

Shintani Wado Kai Karate Federation



Version 1.4
September 2016

SWKKF Grading Manual

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DOCUMENT VERSION HISTORY

DATE	VERSION	EXPLANATION
October 2014	1.0	Beginning of standardized version numbers – Senate meeting June 2014
April 2015	1.1	Edits changes from grading committee
October 2015	1.2	Edits, removal of Former Senate Members
July 2016	1.3	Edits, addition of new Senate Members
September 2016	1.4	Edits – grading fee change

TABLE OF CONTENTS

SWKKF INTELLECTUAL PROPERTY	2
DOCUMENT VERSION HISTORY.....	3
TABLE OF CONTENTS	4
SECTION A - SWKKF Grading Manual Objective.....	5
SECTION B - DEFINITION, CLARIFICATION AND EXPLANATION OF TERMS	5
DEFINITIONS OF TERMS	5
ACTIVE TRAINING (PERTAINS ONLY TO SWKKF TRAINING).....	5
BLACK BELT CLINIC	5
GRADING COMMITTEE	5
GRADING FACILITATOR	5
HOST CLUB OR REGION	5
JOSEKI BOARD	5
JOSEKI BOARD CHAIRPERSON	5
JOSEKI BOARD DATABASE	5
JOSEKI BOARD EXECUTIVE.....	6
OUTSTANDING	6
SENATE	7
SENATE MEMBERS	7
SHINTANI WADO KAI KARATE FEDERATION HEADQUARTERS	7
THE HARMONIZER.....	7
SWKKF OFFICIAL WEBSITE.....	7
SECTION C – GRADING GUIDELINES.....	8
SWKKF MEMBERS	8
APPLICANTS WITH NO INSTRUCTOR AFFILIATION	9
RANKING OF OTHER STYLES JOINING SWKKF	9
USUAL TIMELINE PRIOR TO BLACK BELT GRADING.....	9
SECTION D - GRADING STRUCTURE	10
SECTION F - GRADING FORMAT	11
SECTION F - GRADING REQUIREMENTS	12
To receive the rank of SHODAN	12
To receive the rank of NIDAN.....	13
To receive the rank of SANDAN	14
To receive the rank of YODAN.....	15
To receive the rank of GODAN	16
To receive the rank of ROKUDAN.....	17
To receive the rank of SHICHIDAN	17
To receive the rank of HACHIDAN and Higher	17
SECTION G - KYU BELT GRADINGS.....	18
KYU BELT GRADING SYLLABUS	18
SUPPLEMENTARY KATA.....	18
APPENDIXES	19
APPLICATION FORMS	20
GRADING SHEETS	26

SECTION A - SWKKF GRADING MANUAL OBJECTIVE

The objective of the Grading Manual booklet is to provide structure and maintain consistency for all gradings throughout the Shintani Wado Kai Karate Federation. It will educate brown belts, black belts and instructors in the procedures, format, requirements and structure of kyu belt and Black belt gradings. This Manual will provide a standard from which to continue the upward trend of Black belt and instructor knowledge towards the consistency of members in the Shintani Wado Kai Karate Federation.

Any revisions to this Manual will be made by the Grading Committee. All changes must be ratified and approved by the Senate.

SECTION B - DEFINITION, CLARIFICATION AND EXPLANATION OF TERMS

DEFINITIONS OF TERMS

ACTIVE TRAINING (PERTAINS ONLY TO SWKKF TRAINING)

Attending on average six 1.5-hour training sessions per month with active participation within the class for minimum of 10 months per year. This training must pertain to Shintani Karate, hours training in other disciplines or sports do not count towards time requirements for gradings.

BLACK BELT CLINIC

Any workout intended for brown belts or higher instructed by a Yodan or up or by a Sandan (upon approval by a senate member) for the purpose of learning, improving, and sharing knowledge.

GRADING COMMITTEE

A group of volunteer Black belts from various regions of the SWKKF who receive input from joseki members, annually review and revise, if necessary, the Grading Manual, and ensure that information approved by the senate is disseminated to the membership.

GRADING FACILITATOR

The person(s) appointed by Sensei Denis Labbé who will receive the application forms, process them

(ensure all information is included and accurate), prepare the joseki board forms, prepare all application copies for the joseki board, make sure certificates are prepared, collect, record and report results.

Advise candidate's instructor when grading requirements are not met that may result in disqualifying an applicant from grading.

Disseminate all material for a Black belt grading to the Joseki Board Chairperson in a timely fashion.

Confirm that all Black Belt gradings are sanctioned by Sensei Denis Labbé and do not conflict with other SWKKF events in the area.

HOST CLUB OR REGION

The club or region which organizes and gains approval for a sanctioned Black Belt grading for candidates of the SWKKF. The host club works with the grading board chairperson to ensure there is an adequate number of Joseki board members, appropriate space and time booked, information is sent out in a timely manner, and other assigned tasks to run a smooth event.

JOSEKI BOARD

The Joseki Board consists ranking Black belts (usually Sandan and up) chosen to preside and evaluate candidates at any Black belt grading sanctioned by the Shintani Wado Kai Karate Federation. The Joseki Board Chairperson will approve all Joseki Board members.

JOSEKI BOARD CHAIRPERSON

The ranking Black Belt approved by the Joseki Board Executive to adjudicate the proceedings of a sanctioned Black Belt Grading. The Chairperson will have veto power at the Black Belt grading. The Chairperson is responsible to maintain the consistency of the evaluation process of the entire joseki board.

To ensure that new joseki board members and those in training understand the process and the methods used for evaluations.

JOSEKI BOARD DATABASE

The collection of Black belt Karateka and their experience who may serve as members of a Joseki board to evaluate candidates and the collection of Ranking Black belt Karateka and their experience who may serve as a Joseki Board chairperson at a sanctioned Black belt grading. Available through Sensei Denis Labbé for clubs who host black belt gradings.

JOSEKI BOARD EXECUTIVE

The Senate in the Joseki Board Executive is responsible to approve any Black Belt who will represent the Shintani Wado Kai Karate Federation as the Joseki Chairperson at any sanctioned Black Belt grading.

OUTSTANDING

Meaning (adjective) exceptionally good

Synonyms: Excellent, marvelous, magnificent, superb, fine, wonderful, superlative, exceptional, formidable, first-class, first-rate, virtuoso, skillful, masterful, masterly.

Qualities of an individual taken into in consideration when being graded to any black belt level in the minimum time requirements. No abrasive, rough, tattered, torn or loose equipment will be permitted. No protective equipment shall be allowed to contain any metal or hard plastic except appropriate chest and groin guards.

SENATE

Those Black Belts selected by Sensei Shintani or elected by the Senate members to manage the Shintani Wado Kai Karate Federation. The Senate serves as the Board of Directors for the SWKKF.

SENATE MEMBERS

Sensei Denis Labbé (President of the SWKKF)
Sensei Jim Atkinson (Secretary of the SWKKF)
Sensei Ron Mattie (Chief Instructor of the SWKKF)
Sensei Bruce Perkins
Sensei Brad Cosby
Sensei Danial McCoy
Sensei Heather Fidyk
Sensei Neil Prime
Sensei Michel Gosselin
Sensei Peter Ruch (Advisor)
Sensei Rick Leveille (Advisor)

SHINTANI WADO KAI KARATE FEDERATION HEADQUARTERS

St. Catharines, Ontario

THE HARMONIZER

The official Shintani Wado-Kai Karate newsletter.

SWKKF OFFICIAL WEBSITE

www.shintani.ca

SECTION C – GRADING GUIDELINES

SWKKF MEMBERS

1. The President will approve and sanction all Black Belt Gradings through the Calendar of Events Application Form, five months' notice is required.
2. Four months notification of the date and location of approved Black Belt Gradings will be announced through the Provincial Reps, the Harmonizer and the SWKKF official website, www.shintani.ca.
3. Grading application forms must be filled out by the karateka and then by the instructor. No student will be eligible for grading without their Sensei's approval.

NOTE: In the event that a Karateka has no affiliation with an instructor or is currently in a political or geographical location which prohibits contact with other SWKKF dojos and wishes to be graded to the next rank without an instructor's recommendation, the Karateka shall follow the procedures listed under "**PROCEDURE FOR APPLICANTS WITH NO INSTRUCTOR AFFILIATION**" (see section C.2 and C.3).

4. The grading form and payment will be received by the President of the Shintani Wado-Kai Karate Organization and then forwarded to the Grading Facilitator for validation.
 - a. For Shodan, Nidan, Sandan, Yodan the grading form and payment must be received at least **one month** prior to the grading in order to be accepted.
 - b. For Godan, the grading form and payment must be received **six months** prior to the grading in order to be accepted.
5. For all provinces, a non-refundable fee of \$100.00 (includes Grading Fee/Tax/Administration Fee) must accompany the application form. Additional costs will be incurred at the grading to cover the costs of the host club's expenses.
6. The Karateka shall receive their certificate at no additional charge upon successful completion of the grading.
7. SWKKF members who have not paid their yearly registration dues will not be credited for their time towards their grading while inactive.
8. Failure to comply with the above procedures will disqualify the Karateka from the grading.
9. Any question or clarification of the grading guidelines can be address to Sensei Ron Mattie (905) 735-8917 or rmattie@vaxxine.com.
10. It is highly recommended that anyone applying for any black belt grading attend a pre-grading in their region. This process will provide the candidate information to correct and polish their techniques. At this time candidates will receive feedback as to whether or not they should attend the grading or continue working and attend a grading at a later date.

NOTES ON MINIMUM TIME:

- It is the individual instructor's responsibility to insure that his/her students are prepared for their grading. It is also understood that for a student to meet the minimum requirements, they must not be average, but outstanding at their present rank.
- To ensure the SWKKF maintains a very high standard of black belts and black belt instructors in the Shintani Wado Kai Karate Federation, a person recommended for a black belt rank in the minimum time requirements must possess exceptional abilities, skills and qualities. These skills should include but are not limited to above average athletic ability, superior knowledge of the basic techniques and ability to perform the katas of the rank in which they are being tested for with extreme accuracy, power and spirit.
- If there is any question that the student being recommended for their next rank does not possess these attributes they should not be recommended in the minimum time. They should be allowed to grow positively and take the time required to develop the best example of a karateka that they can be showing patience and understanding that the desired skills are an endowment of their natural ability and hard work.

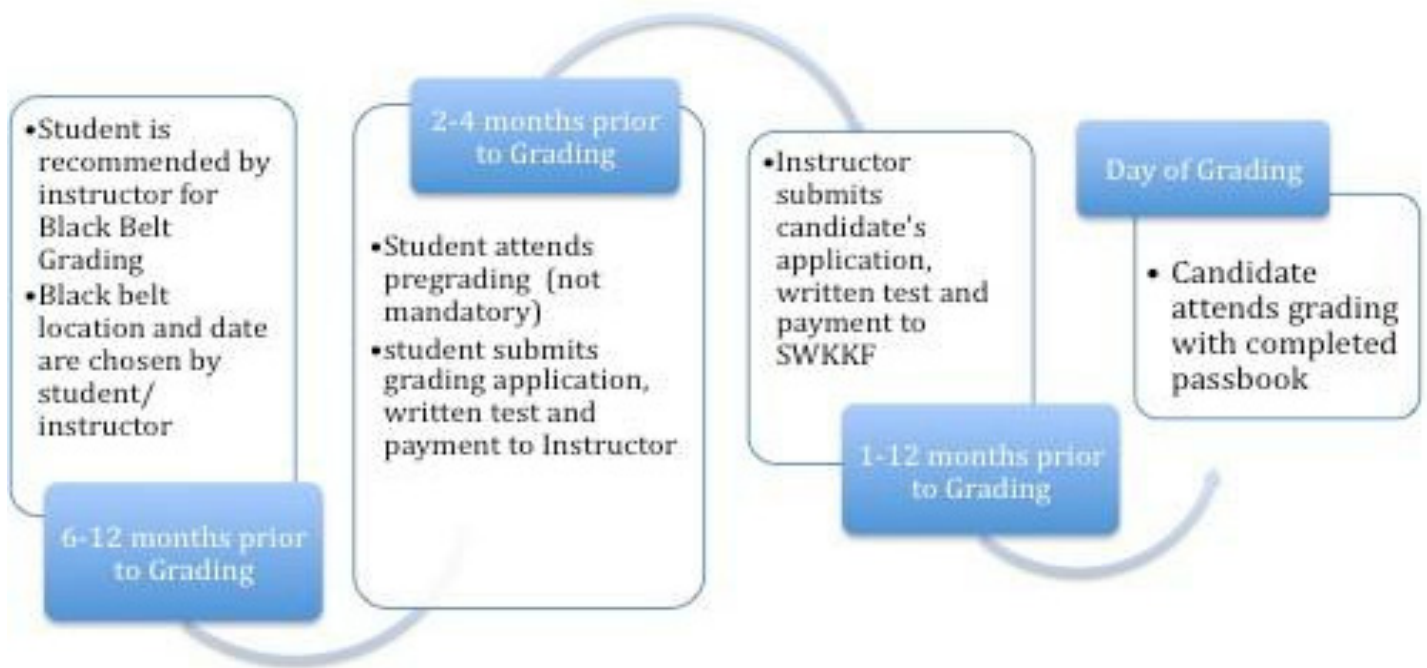
APPLICANTS WITH NO INSTRUCTOR AFFILIATION

1. The applicant will send a letter to the President of the Shintani Wado Kai Karate Federation.
2. The President will assign a sponsor who will be responsible for the preliminary evaluation of the applicant.
3. If a formal meeting between the sponsor and the applicant cannot be arranged in person, then the sponsor may request a video tape with katas, two step sparing and anything else deemed important for the physical evaluation of the applicant. Background information of the applicant deemed pertinent can also be requested.
4. Sponsor will advise the applicant where a formal grading is and to proceed if the evaluation is successful.
5. The applicant will complete the student's side of the application form.
6. The sponsor will complete and sign the instructor's side of the application form.
7. A non-refundable grading fee of \$100.00 must accompany the application form.

RANKING OF OTHER STYLES JOINING SWKKF

Black Belts of other styles who wish to join the Shintani Wado Kai Karate Federation shall be acknowledged as an affiliate member until such time that they appear in front of the Joseki Board for evaluation of rank, at a formal scheduled Black belt grading (not preceding less than 12 months). To be eligible, they must be under the direction of an approved instructor under the Shintani Wado Kai Karate Federation

USUAL TIMELINE PRIOR TO BLACK BELT GRADING



SECTION D - GRADING STRUCTURE

TIME	SECTION	SUBJECT
9:00am – 10:00am		Joseki Board meeting
10:00am – 10:15am	1	¹ Written test – to be reviewed by Joseki Board member
10:15am – 11:15am	2	All basic techniques (This section is only to evaluate the form and focus of the techniques and should be performed with medium power and medium speed)
11:15am – 12:00pm	3	Advance combination techniques
12:00pm – 12:30pm		½ hour snack break (bring your own)
12:30pm – 1:30pm	4	Katas: ten katas performed three times each
1:30pm – 1:45pm		15 minute break
1:45pm – 2:45pm	5	Kihon kumite
2:45pm – 3:45pm		Randori & Kumite (This section is not mandatory for student with injuries or health problems)
3:45pm – 4:30pm		Joseki Board conference and ranking presentation

**** Times subject to change at the discretion of the Joseki Board Chairperson

1 Written test – to be submitted with application form - Appendix

NOTE: Candidate cannot fail section 2 or section 4 of this evaluation. If sections 2 and/or 4 are borderline then candidate must pass (without being borderline) sections 3 and 5.

See Appendix - Evaluation Sheets for each section

SECTION F - GRADING FORMAT

1. The Joseki Board Chairperson will adjudicate the proceedings of the individual Black Belt Grading.
2. The Joseki Board Chairperson will review or assign a ranking Joseki member to review (Section 3&5) the counting sequence for Basics Techniques (Section 2) for accurate number of repetitions, adequate use of space/number of persons on the floor, and consistency prior to the start of the grading.
3. The Joseki Board Chairperson will preview or assign a ranking Joseki member to preview (Section 3&5) the Advanced Combination techniques and Kihon Kumite Techniques before they are presented at a grading.
4. It is essential that the Joseki Board consist of members from different clubs or regions at each grading.
5. A student must be evaluated by at least two members (three is recommended) from the Joseki Board who are not from their club. They must be of a higher rank than those they are evaluating. In the event of a conflict of interest in favour or against, the Joseki board member should refrain from grading that student.
6. Application forms filtered by the Grading Committee Chairperson will be distributed to Joseki Board members during the Joseki Board meeting.
7. Passbook(s) will be presented by candidates to the Joseki Board Chairperson.
8. Joseki Board members to review and evaluate applications and passbooks to check that the candidate has met all the grading requirements.
9. The Sensei's instructing the class should be selected and notified at least one hour in advance by the Joseki Board Chairperson. Any Yodan being graded will be expected to contribute in the teaching of the grading that day.
10. Joseki Board to evaluate applications and review grading format and guidelines. (See Section D, part 1)
11. If space is limited, only the people being graded will be allowed on the dojo floor.
12. The Karateka may be divided according to rank/age and graded in separate groups in order to concentrate on their requirements for that rank.
13. If after the kata evaluation a student appears uncertain, the Joseki Board may request that the Karateka repeats the kata individually or in a small group.
14. After the physical evaluation is over, the Joseki Board will confer in a separate room and two identical copies of the student's evaluation sheet will be made. In the event of a failure, the student's instructor will be asked to participate in the discussion. If the student's instructor is not present, the Joseki board's decision will stand.
15. All students will be lined up for the presentation.
16. Top ranking Joseki board members will present the belts and/or certificates to the successful applicants. (**NOTE:** if approved by the Joseki Chairperson certificates maybe presented at a banquet following the grading)
17. When the student receives the new rank:
 - a. Shodan – Brown belts and special belts will drop down on their left knee and remove their belt. They will stand up and hold their old belt in their hand. Upon receiving their certificate, the student will bow once to the presenter, take a few steps back and bow once to the Joseki Board.
 - b. Nidan and higher - the student will step forward and bow to the black belt presenting their certificate. Upon receiving their certificate, the student will bow once to the presenter, take a few steps back and bow once to the Joseki Board.
18. At the conclusion of the grading, the Joseki Board Members will meet with all the students who have been evaluated and their Sensei for constructive remarks. At this time a copy of the student's summary sheet will be handed to the Karateka.
19. Joseki Board Chairperson will ensure the summary sheet and grading package is sent to the President of the Shintani Wado Kai Karate Federation for recording purposes.
20. No ranks will be recognized unless all the above steps have been followed.

SECTION F - GRADING REQUIREMENTS

To receive the rank of SHODAN

1. You must be minimum 16 years of age.
2. Recommended minimum 4 years of Active Training (see Section B definitions).
3. You must have been a brown belt at least 12-18 months of Active Training (see Section B definitions).
4. You must attend a minimum of 2 Black Belt Clinics per calendar year and it must be recorded in your passbook.
5. You must compete or participate in 2 SWKKF tournaments during your present rank in either event.
6. You must know the following katas:
 - a. Pinan Shodan
 - b. Pinan
 - c. Pinan Sandan
 - d. Pinan Yodan
 - e. Pinan Godan
 - f. Kushanku
7. Techniques to be performed:
 - a. Basic techniques
 - b. Combination block-counter
 - c. Taisabaki movement
 - d. Side stepping
 - e. Fluency in combination techniques
 - f. Two step or free style kumite
 - g. Also see Grading Forms for complete details on Grading Techniques
8. The individual must be of strong moral character and demonstrate mental and emotional maturity and should be reflected in their behavior.
9. You must meet the minimum kyu belt requirements listed below:

RANK ATTEMPTED	REQUIRED KATA	MINIMUM TRAINING TIME
Yellow (roku-kyu)	Pinan Shodan	4 Months or 50 hours
Orange (go-kyu)	Pinan Nidan (improvement of previous kata)	4 Months or 50 hours
Green (yon-kyu)	Pinan Sandan (improvement of previous kata)	4 Months or 50 hours
Blue (san-kyu)	Pinan Yodan (improvement of previous kata)	4 Months or 50 hours
Brown (ni-kyu/ik-kyu)	Pinan Godan (improvement of previous kata)	6 Months or 75 hours
Red (age 15)	Kushanku (improvement of previous kata)	4 Months or 50 hours

To receive the rank of NIDAN

1. You must be minimum 20 years of age.
2. You must have been a Shodan at least 2 years of Active Training (see Section B definitions).
3. You must attend a minimum of 2 Black Belt Clinics per calendar year and it must be recorded in your passbook.
4. You must compete or participate in 2 SWKKF tournaments during your present rank in either event and it must be recorded in your passbook.
5. You must know the following katas:
 - a. Pinan Shodan
 - b. Pinan Nidan
 - c. Pinan Sandan
 - d. Pinan Yodan
 - e. Pinan Godan
 - f. Kushanku
 - g. Seishan
 - h. Nahanchin
6. Techniques to be performed:
 - a. Basic techniques
 - b. Combination block-counter
 - c. Taisabaki movement
 - d. Side stepping
 - e. Fluency in combination techniques
 - f. Two step or free style kumite
 - g. Also see Grading Forms for complete details on Grading Techniques.
7. The individual must be of strong moral character and demonstrate mental and emotional maturity and should be reflected in their behavior.

To receive the rank of SANDAN

1. You must be minimum 25 years of age.
2. You must have been a Nidan at least 3 years of Active Training (see Section B definitions).
3. You must attend a minimum of 2 Black Belt Clinics per calendar year and it must be recorded in your passbook.
4. You must compete or participate in 2 SWKKF tournaments during your present rank in either event and it must be recorded in your passbook.
5. You must know the following katas:
 - a. Pinan Shodan
 - b. Pinan Nidan
 - c. Pinan Sandan
 - d. Pinan Yodan
 - e. Pinan Godan
 - f. Kushanku
 - g. Seishan
 - h. Nahanchin
 - i. Chinto
6. Techniques to be performed:
 - a. Basic techniques
 - b. Combination block-counter
 - c. Taisabaki movement
 - d. Side stepping
 - e. Fluency in combination techniques
 - f. Two step or free style kumite
 - g. Also see Grading Forms for complete details on Grading Techniques
7. The individual must be of strong moral character and demonstrate mental and emotional maturity and should be reflected in their behavior.
8. The individual must be able and willing to convey their knowledge of Wado Kai karate through example. An exceptional teacher must be able to bring the best out of all of their students and help continue to grow a strong federation as Sensei Masaru Shintani has set the foundation for.

To receive the rank of YODAN

1. You must be minimum 30 years of age.
2. You must have been a Sandan at least 4 years of Active Training (see Section B definitions).
3. You must attend a minimum of 2 Black Belt Clinics per calendar year and it must be recorded in your passbook.
4. You must compete or participate in 2 SWKKF tournaments during your present rank in either event and it must be recorded in your passbook.
5. You must know the following katas:
 - a. Pinan Shodan
 - b. Pinan Nidan
 - c. Pinan Sandan
 - d. Pinan Yodan
 - e. Pinan Godan
 - f. Kushanku
 - g. Seishan
 - h. Nahanchin
 - i. Chinto
 - j. Wanshu
6. Techniques to be performed:
 - a. Basic techniques
 - b. Combination block-counter
 - c. Taisabaki movement
 - d. Side stepping
 - e. Fluency in combination techniques
 - f. Two step or free style kumite
 - g. Also see Grading Forms for complete details on Grading Techniques
7. The individual must be of strong moral character and demonstrate mental and emotional maturity and should be reflected in their behavior.
8. The individual must be able and willing to convey their knowledge of Wado Kai karate through example. An exceptional teacher must be able to bring the best out of all of their students and help continue to grow a strong federation as Sensei Masaru Shintani has set the foundation for.

To receive the rank of GODAN

1. You must be minimum 35 years of age.
2. You must have been a Yodan at least 5 years of Active Training (see Section B definitions).
3. You must attend a minimum of 2 Black Belt Clinics per calendar year and it must be recorded in your passbook.
4. You must compete or participate in 2 SWKKF tournaments during your present rank in either event and it must be recorded in your passbook.
5. You must be an active instructor and instruct at least two Black Belt Clinics in your grading year.
6. You must apply at least 6 months prior to the grading date.
7. You must instruct part of the grading. (See Section E #7).
8. You must know the following katas:
 - a. Pinan Shodan
 - b. Pinan Nidan
 - c. Pinan Sandan
 - d. Pinan Yodan
 - e. Pinan Godan
 - f. Kushanku
 - g. Seishan
 - h. Nahanchin
 - i. Chinto
 - j. Wanshu
9. Techniques to be performed:
 - a. Basic techniques
 - b. Combination block-counter
 - c. Taisabaki movement
 - d. Side stepping
 - e. Fluency in combination techniques
 - f. Two step or free style kumite
 - g. Also see Grading Forms for complete details on Grading Techniques
10. The individual must be of strong moral character and demonstrate mental and emotional maturity and should be reflected in their behavior.
11. The individual must be able and willing to convey their knowledge of Wado Kai karate through example. An exceptional teacher must be able to bring the best out of all of their students and help continue to grow a strong federation as Sensei Masaru Shintani has set the foundation for.

To receive the rank of ROKUDAN

1. You must be minimum 40 years of age.
2. You must have been a Godan at least 6 years of Active Training (see Section B definitions).
3. You must be actively, or in the past be involved in the Shintani Wado Kai Karate Federation on a national level, on the Senate or on a sub-committee where needed.
4. Ranking will be by approval of the Senate.
5. Refer to the Grading Process document in the Appendix.

To receive the rank of SHICHIDAN

1. Minimum of 47 of age.
2. You must have been a Rokudan at least 7 years of Active Training (see Section B definitions).
3. You must be actively, or in the past be involved in the Shintani Wado Kai Karate Federation on a national level on the Senate, as Provincial Representative, leader of a larger organization or a chair of a SWKKF Committee.
4. Must be in an instructional and/or active leadership role in the organization.
5. Ranking will be by approval of the Senate.
6. Refer to the Grading Process document in the Appendix.

To receive the rank of HACHIDAN and Higher

1. Ranking will be by approval of the Senate.
2. Refer to the Grading Process document in the Appendix.

SECTION G - KYU BELT GRADINGS

KYU BELT GRADING SYLLABUS

Kyu Belt Gradings are the responsibility of the individual clubs. The SWKKF requirements for full colored belts are listed in the passbook. Individual clubs may choose to use a stripe system of either a black stripe through the middle of the belt or black stripe(s) at the end of the belt.

RANK ATTEMPTED	REQUIRED KATA	MINIMUM TRAINING TIME
Yellow (roku-kyu)	Pinan Shodan	4 Months or 50 hours
Orange (go-kyu)	Pinan Nidan (improvement of previous kata)	4 Months or 50 hours
Green (yon-kyu)	Pinan Sandan (improvement of previous kata)	4 Months or 50 hours
Blue (san-kyu)	Pinan Yodan (improvement of previous kata)	4 Months or 50 hours
Brown (ni-kyu/ik-kyu)	Pinan Godan (improvement of previous kata)	6 Months or 75 hours
Red (age 15)	Kushanku (improvement of previous kata)	4 Months or 50 hours

NOTE: Time in hours applies only after the minimum month limit is reached (for irregular training). Regular training for the kyu belt ranks is considered to be one to two times per week without any significant breaks

SUPPLEMENTARY KATA

Highly recommended inclusion of supplementary kata:

RANK ATTEMPTED	SUPPLEMENTARY KATA
Yellow (roku-kyu)	Power Kata
Orange (go-kyu)	Chonan
Green (yon-kyu)	Chonan Shodan
Blue (san-kyu)	Tekki Shodan, Shopai
Brown (ni-kyu/ik-kyu)	Seisho, Sankyo
Shodan	Taisho, Chocodo
Nidan	Taisei, Gensho Shodan
Sandan	Kempei, Seipei, Taisho Die
Yodan	Sei Shun Tei, Kumsho
Godan	Gensho, Gahanshu

NOTE: These are suggested supplementary kata for each rank.

APPENDIXES

APPLICATION FORMS

Shodan
Nidan/Sandan/Yodan
Godan

GRADING SHEETS

Section 1 - Written Test
Section 2 – Basics
Section 3 – Advanced Techniques
Section 4 – Kata
Section 5 & 6 – Kihon Kumite / Randori
Instructor Ability – Godan only
Summary of Grading

Process Documents

Grading Process for Rokudan, Shichidan, Hachidan
Non-Scheduled Grading Process

Application For Shodan

To be completed by Applicant

Date	
------	--

First Name		Last Name	
Mailing Address			
Phone		Postal Code	
DOB		Sex	
Email			
Pass Book #		Present Rank	
Club		Instructor	
Date of Enrolment		Other Martial Arts	

Training Schedule			
<i>Average # hour/week</i>		<i>Average # months/year</i>	
Teaching Schedule			
<i>Average # hour/week</i>		<i>Average # months/year</i>	
Disabilities/Injuries			

Checklist		Date(s) Instructor(s)
2- Black Belt Clinics	required	
2- Tournaments	required	
Pre grading	highly recommended	

Kyu Belt History

Rank	Date Graded	Instructor
Yellow		
Orange		
Green		
Blue		
Brown		
Red (if applicable)		

Use separate sheet to answer the following:

What benefits have you achieved through Wado-Kai Karate?

*Application, Questionnaire and Payment must be complete and received 1 month prior to grading to be eligible for grading. Late applications will not be accepted as per Senate decision Dec. 2012.

Application For Shodan

To be completed by Instructor

Date	
------	--

Proposed Grading	Location/Date	
------------------	---------------	--

Re: Applicant's Instructor

First Name		Last Name	
------------	--	-----------	--

		Phone	
Club name/location		Teaching Certificate #	
Present Rank		Date of Last Grading	
Instructor's Sensei			

Re: Applicant

First Name		Last Name	
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Training Schedule			
Average # hour/week		Average # months/year	
Teaching Schedule			
Average # hour/week		Average # months/year	
Disabilities			

Use separate sheet to answer the following:

Why are you recommending this student for advancement? What do you feel this student has to offer the SWKKF?

*Application, Questionnaire and Payment must be complete and received 1 month prior to grading to be eligible for grading. Late applications will not be accepted as per Senate decision Dec. 2012.

For Office Purpose Only

Date Received	
Information & Payment Received	

Application For Nidan/Sandan/Yodan

To be completed by Applicant

Date		Date of Last Grading(s)	

First Name		Last Name	
Mailing Address			
Phone		Postal Code	
DOB		Sex	
Email			
Pass Book #		Present Rank	
Club		Instructor	
Date of Enrolment		Other Martial Arts	

Training Schedule			
<i>Average # hour/week</i>		<i>Average # months/year</i>	
Teaching Schedule			
<i>Average # hour/week</i>		<i>Average # months/year</i>	
Disabilities/Injuries			

Checklist		Date(s) Instructor(s)
2- Black Belt Clinics	required	
2- Tournaments	required	
Pre grading	highly recommended	

Use separate sheet to answer the following:

What benefits have you achieved through Wado-Kai Karate?

What have you accomplished since your last grading?

*Application, Questionnaire and Payment must be complete and received 1 month prior to grading to be eligible for grading. Late applications will not be accepted as per Senate decision Dec. 2012.

Application For Nidan/Sandan/Yodan

To be completed by Instructor

Date		Date of Last Grading	
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Proposed Grading	Location/Date		
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Re: Applicant's Instructor

First Name		Last Name	
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		Phone	
Club name/location		Teaching Certificate #	
Present Rank		Date of Last Grading	
Instructor's Sensei			

Re: Applicant

First Name		Last Name	
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Training Schedule			
Average # hour/week		Average # months/year	
Teaching Schedule			
Average # hour/week		Average # months/year	
Disabilities			

Use separate sheet to answer the following:

Why are you recommending this student for advancement?

What do you feel this student has to offer the SWKKF?

*Application, Questionnaire and Payment must be complete and received 1 month prior to grading to be eligible for grading. Late applications will not be accepted as per Senate decision Dec. 2012.

For Office Purpose Only

Date Received	
Information & Payment Received	

Application For Godan

To be completed by Applicant

Date		Date of Last Grading	
First Name		Last Name	
Mailing Address			
Phone		Postal Code	
DOB		Sex	
Email			
Pass Book #		Present Rank	
Club		Instructor	
Date of Enrolment		Other Martial Arts	

Training Schedule			
<i>Average # hour/week</i>		<i>Average # months/year</i>	
Teaching Schedule			
<i>Average # hour/week</i>		<i>Average # months/year</i>	
Disabilities/Injuries			

Checklist		Date(s) Instructor(s)
2- Black Belt Clinics	required	
2- Tournaments	required	
2- Clinics Instructed	required	
Pre grading	highly recommended	

Use separate sheet to answer the following:

What benefits have you achieved through Wado-Kai Karate?

What have you accomplished since your last grading?

What are your future goals with the Shintani Wado-Kai Karate Federation?

*Application and payment must be complete and received 6 months prior to grading to be eligible for grading. Late applications will not be accepted as per Senate decision Dec. 2012.

Application For Godan

To be completed by Instructor

Date	
------	--

Proposed Grading	Location/Date	
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Re: Applicant's Instructor

First Name		Last Name	
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		Phone	
Club name/location		Teaching Certificate #	
Present Rank		Date of Last Grading	
Instructor's Sensei			

Re: Applicant

First Name		Last Name	
------------	--	-----------	--

Training Schedule			
Average # hour/week		Average # months/year	
Teaching Schedule			
Average # hour/week		Average # months/year	
Disabilities			

Use separate sheet to answer the following:

Why are you recommending this student for advancement?

What do you feel this student has to offer the SWKKF?

*Application, Questionnaire and Payment must be complete and received 1 month prior to grading to be eligible for grading. Late applications will not be accepted as per Senate decision Dec. 2012.

For Office Purpose Only

Date Received	
Information & Payment Received	



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 1 - Written Test

SWKKF - Black Belt Grading Written Test

Part I: Basic terminology

Write the Japanese words for the numbers 1 through 10.

Write the English translation of the following Japanese terms:

- a) Zenkutsa dachi
- d) empei
- g) yame
- i) dojo

- b) tsuki
- e) mae geri
- h) yoko
- j) sensei

- c) ashi barai
- f) uke

Write the Japanese translation for the following English terms:

- a) strike
- d) body twisting or shifting
- g) cat stance
- i) palm heel strike

- b) kick
- e) turn
- h) back hand
- j) hammer fist

- c) round-house kick
- f) back stance

Part II: Who's Who?

1. Who's the founder of Wado-Kai Karate and what rank did he hold?
2. Who was the above person's 1st karate instructor?
3. Who is responsible for bringing Wado-Kai Karate to Canada and what rank did he hold?
4. Who is the current president of the Shintani Wado-Kai Karate Federation and what rank does he hold?
5. Who is the chief instructor of the Shintani Wado-Kai Karate Federation and what rank does he hold?
6. We have 9 senate members in the Shintani Wado Kai Karate Federation. Can you name them?

Part III: Philosophy

1. Describe what a kata is to someone whom has no knowledge of the martial arts.
2. Explain the symbolism behind the dove and the fist emblem.
3. Explain your interpretation of Sensei Shintani's philosophy of karate?
4. Define the word "dojo" and describe what the expectations of students are in respect to that word.
5. What does it mean to be a sensei?

SWKKF - Section 2 - Basics

Scoring

F - Fail Unsatisfactory for their rank
 B - Borderline Minimum requirements only
 P - Pass Very good. Competent at their rank

Joseki Board Information

Subtotal each section - count the passing grades (P)
 Total entire section 3 for Overall Performance Score
 0 - 43 Fail 44 - 52 Borderline 53+ Pass

Total				/66	/66	/66
				F	B	P
Overall Performance				F	B	P
No.	Stance (-dachi)	Technique	Cycles	Remarks		
1	Kiba	Zuki	10	Chudan level	F B P	F B P
2	Kiba	Zuki	10	Jodan level	F B P	F B P
3	Kiba	Zuki	10	Gedan level	F B P	F B P
4	Kiba	Zuki	10	Alternate (jodan-chudan-gedan)	F B P	F B P
5	Kiba	Ude-uke	10		F B P	F B P
6	Kiba	Osoto-uke	10		F B P	F B P
7	Kiba	Age-uke	10		F B P	F B P
8	Kiba	Gedan-barai	10		F B P	F B P
9	Kiba			Maintenance of Stance	F B P	F B P

Comments

Subtotals: /9 /9 /9

Kicks to be executed at 2 distinct and different targets

No.	Stance (-dachi)	Technique	Cycles	Remarks		
10	Zenkutsu	Mae-geri	5	Kick Right leg at gedan level (belt or lower)	F B P	F B P
11	Zenkutsu	Mae-geri	5	Kick Left leg at gedan level (belt or lower)	F B P	F B P
12	Zenkutsu	Mae-geri	5	Kick right leg at chudan level (belt or higher)	F B P	F B P
13	Zenkutsu	Mae-geri	5	Kick left leg at chudan level (belt or higher)	F B P	F B P
14	Zenkutsu			Maintenance of Stance	F B P	F B P

Comments

subtotals: /5 /5 /5

Page subtotals: /14 /14 /14

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
----------------------------	------------	------------	------------

<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
----------------------------	--------------	--------------	--------------

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 5 - Kihon Kumite

Name: **0**

#	Technique Description	Speed	Power	Spirit	Fluidity	Timing	Effectiveness	knowledge	Control Fight	Force Fight	Block & Counter	Defence	Kicking	Distancing	Explosiveness
1															
2															
3															
4															
5															
6															
7															
8															
Overall Performance		F B P													

#	Technique Description	Speed	Power	Spirit	Fluidity	Timing	Effectiveness	knowledge	Control Fight	Force Fight	Block & Counter	Defence	Kicking	Distancing	Explosiveness
Overall Performance		F B P													

#	Technique Description	Speed	Power	Spirit	Fluidity	Timing	Effectiveness	knowledge	Control Fight	Force Fight	Block & Counter	Defence	Kicking	Distancing	Explosiveness
Overall Performance		F B P													

SWKKF - Section 6 - Randori / Kumite

	Technique Description	Speed	Power	Spirit	Fluidity	Timing	Effectiveness	knowledge	Control Fight	Force Fight	Block & Counter	Defence	Kicking	Distancing	Explosiveness
	Randori														
	Kumite														
Overall Performance		F B P													

#	Technique Description	Speed	Power	Spirit	Fluidity	Timing	Effectiveness	knowledge	Control Fight	Force Fight	Block & Counter	Defence	Kicking	Distancing	Explosiveness
Overall Performance		F B P													

#	Technique Description	Speed	Power	Spirit	Fluidity	Timing	Effectiveness	knowledge	Control Fight	Force Fight	Block & Counter	Defence	Kicking	Distancing	Explosiveness
Overall Performance		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 Summary of Grading

Student's Name: _____
 Rank Attempted: _____
 Passbook #: _____
 Club: _____
 Joseki Board Members 1) _____
 3) _____

Date: _____
 Date of Last Grading: _____
 Instructor: _____
 2) _____
 4) _____

Scoring

- F - Fail Unsatisfactory for their rank.
- B - Borderline Minimum requirements only.
- P - Pass Very good. Competent at their rank.

Note: Candidate cannot fail section 2 or section 4 of this evaluation. If section 2 and/or 4 are borderline then they must pass (without being borderline) sections 3 and 5

No rank will be recognized until the Joseki Board Chairperson sends this summary to the President of the SWKKF for recording purposes.

Average Score	Strength	Weakness	Recommendation
Section 1 Written Test	<i>submitted and discussed on day of grading</i>		YES NO
Section 2 Basic Technique F B P			
Section 3 Advance Technique F B P			
Section 4 Katas F B P			
Section 5 Kion Kumite F B P			
Section 6 Randore / Kumite F B P			

SWKKF - Section 4
Instruction Ability - to Receive Godan

Overall Performance	F	B	P
---------------------	---	---	---

Name:			
-------	--	--	--

Technique #1 Description	F	B	P
-----------------------------	---	---	---

Comments

Technique #2 Description	F	B	P
-----------------------------	---	---	---

Comments

Technique #3 Description	F	B	P
-----------------------------	---	---	---

Comments

Technique #4 Description	F	B	P
-----------------------------	---	---	---

Comments

Technique #5 Description	F	B	P
-----------------------------	---	---	---

Comments

Technique #6 Description	F	B	P
-----------------------------	---	---	---

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
---------------------	---	---	---

Name:			
-------	--	--	--

Technique #1 Description	F	B	P
-----------------------------	---	---	---

Comments

Technique #2 Description	F	B	P
-----------------------------	---	---	---

Comments

Technique #3 Description	F	B	P
-----------------------------	---	---	---

Comments

Technique #4 Description	F	B	P
-----------------------------	---	---	---

Comments

Technique #5 Description	F	B	P
-----------------------------	---	---	---

Comments

Technique #6 Description	F	B	P
-----------------------------	---	---	---

Comments

General Comments:
