B P	F B P	F B P
38	Kiba			Maintenance of Stance	F B P	F B P	F B P

Comments

subtotals: /6 /6 /6

Page subtotals: /11 /11 /11

SWKKF - Section 2 - Basics

Turning 90 degrees and executing the technique 4 times will be referred to as one cycle

No.	Stance (-dachi)	Technique	Cycles	Remarks			
39	Neko-ashi	Ude-uke - Gyaku-zuki	3	Left foot forward	F B P	F B P	F B P
40	Neko-ashi	Ude-uke - Gyaku-zuki	3	Right foot forward	F B P	F B P	F B P
41	Neko-ashi	Gedan- Barai - Gyaku-zuki	3	Left foot forward	F B P	F B P	F B P
42	Neko-ashi	Gedan- Barai - Gyaku-zuki	3	Right foot forward	F B P	F B P	F B P
43	Neko-ashi			Maintenance of Stance	F B P	F B P	F B P

Comments

subtotals: /5 /5 /5

Kicks to be executed at 1 target

No.	Stance (-dachi)	Technique	Cycles	Remarks			
44	Neko-ashi	Migazuki-geri	5	Right front kick- gedan level or lower	F B P	F B P	F B P
45	Neko-ashi	Migazuki-geri	5	Left front kick- gedan level or lower	F B P	F B P	F B P
46	Neko-ashi			Maintenance of Stance	F B P	F B P	F B P

Comments

subtotals: /3 /3 /3

Page subtotals: /8 /8 /8

SWKKF - Section 2 - Basics

Stepping forward in kokutsu, shift to zenkutsu, execute the technique will be referred to as one cycle

No.	Stance (-dachi)	Technique	Cycles	Remarks			
47	Kokutsu to Zenkutsu	Haito-uchi	10	Left forward, shift and execute right haito-uchi	F B P	F B P	F B P
48	Kokutsu to Zenkutsu	Haito-uchi	10	Right forward, shift and execute left haito-uchi	F B P	F B P	F B P
49	Kokutsu to Zenkutsu	Uraken-uchi	10	Left forward, shift and execute right uraken-uchi	F B P	F B P	F B P
50	Kokutsu to Zenkutsu	Uraken-uchi	10	Right forward, shift and execute left uraken-uchi	F B P	F B P	F B P
51	Kokutsu to Zenkutsu	Nukite	10	Left forward, shift and execute right nukite	F B P	F B P	F B P
52	Kokutsu to Zenkutsu	Nukite	10	Right forward, shift and execute left nukite	F B P	F B P	F B P
53	Kokutsu			Maintenance of Stance	F B P	F B P	F B P
54	Zenkutsu			Maintenance of Stance	F B P	F B P	F B P

Comments

subtotals: /8 /8 /8

Kicks to be executed at 1 target

No.	Stance (-dachi)	Technique	Cycles	Remarks			
55	Reverse Neko-ashi	Moware Ushiro-geri	5	Right leg forward, left kick to gedan or chudan level	F B P	F B P	F B P
56	Reverse Neko-ashi	Moware Ushiro-geri	5	Left leg forward, right kick to gedan or chudan level	F B P	F B P	F B P
57	Reverse Neko-ashi			Maintenance of Stance	F B P	F B P	F B P

Comments

subtotals: /3 /3 /3

Page subtotals: /11 /11 /11

SWKKF - Section 2 - Basics

Stepping twice and executing the technique then turning around will be referred to as one cycle

No.	Stance (-dachi)	Technique	Cycles	Remarks			
58	Kokutsu	Traditional shuto-uke	10	alternate stepping forward - begin right side	F B P	F B P	F B P
59	Kokutsu	Slicing shuto-uchi	10	alternate stepping forward - begin left side	F B P	F B P	F B P
60	Kokutsu	Morote-uke	10	alternate stepping forward - begin right side	F B P	F B P	F B P
61	Kokutsu			Transition in stance	F B P	F B P	F B P

Comments

subtotals: /4 /4 /4

Stepping and executing the technique will be referred to as one cycle

No.	Stance (-dachi)	Technique	Cycles	Remarks			
62	Kiba to juji	Age-uke then oi-zuki	10		F B P	F B P	F B P
63	Kiba to juji	Gedan-barai then oi-zuki	10		F B P	F B P	F B P
64	Kiba to juji	Ude-uke then osoto-uke	10		F B P	F B P	F B P
65	Kiba			Maintenance of Stance	F B P	F B P	F B P
66	Juji			Maintenance of Stance	F B P	F B P	F B P

Comments

subtotals: /5 /5 /5

Grand Total of all pages -go to page 1

Page subtotals: /9 /9 /9

SWKKF - Section 3 - Advanced Techniques & Combinations

Name: _____

#	Technique Description	Speed	Power	Spirit	Fluidity	Timing	Effectiveness	knowledge	Balance	Form	Hip
eg.	<i>example: zuki then mae-geri</i>	X			X		X	X		X	
		<i>lack of hips; unbalanced</i>									
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
	Overall comments										
	Overall Performance	F B P									

Speed	Power	Spirit	Fluidity	Timing	Effectiveness	knowledge	Balance	Form	Hip
		F B P							

Speed	Power	Spirit	Fluidity	Timing	Effectiveness	knowledge	Balance	Form	Hip
		F B P							

Note to Joseki Members: use chart for reference - place an **X** for weakness & **✓** for strength - not all boxes will be covered in each technique, extra space for comments

SWKKF - Section 4 - Kata

To receive Shodan or higher

<i>Pinan Shodan</i> slow - form medium- fluidity fast - spirit	0	0	0
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<u>Comments</u>			
Result	F P	F P	F P

<i>Pinan Nidan</i> slow - form medium- fluidity fast - spirit	0	0	0
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<u>Comments</u>			
Result	F P	F P	F P

<i>Pinan Sandan</i> slow - form medium- fluidity fast - spirit	0	0	0
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<u>Comments</u>			
Result	F P	F P	F P

<i>Pinan Yodan</i> slow - form medium- fluidity fast - spirit	0	0	0
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<u>Comments</u>			
Result	F P	F P	F P

<i>Pinan Godan</i> slow - form medium- fluidity fast - spirit	0	0	0
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<u>Comments</u>			
Result	F P	F P	F P

Overall Performance	F P	F P	F P
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<i>Kushanku</i> slow - form medium- fluidity fast - spirit	0	0	0
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<u>Comments</u>			
Result	F B P	F B P	F B P

To receive Nidan or higher

<i>Naihanchin</i> slow - form medium- fluidity fast - spirit	0	0	0
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<u>Comments</u>			
Result	F B P	F B P	F B P

<i>Seishan</i> slow - form medium- fluidity fast - spirit	0	0	0
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<u>Comments</u>			
Result	F B P	F B P	F B P

To receive Sandan or higher

<i>Chinto</i> slow - form medium- fluidity fast - spirit	0	0	0
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<u>Comments</u>			
Result	F B P	F B P	F B P

To receive Yodan or higher

<i>Wanshu</i> slow - form medium- fluidity fast - spirit	0	0	0
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<u>Comments</u>			
Result	F B P	F B P	F B P

Overall Performance	F B P	F B P	F B P
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Note: to pass this overall examination you must: 1. Pass all Pinan Katas 2. Pass the kata specific to your rank 3. not have more than 2 borderline kata results

(1-5 is for joseki member reference only: 3- average 1-well below 5-well above)

SWKKF - Section 4
Instruction Ability - to Receive Godan

Overall Performance	F	B	P
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Name:			
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Technique #1 Description	F	B	P
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Comments

Technique #2 Description	F	B	P
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Comments

Technique #3 Description	F	B	P
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Comments

Technique #4 Description	F	B	P
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Comments

Technique #5 Description	F	B	P
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Comments

Technique #6 Description	F	B	P
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Comments

General Comments:

Instructors will be evaluated on:

- Clarity of instructions
- Ability to teach sequences
- Ability to teach progression
- Ability to provide constructive feedback
- Clarity of demonstration
- Effectiveness of techniques
- Ability to demonstrate Shintani Wado Karate

SWKKF - Section 4
Instruction Ability - to Receive Godan

Overall Performance	F	B	P
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Name:			
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Technique #1 Description	F	B	P
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Comments

Technique #2 Description	F	B	P
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Comments

Technique #3 Description	F	B	P
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Comments

Technique #4 Description	F	B	P
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Comments

Technique #5 Description	F	B	P
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Comments

Technique #6 Description	F	B	P
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Comments

General Comments:
