

# SHODAN / SHODAN-HO GRADING CHECKLIST

CANDIDATE NAME: \_\_\_\_\_

AGE: \_\_\_\_\_ DOJO: \_\_\_\_\_

<i>Shodan Ho: \$100</i> <i>Shodan: \$150</i> <i>Shodan Ho Upgrade: \$50</i>		Notes
K A T A  R E Q U I R E M E N T S	Sanchin	
	Gekisai Ichi	
	Gekisai Ni	
	Saifa	
	Shisochin	
	Seiunchin	
	Tenchi	
	Seiryu	
	Byakko	
K O B U D O	Kobudo – Bo	
	Kobudo – Sai	
	Kobudo – Tonfa	
B U N K A I	Gekisai Sai Ichi & Gekisai Sai Ni	
	Saifa	
	Shisochin	
	Seiunchin	
K U M I T E	Endurance	
	Technique	
	Spirit	
P R E P	Conditioning	
	Partner skills	
	Other considerations	
Participation in CNGK, ESSAY, HISTORY		
		<input type="checkbox"/> Pass <input type="checkbox"/> No Pass
		Adjudicator's signature _____ Date _____