

JUNIOR SHODAN

Name _____ Age _____ DOB ____/____/____

Telephone# _____ Last Promotion _____

Attendance (min. 60 classes)					JUNIOR SHODAN REQUIREMENTS
1	2	3	4	5	A) KATA Passai Sho
6	7	8	9	10	
11	12	13	14	15	B) KUMITE Ju mei kumite-10 person kumite
16	17	18	19	20	
21	22	23	24	25	C) SHUGYO (date determined by Sensei)
26	27	28	29	30	
31	32	33	34	35	D) KOBUDO Shushi no kun Nunchaku ichi no kata Sakugawa no kun Tonfa no kata Kubo no kun
36	37	38	39	40	
41	42	43	44	45	
46	47	48	49	50	
51	52	53	54	55	E) TEACHING HOURS -30 Hours
56	57	58	59	60	
					F) BUNKAI Naihanchi Shodan

Reflection paper (turned into Sensei Spence at testing)

What has karate meant to you? What lessons have you learned?

What are your reflections up to the point in your journey?