

Black Belt (Shodan/ 1st Dan)

Name _____ Age _____ DOB ____/____/____

Telephone# _____ Last Promotion _____

Attendance (min. 60 classes)					SHODAN REQUIREMENTS
1	2	3	4	5	A) KATA Kusanku Dai
6	7	8	9	10	
11	12	13	14	15	
16	17	18	19	20	
21	22	23	24	25	
26	27	28	29	30	B) KUMITE Ju mei kumite-10 person kumite
31	32	33	34	35	
36	37	38	39	40	C) KOBUDO Sai Ichi no kata
41	42	43	44	45	
46	47	48	49	50	D) Shugyo (date determined by Sensei)
51	52	53	54	55	
56	57	58	59	60	
					E) Teaching-assistance with 30 classes

Reflection paper (turned into Sensei Spence)

What has karate meant to you? What lessons have you learned?
What are your reflections up to the point in your journey?