

ABKA SHODAN BLACK BELT CANDIDATE PRE-TEST

Name of Shodan Candidate: _____

	(not yet passable—very well done)				
Heian Shodan	1	2	3	4	5
Heian Nidan	1	2	3	4	5
Heian Sandan	1	2	3	4	5
Heian Yodan	1	2	3	4	5
Heian Godan	1	2	3	4	5
Mazo Kazi	1	2	3	4	5
Shuji No Kun (bo)	1	2	3	4	5
Chinto	1	2	3	4	5
Pai Sai Dai	1	2	3	4	5
Hyoshi Sei Do (bo)	1	2	3	4	5
Bassai Dai	1	2	3	4	5
Ni Ju Sho (sword)	1	2	3	4	5

Tameshiwari demonstration is prepared	Y	N
Completed 100 hours of instructional help	Y	N
Competed in tournament in black belt division	Y	N
Personal karate history is written out	Y	N
Understands 3 minute heavy bag demonstration expectations	Y	N
In cardio shape for 10 back to back 2-minute bouts, plural fights (2,3,and 4), and quick kill kumite.	Y	N
Prepared for plural man defense challenge	Y	N

Approved by the candidate's instructor: _____ Dojo: _____ Date: _____

Black belt tests are held on the last Saturdays of March and September. This form must be filled out and returned no later than a month prior to testing. Please mail to:

ABKA
PO Box 14288
Tulsa, OK 74159

ABKA NIDAN BLACK BELT CANDIDATE PRE-TEST

Name of Candidate: _____

NIDAN:

Time and age requirements (one full year from shodan promotion)

All techniques through shodan

Two empty hand katas from Black Belt Kata List

1) _____

2) _____

Advanced weapons form

1) _____

Sparring at promotions

Grappling demonstration

Memorize Matthew 5

Continued instruction with ABKA, commitment to ABKA purpose

Approved by the candidate's instructor:

Dojo:

Date:

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ABKA SANDAN BLACK BELT CANDIDATE PRE-TEST

Name of Candidate: _____

SANDAN:

Time and age requirements

All techniques through nidan

Four empty hand katas from Black Belt Kata List

1) _____

2) _____

3) _____

4) _____

Two advanced weapons forms

1) _____

2) _____

Memorized Matthew 5 and 6

Continued instruction with ABKA, commitment to ABKA purpose.

Approved by the candidate's instructor:

Dojo:

Date:

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ABKA YODAN BLACK BELT CANDIDATE PRE-TEST

Name of Candidate: _____

YODAN:

Time and age requirements (3 years as a Sandan, and can be under 35 years old)

All techniques through sandan

Six empty hand katas from Black Belt Kata List

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Three advanced weapons forms

- 1) _____
- 2) _____
- 3) _____

Memorized Matthew 5-7

Continued instruction with ABKA, commitment to ABKA purpose.

Approved by the candidate's instructor: Dojo: Date:

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Tulsa, OK 74159

ABKA COMMITMENT

I am in agreement with and will be supportive of the ABKA purpose: (1.) Global Missions; (2.) Benevolent ministries; (3.) Excellence in martial arts.

I will continue to learn and teach as an ABKA student and instructor.

Name

Date

BLACK BELT TEST WAIVER

I understand that karate is a physical sport and that there is a possibility of injury. I agree to take full personal responsibility for anything that might occur in or as a result of my testing including all medical expenses which might be incurred because of this activity. I agree to waive all claims for any injury which might occur against any principles of this test including the American Bushido-Kai Karate Association, instructors, officers, facility owners, and other fighters. I also agree to conduct myself in a manner that will reflect a Christ honoring life style.

Name

Date

Parent or Guardian if under 18

Date