

KARATE RANK ADVANCEMENT CHECKLIST

STUDENT NAME:

CURRENT BELT:

TARGET RANK:

REQUIREMENT DESCRIPTION	STATUS	INSTRUCTOR NOTE
BASICS (KIHON)		
Stances: Zenkutsu-dachi, Kokutsu-dachi, Kiba-dachi		
Strikes: Seiken-zuki, Uraken-uchi, Shuto-uchi		
Kicking: Mae-geri, Yoko-geri, Mawashi-geri		
FORMS (KATA)		
Technical Precision & Sequence		
Application (Bunkai) Demonstration		
SPARRING & DRILLS (KUMITE)		
Controlled Three-Step Sparring (Gohon Kumite)		
Defensive Movement & Footwork		
GENERAL REQUIREMENTS		

REQUIREMENT DESCRIPTION

STATUS

INSTRUCTOR NOTE

Minimum Class Attendance Requirements Met

Terminology & Dojo Etiquette

Authorized Signature: _____ Date: ____ / ____ / 20____