



Shima Karate Dojos  
balancing body mind spirit

**Exam Booklet**

**Goju Ryu Karate Do**

Students Name: \_\_\_\_\_



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<b>Chapter:</b>	<b>Content:</b>	<b>Page:</b>
1	White Belt Exam	5
2	Yellow Belt Exam	7
3	Yellow Belt Black Stripe Exam	9
4	Orange Belt Exam	11
5	Orange Belt Black Stripe Exam	13
6	Green Belt Exam	15
7	Green Belt Black Stripe Exam	17
8	Blue Belt Exam	19
9	Blue Belt Black Stripe Exam	21
10	Brown Belt Exam	23
11	Brown Belt Black Stripe Exam	25
12	Black Belt Requirements	27

## Basic Grading Requirements

- Our grading requirements consist of six areas for each belt or kyu.

- A: Classroom Performance & Attendance
- B: Written Exam (must be 100% correct)
- C: Kihon Ido
- D: Kata
- E: Kumite - Ippon, Sanbon and Jyu
- F: Self Defense

- Also, personal and psychological development in Karate

The written examination along with 3 goals must be handed at least one day prior to the grading. Your grading fees also must be paid before the grading, If you do not get everything in on time you will not be permitted to participate.

The Examination Board will have at least two members on it. One of which shall be the head instructor and at least one other Black Belt.

There are other factors that are taken into consideration at the gradings, such as the length of time spent at that level, the participants age, any physical disabilities and most important, the attitude of the student towards his or her training, techniques, the dojo, the other students and instructors.



All successful graduates will receive Official Certification in Goju Ryu Karate along with their new belt.

# White Belt Exam

## Fill In the Blanks

1. \_\_\_\_\_ is the full name of the martial art that you are studying.
2. \_\_\_\_\_ is the head instructor (*sensei*) of this school.
3. In Marital Arts the Sensei may be the instructor but \_\_\_\_\_ are considered to be the teacher.
4. The \_\_\_\_\_ is the animal is usually associated with our style of karate.
5. Name three other types of traditional martial arts?  
A1: \_\_\_\_\_ A2: \_\_\_\_\_  
A3: \_\_\_\_\_
6. The “Fist” is the international symbol for \_\_\_\_\_.

## Multiple Choice

7. Who is considered the founder of “Goju Ryu” karate?  
a. Chogun Miyagi    b. Kanro higashiona    c. Gichen Funakoshi
8. What is the name of the government organization we presently belong to?  
a. Butoku-kai    b. Karate BC    c. Goju Ryu

## Mix & Match (*draw lines between the correct translations*)

Zen Kutsa Dachi		Iron Rod
Gedan Barai		Three Point Block
Techu		Turn
Mawate		Forward Stance
Hajime		Low Block
Hariatoshi		Feelings
Ki Moshi		Begin

# White Belt Goals

Date: \_\_\_\_\_

**Goal #1 (personal):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #2 (school/work):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #3 (karate):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_



List 1 goal that you have completed in the last 3 months.

A: \_\_\_\_\_

# Yellow Belt Exam

## Fill In the Blanks

1. The original name of Goju-Ryu was \_\_\_\_\_.
2. \_\_\_\_\_ is considered to be the “Father of Modern Karate”.
3. A \_\_\_\_\_ is a series of prearranged moves designed to fight multiple opponents.
4. The essence of Karate is \_\_\_\_\_.
5. Ippon Kumite is used to teach \_\_\_\_\_ & \_\_\_\_\_.
6. The originator of the Martial Arts is thought to be \_\_\_\_\_.

## Multiple Choice

7. Which weapon has had the most influence in the Martial Arts?  
a. Sai      b. Nunchuks      c. Sword      d. Kama      e. Bo Staff
8. Two of the most important values for a Martial Artist to have are?  
a. Discipline      b. Integrity      c. Respect      d. Honesty

## Mix & Match (*draw lines between the correct translations*)

Teacher		Yame
Training Hall		Gi
Uniform		Obi
Style		Dojo
Belt		Sensei
Free Sparring		Ryu
Stop		Jyu Kumite

# Yellow Belt Goals

Date: \_\_\_\_\_

**Goal #1 (personal):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #2 (school/work):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #3 (karate):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_



List 1 goal that you have completed in the last 3 months.

A: \_\_\_\_\_



# Yellow Belt/Black Stripe Exam

## Fill In the Blanks

1. If you are going to be late for class, you should \_\_\_\_\_.
2. A Kiai is a \_\_\_\_\_.
3. A Kiai can be used to \_\_\_\_\_ and also to \_\_\_\_\_.
4. In Japan Sensei Marshall trained with \_\_\_\_\_.
5. \_\_\_\_\_ was the founder of Shotokan Karate.
6. Morihei Ueshiba developed the art of \_\_\_\_\_.

## Multiple Choice

7. The focus part of a punch or kick is called the?  
a. Shuto      b. Killing Blow      c. Koshi      d. Kime      e. Finale
8. Most Katas begin and end with?  
a. An Attack      b. A Block      c. Focus      d. Kiai      e. Mukso

## Mix & Match (draw lines between the correct translations)

Ichi		Five
Roku		Ten
San		Three
Ju		Eight
Ni		Six
Hachi		One
Go		Two

# Yellow Belt/Black Stripe Goals

Date: \_\_\_\_\_

**Goal #1 (personal):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #2 (school/work):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #3 (karate):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_



List 2 goals that you have completed in the last 3 months.

A: \_\_\_\_\_

A: \_\_\_\_\_

# Orange Belt Exam

## Fill in the Blanks

- Name four other types of traditional Martial Arts.  
A1: \_\_\_\_\_ A2: \_\_\_\_\_  
A3: \_\_\_\_\_ A4: \_\_\_\_\_
- Bodhidharma came from \_\_\_\_\_ in 525 AD.
- The ultimate aim of Karate lies not in victory or defeat but in the perfection of the \_\_\_\_\_ of the participant.
- The three necessities of life are a sense of humor, the ability to admit your mistakes and \_\_\_\_\_.
- Miyagi Chogun died in \_\_\_\_\_ at the age of \_\_\_\_\_.
- Ideally you should have both \_\_\_\_\_ and Intangible goals.

## Multiple Choice

- Karate was first demonstrated in Japan in?  
a. 525      b. 1915      c. 1921      d. 1922      e. 1935
- The founder of the Goju Kai was?  
a. Miyagi Chogun      b. Gichen Funakoshi      c. Gogen Yamaguchi

## Mix & Match (draw lines between the correct birth dates)

Richard Kim		500
Miyagi Chogun		1946
Bodhidharma		1845
Kanryo Higashionna		1917
Gichin Funakoshi		1869
Richard Marshall		1888

# Orange Belt Goals

Date: \_\_\_\_\_

**Goal #1 (personal):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #2 (school/work):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #3 (karate):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_



List 2 goals that you have completed in the last 3 months.

A: \_\_\_\_\_

A: \_\_\_\_\_

# Orange Belt/Black Stripe Exam

## Fill In the Blanks

1. Sensei Richard Kim learned Judo from \_\_\_\_\_.
2. Shima joined Karate BC in \_\_\_\_\_.
3. The four striking surfaces of the foot are \_\_\_\_\_ , \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_.
4. In FAST Self Defence, F.A.S.T stands for  
\_\_\_\_\_.
5. A \_\_\_\_\_ is someone who is liberated from fear..
6. \_\_\_\_\_ are the means used by the masters to hand down their techniques.

## Multiple Choice

7. Knowing others is wisdom, knowing yourself is....  
a. Smart      b. Enlightenment      c. Very Difficult      d. Easy      e. ultimate
8. Seek \_\_\_\_\_ not knowledge.  
a. Money      b. Happiness      c. Power      d. Food      e. Wisdom

## Mix & Match (*draw lines between the correct translations*)

Kin Geri		Five
Upper Block		Groin Kick
Shuto Uke		Eku
Mawate		Jodan Uke
Oar		Turn
Obi		Belt
Go		Knife Hand Block

## Orange Belt/Black Stripe Goals

Date: \_\_\_\_\_

**Goal #1 (personal):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #2 (school/work):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #3 (karate):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_



List 2 goals that you have completed in the last 3 months.

A: \_\_\_\_\_

A: \_\_\_\_\_

# Green Belt Exam

## Fill in the Blanks

1. Karate accepted into the \_\_\_\_\_ in 1931?
2. A Martial artist is also considered to be an \_\_\_\_\_ of Life”?
3. Most katas begin and end with \_\_\_\_\_?
4. The \_\_\_\_\_ hand is covered at the beginning and end of the kata?
5. What is the name of the rule that is used to determine how to prioritize all the things you need to do during the day? \_\_\_\_\_.
6. “Kara” from the word *Kara-te-do* means \_\_\_\_\_.

## Multiple Choice

7. Hama Higa is a place famous for its?  
a. Sushi      b. Kicks      c. Tonfa      d. Sai      e. Masters      f. Kama
9. Who was the founder of Shito Ryu Karate?  
a. Gichin Funakoshi      b. Anko Itosu      c. Kanryo Higaonna      d. Kenwa Mabuni

## Mix & Match (*draw lines between the correct translations*)

Tettsui		Instep
Naname		45 Degrees
Teisho Uke		Boy
Sanbon Kumite		Hammer Fist
Haisoku		Foot Sweep
Kyu		Palm Heel Block
Ashi Barai		Three Step Sparring

# Green Belt Goals

Date: \_\_\_\_\_

**Goal #1 (personal):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #2 (school/work):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #3 (karate):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_



List 2 goals that you have completed in the last 3 months.

A: \_\_\_\_\_

A: \_\_\_\_\_



# Green Belt/Black Stripe Exam

## Fill in the Blanks

1. The International Representative for IKGA Goju Ryu Karate-do is \_\_\_\_\_.
2. In 19\_\_ the term “karate-do” was accepted to mean empty hand way.
3. The writing in the middle of the Butoku Kai crest says \_\_\_\_\_.
4. There is a style of Martial Art called \_\_\_\_\_ that uses two wooden sticks called \_\_\_\_\_.
5. Master \_\_\_\_\_ died in 1953.
6. Karate was introduced to most of North America by \_\_\_\_\_ who came home after the war.

## Multiple Choice

7. The three tenets of the Butoku-kai are:  
a. Compassion      b. Kindness      c. Gratitude      d. Courage      e. Respect      f. No Fear
8. With a Mawashi Geri you should connect with what part of the foot?  
a. Koshi      b. Kakato      c. Haisoku      d. Sokuto      e. Mizochi      f. Hantei

## Mix and Match (*draw lines between the correct years the Masters died*)

Gichin Funakoshi		1526
Richard Kim		1915
King Sho Shin		2001
Yatsutsune Itosu		1989
Gogen Yamaguchi		1957
Hironori Ohtsuka		1982

Essay:      What Karate Means To Me (500 words)

# Green Belt/Black Stripe Goals

Date: \_\_\_\_\_

**Goal #1 (personal):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #2 (school/work):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #3 (karate):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_



List 2 goals that you have completed in the last 3 months.

A: \_\_\_\_\_

A: \_\_\_\_\_

# Blue Belt Exam

## Fill in the Blanks

1. Higher stances are for mobility, lower stances are for \_\_\_\_\_?
2. \_\_\_\_\_ is also known as the “Effective Distance”
3. The Taikyoko forms were invented by \_\_\_\_\_?
4. Which kata is also known as the tiger kata? \_\_\_\_\_
5. An adult should consume \_\_\_\_\_ servings of dairy products per day.
6. Two muscle groups that work against each other are called \_\_\_\_\_ and \_\_\_\_\_.
7. The Axial Skeleton is made up of?
  - a. Phalanges    b. Skull            c. Tarsals            d. Vertebral Column    e. Humerus            f. Rib cage
9. If you get blisters you should?
  - a. Puncture them            b. Cover them            c. Wash with water            d. Leave them alone

## Mix & Match (*draw lines between the correct translations*)

Kokutsa Dachii		Feet pointing forward
Sanchin Dachii		Weight 90% - 10%
Zen Kutsa Dachii		Heel lined up with toes
Neko Ashi Dachii		Knee over your heel
Shiko Dachii		Weight 66% - 34%
Heiko Dachii		Feet pointing 45 deg
Kiba Dachii		Feet shoulder width apart

Essay:            Classical Man, by Richard Kim (1000 words)

# Blue Belt Goals

Date: \_\_\_\_\_

**Goal #1 (personal):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #2 (school/work):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #3 (karate):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_



List 2 goals that you have completed in the last 3 months.

A: \_\_\_\_\_

A: \_\_\_\_\_

# Blue Belt/Black Stripe Exam

## Fill in the Blanks

1. What is the most important line in the Dojo Kun?  
\_\_\_\_\_
2. The opening created when an opponent moves, blocks or is distracted is called \_\_\_\_\_.
3. What kata is also known as “Crescent Moon” \_\_\_\_\_?
4. There are two types of muscle fiber, \_\_\_\_\_ and \_\_\_\_\_.
5. What is the acronym used to determine when there has been soft tissue damage?  
\_\_\_\_\_.
6. This is also known as a “kicking block” \_\_\_\_\_.
7. Some punches we do not normally train are?  
a. Tate Zuki    b. Teiji Dachi    c. Nami Ashi    d. Morote Uke    e. Humerus    f. Ippon Ken
9. There are 3 types of Kyo, what are they?  
a. Mental    b. Physical    c. Emotional    d. Spiritual    e. Cardinal    f. Training

## Mix & Match (*draw lines between the correct observation*)

Gedan Barai		Finish above knee
Jodan Uke		Wrist bent
Soto Uke		Pulling hand on stomach
Shuto Uke		Fist shoulder height
Teisho Uke		Keep elbow down
Heiko Dachi		Feet pointing 45 deg
Shiko Dachi		Feet shoulder width apart

Essay:      Explain the dojo Kun (500 words)

# Blue Belt/Black Stripe Goals

Date: \_\_\_\_\_

**Goal #1 (personal):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #2 (school/work):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #3 (karate):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_



List 2 goals that you have completed in the last 3 months.

A: \_\_\_\_\_

A: \_\_\_\_\_

# Brown Belt Exam

## Questions

1. What are the three different ways that people learn?  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
2. \_\_\_\_\_ is a type of exercise designed to increase explosive power?
3. The kata is brought to life through the use of your \_\_\_\_\_?
4. \_\_\_\_\_ is known as the “tiger” kata?
5. How many servings of fruits and vegetables should an athlete consume in one day?  
\_\_\_\_\_
6. What is your 1<sup>st</sup> priority after exercising? \_\_\_\_\_

## Multiple Choice

7. Individual joints are connected by? (*Choose 3*)  
a. Cartilage    b. Ligaments    c. Vertebra    d. Humerus    e. Tendons    f. Carpals
8. Which energy system uses energy from the cells?  
a. aerobic    b. Anaerobic Lactic    c. Carbohydrates    d. Anaerobic Alactic    e. Protein

## Mix & Match (*draw lines between the correct translations*)

Aerobic		Uses Oxygen
Soleus		Relaxes
Antagonistic		Burns Carbs
Anaerobic Alactic		Calf
Agonistic		Cellular Fuel
Anaerobic Lactic		Contracts

Essay:        History of Karate (1000 words)

# Brown Belt Goals

Date: \_\_\_\_\_

**Goal #1 (personal):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #2 (school/work):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #3 (karate):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_



List 2 goals that you have completed in the last 3 months.

A: \_\_\_\_\_

A: \_\_\_\_\_



# Brown Belt/Black Stripe Exam

## Questions

1. What is the best teaching method to used?

\_\_\_\_\_

2. \_\_\_\_\_ is the best way to prepare joints for taking an impact.

3. What four types of bones do we have in our bodies?

\_\_\_\_\_

4. What is considered on of the best ways of stretching?

\_\_\_\_\_

5. What is an EAP? \_\_\_\_\_

6. What is the best ways to solve problems that arise in your life?

\_\_\_\_\_

## Multiple Choice

7. When did Okinawans start using “dojos” for training in?

a. 525 AD      b. 20<sup>th</sup> Century      c. 15<sup>th</sup> Century      d. 1925      e. 19<sup>th</sup> Century

8. What is ‘Effective Fighting Distance’ referred to as?

a. MAAI      b. KYO      c. KIME      d. KUMITE      e. HAJIME

Essay:      What Karate Means to Me (1000 words)

# Brown Belt/Black Stripe Goals

Date: \_\_\_\_\_

**Goal #1 (personal):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #2 (school/work):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_

**Goal #3 (karate):** \_\_\_\_\_

When will this goal be completed? \_\_\_\_\_

How will I achieve this goal? \_\_\_\_\_

What is my starting point? \_\_\_\_\_

Why do I want to do this? \_\_\_\_\_



List 2 goals that you have completed in the last 3 months.

A: \_\_\_\_\_

A: \_\_\_\_\_

# Black Belt Grading Requirements

- Before you may grade you must write your Sensei a formal letter of request explaining why you feel you should to be permitted to participate in the next grading.
- This should be presented to your Sensei at least six months prior to the grading.
- All grading materials for black belt gradings must be turned in at least one month prior to the grading, including all applicable fees.

## Shodan-ho

- 1000 word Essay – What Karate Means to Me
- A one page auto biography
- A picture of you in your Gi
- Must be able to demonstrate and explain moves in all katas.
- Must have taught or assisted in at least 10 classes.
- Must have a thorough knowledge of the history of karate.
- Must have a thorough knowledge of the history of Goju Ryu.
- NCCP Theory Level 1
- Emergency 1<sup>st</sup> Aid
- Police Background Check

## Shodan

- 500 word Essay – What does it mean to be a Black Belt
- List of goals for the future
- Paragraph describing how you have changed since you started training and what you have given in return for your karate training

## Nidan-ho

- 500 word Essay – How Sempai & Kohai help each other
- List of Goals for the Future.
- List of Martial Arts books you have read
- List of your 10 major accomplishments in life

## Nidan

- 500 word Essay – How Sempai contribute to the overall wellbeing of a dojo

## Sandan-ho

- 500 word Essay – What are the qualities of a good instructor

## Sandan

- 500 word Essay – How does the role of a Sensei differ from the role of a Sempai

# Black Belt Grading Information

Our black belt candidate will be required to pass three individual gradings.

The first is a preliminary grading that will be held in your dojo about 4 months prior to the Organization Grading. This grading will review everything that will be required in the upcoming gradings to help determine the students present ability, fitness level and preparedness for the upcoming grading. This grading is presided over by an IKGA Technical Committee member.

The second is the Organization Grading. This grading emphasizes the individual student's technical ability. They will be required to perform kata, bunkai and some basic Kumite. This is mentally one of the most difficult gradings as things must be performed flawlessly.

The third is the Shima Dojo Grading. This is usually held about 2 weeks after the organization grading. In this grading the emphasis is on strength and endurance. Everything must still be performed up to standard but the students will be pushed until they are physically exhausted. This will be the most physically demanding grading you will ever attend.

The written examination along with the grading fees must be handed at least one week prior to the grading. If you do not get them in on time you will not be permitted to participate.

The Examination Board will have at least three members on it. One of which shall be the head instructor and at least two other Black Belts.

There are other factors that are taken into consideration at the gradings, such as the length of time spent at that level, the participants age, any physical disabilities and most important, the attitude of the student towards his or her training, techniques, the dojo, the other students and instructors.





Shima Karate Dojos  
balancing body mind spirit

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