

Kwanmukan International

Karate Promotional Assessment Form

This remains with permanent records at the Kwanmukan and is referred to at each dan promotion.

Student Name: _____

Dojo: _____

Applying for Grade of: _____

Review Date: _____

Part I: Kihon

(5 = excellent skill, 1= requires substantial improvement)

Exercises	1 2 3 4 5	Stances	1 2 3 4 5
Blocking	1 2 3 4 5	Strikes and Punches	1 2 3 4 5
Kicking	1 2 3 4 5	Stamina	1 2 3 4 5
Breathing	1 2 3 4 5	Strength	1 2 3 4 5

Part II: Kata (Formal Exercise)

Kata

Rating Score (10 = excellent, 5/6 = acceptable, 1/2 needs serious work)

Taikyoku	1	2	3	4	5	6	7	8	9	10	Comments:
Heian Shodan	1	2	3	4	5	6	7	8	9	10	
Heian Nidan	1	2	3	4	5	6	7	8	9	10	
Heian Sandan	1	2	3	4	5	6	7	8	9	10	
Heian Yondan	1	2	3	4	5	6	7	8	9	10	
Heian Godan	1	2	3	4	5	6	7	8	9	10	
Jion	1	2	3	4	5	6	7	8	9	10	
Bassai Dai	1	2	3	4	5	6	7	8	9	10	
Kanku Dai	1	2	3	4	5	6	7	8	9	10	
Tekki	1	2	3	4	5	6	7	8	9	10	
_____	1	2	3	4	5	6	7	8	9	10	
_____	1	2	3	4	5	6	7	8	9	10	

Part III: Ippon Kumite (32 One-Step Fighting Sequences)

(5 = excellent skill, 1= requires substantial improvement)

Set 1: Linear Draws	1 2 3 4 5	Set 5: Direct Kick Defenses	1 2 3 4 5
Set 2: Oblique Forward Steps	1 2 3 4 5	Set 6: Double Jump Kicks	1 2 3 4 5
Set 3: Oblique Draw Steps	1 2 3 4 5	Set 7: Follow-up Jump Kicks	1 2 3 4 5
Set 4: Cross Steps	1 2 3 4 5	Set 8: Floor Defenses	1 2 3 4 5

For ippon kumite, mark criteria below which require the most improvement.

- | | | | |
|------------------------|------------------------|----------------|----------------|
| ___ Attitude | ___ Chukugan (gaze) | ___ Breathing | ___ Chambering |
| ___ Work as Uke | ___ Blocking technique | ___ Zanchin | ___ Speed |
| ___ Targeting accuracy | ___ Kicking technique | ___ Kiai | ___ Power |
| ___ Tai sabaki | ___ Punching technique | ___ Distancing | ___ Balance |

Demonstration of Higher Level Skills in Ippon Kumite Format

Semi-free Ippon Kumite	1 2 3 4 5	Direct Hand Counters	1 2 3 4 5
Hit-Move-Hit Combinations	1 2 3 4 5	Three-Step Sequences	1 2 3 4 5
Direct Kicking Counters	1 2 3 4 5	Take-Downs	1 2 3 4 5

Part IV: Kumite

(5 = excellent skill, 1= requires substantial improvement)

Variety of Techniques	1 2 3 4 5	Tai Sabaki	1 2 3 4 5
Targeting	1 2 3 4 5	Distancing	1 2 3 4 5
Footwork	1 2 3 4 5	Breathing	1 2 3 4 5
Timing	1 2 3 4 5	Vigor	1 2 3 4 5
Consideration of Opponent	1 2 3 4 5	Control	1 2 3 4 5
Stamina	1 2 3 4 5	Use of Kiai	1 2 3 4 5

Part V: Kihon Kata *(Individual Style Forms)*

Individualized Kihon Kata Sequences (5 = excellent, 1 = requires improvement)

SHODAN CANDIDATE

Description

Performance Rating

Number 1 _____ 1 2 3 4 5

Number 2 _____ 1 2 3 4 5

NIDAN CANDIDATE

Number 3 _____ 1 2 3 4 5

Number 4 _____ 1 2 3 4 5

SANDAN CANDIDATE

Number 5 _____ 1 2 3 4 5

Number 6 _____ 1 2 3 4 5

YONDAN CANDIDATE

Number 7 _____ 1 2 3 4 5

Number 8 _____ 1 2 3 4 5

Part VI: Kwan Bop

Attempted Yes <input type="checkbox"/> No <input type="checkbox"/>	Completed Yes <input type="checkbox"/> No <input type="checkbox"/>
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Part VII: Kwon Kong Chang Kwan

Part 1	Attempted	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Completed	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Part 2	Attempted	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Completed	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Part 3	Attempted	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Completed	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Part 4	Attempted	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Completed	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Evaluators: _____

Evaluators may attach a written evaluation directed to the candidate's Shihan/Sensei.