



Shorin Bujutsu Dojo
Written Evaluation for
Advancement to 7th Kyu
(Orange Belt)

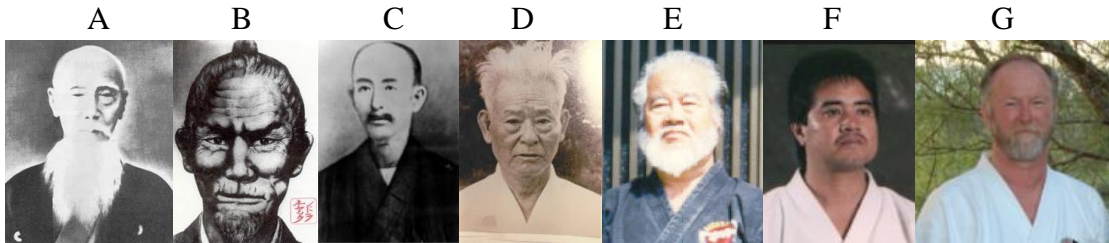


Name: _____ Date: _____

1. Give the name of the style of Karate that you study: _____

2. Give the name of the Dojo where you study: _____
3. Give the name of your Sensei: _____
4. Give the name of the Federation that you are a member of: _____

5. Give the name of the Grandmaster of the Federation: _____
6. Give the name of the President of the Federation: _____
7. Give the location of the Headquarters of the Federation: _____
8. Match the pictures of the following masters with their names:



- ___ Isao Kise, Kaicho
- ___ Master Fusei Kise
- ___ Hanshi John Shipes
- ___ Master Nabe Matsumura
- ___ Master Tode Sakugawa
- ___ Master Bushi Matsumura
- ___ Master Hohhan Soken



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9. Put in order (1-25) the 25 Basics:

- | | |
|---|---|
| <input type="checkbox"/> Double Middle Punch (front stance) | <input type="checkbox"/> Double Middle Punch (straddle leg) |
| <input type="checkbox"/> Double Middle Punch (Kiai on second punch) | <input type="checkbox"/> Back Kick |
| <input type="checkbox"/> Low Roundhouse Kick | <input type="checkbox"/> Side Kick |
| <input type="checkbox"/> Double High Punch (straddle leg) | <input type="checkbox"/> High Block |
| <input type="checkbox"/> Leg Sweep, Middle Punch, Double-bone Block | <input type="checkbox"/> Down Block |
| <input type="checkbox"/> Single Middle Punch (Kiai on each punch) | <input type="checkbox"/> Double-bone Block |
| <input type="checkbox"/> Front Kick, Side Kick | <input type="checkbox"/> Double-bone Block, Sweep, Jab |
| <input type="checkbox"/> Middle Punch, Front Kick Under Punch | <input type="checkbox"/> Side Shin Kick |
| <input type="checkbox"/> Front Kick | <input type="checkbox"/> Knife Hand Block |
| <input type="checkbox"/> Knee Block, Pivot, Front Kick to Side | <input type="checkbox"/> Reverse Middle Punch |
| <input type="checkbox"/> Front Side Kick | <input type="checkbox"/> Down Block (Up slow, Back fast) |
| <input type="checkbox"/> Side Kick, Front Kick | <input type="checkbox"/> Cross Body Block |
| <input type="checkbox"/> Single-bone Block | |

10. Mark the following statements as True or False:

- a) Do your best to maintain proper attendance.
- b) Good personal hygiene is to be observed. Keep your fingernails and toenails trimmed short.
- c) When bowing at the end of class it is OK to place your certificate and obi (belt) on the floor.
- d) Do not touch anyone else's weapons without their permission.
- a) The Dojo is to be kept neat, clean, and respectable.
- e) When sitting on the floor, you can lean back and relax and show or expose the bottoms of your feet to anyone of a higher rank.
- f) During a break, it does not matter who receives water first.
- g) You should boast or brag of your ability or strength outside of the dojo.
- h) Refrain from making critical comments about other styles, Dojos, or instructors.



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11. Put in order (1-19) the Bo Basics:

- Horizontal Block/Strike
- Rear End Forward Down Strike, Overhead Strike (Double overhead strikes)
- Low Block/Strike (from overhead)
- 45-degree Rising Block
- Mid-level Jab
- Circle Block, High Jab
- Low Helicopter Block, Overhead Strike
- Side Circle Block, Side Mid-level Jab
- Rear End Reverse Upper Strike, Front End Reverse Upper Strike (Double upward strikes)
- High Jab
- Horizontal Block/Strike (from overhead)
- Vertical Block
- High Block/Strike
- Continuous Forward Figure 8 Strikes
- Horizontal Belly-level Strikes
- Low Block-Vertical Down Strike, Vertical Upward Strike-Vertical Down Strike on opposite side
- Face Jab
- Kneeling Low Strike (from overhead)
- Kneeling Overhead Strike



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12. Give the Japanese terms for the following stances:





