

STUDENT PASSPORT



YELLOW TO GREEN BELT (4th KYU)

Tōkon Dojo - Beaconsfield Recreation Centre
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IDENTITY / IDENTITÉ & PHOTO



Family name/ Nom : _____

Given Name / Prénom : _____

Date of birth / Date de naissance : D/J _____ M _____ Y/A _____

Date started / Date d'entrée (D/J - M - Y/A): _____

TRAINING LOCATION / LIEU D'ENTRAINEMENT

Dojo name / Nom du Dojo : _____

Training location / Lieu d'entraînement : _____

Date started / Date d'entrée (d/j - m - y/a) : _____

Chief instructor / Instructeur chef : _____

Instructor's level / Niveau de l'instructeur : _____

YELLOW BELT 6th KYU EVALUATION

STUDENT NAME	DATE	LOCATION
EXAMINER	RANK	CERTIFICATE #: YL6BRC
ATTITUDE IN/OUT OF CLASS: <input type="checkbox"/> Punctual; Respectful; Listens; Helps others; Determined; Disciplined		
CHILDREN PHYSICAL REQUIREMENTS <input type="checkbox"/> COMPLETED <input type="checkbox"/> NEEDS WORK		
<u>Arms:</u> 20 Regular push ups 5 Hands together/feet apart 20 Hands apart/feet apart	<u>Abdominals:</u> 30 Scissor kicks 30 Sit ups, cross punch 30 Elbow to opposite knee	<u>Legs:</u> 35 Step ups on bench 25 Calf raises partner on back 25 ¼ squats, partner on back
TEEN & ADULT PHYSICAL REQUIREMENTS <input type="checkbox"/> COMPLETED <input type="checkbox"/> NEEDS WORK		
<u>Arms:</u> 20 Knuckle push ups 10 Hands together, feet apart 10 Row boats (5 on finger tips)	<u>Abdominals:</u> 50 Flutter kicks 50 Sit ups, arms across chest 50 Elbow to opposite knee	<u>Legs:</u> 50 Step ups on bench 40 Calf raises partner on back 40 ¼ Squats, partner on back
THEORETICAL KNOWLEDGE <input type="checkbox"/> TOURNAMENT PARTICIPATION: Koshiki <input type="checkbox"/> Jiu-Jitsu <input type="checkbox"/>		
KENKOKAN BASICS WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/> (Place an 'X' on what needs work)		
<input type="checkbox"/> Natural stance	<input type="checkbox"/> Closed & Open stance	<input type="checkbox"/> Walking form: Fr. & B
<input type="checkbox"/> Punch form #1 - 3	<input type="checkbox"/> Front/back stance	<input type="checkbox"/> Cat stance
<input type="checkbox"/> Zigzag cat step	<input type="checkbox"/> Kicking form #1 - 3	<input type="checkbox"/> <i>Front chop</i>
<input type="checkbox"/> <i>Elbow strike</i>	<input type="checkbox"/> <i>Round kick: F & B leg</i>	<input type="checkbox"/> <i>Side kick</i>
<input type="checkbox"/> <i>Back round kick</i>	<input type="checkbox"/> <i>Double hammer</i>	<input type="checkbox"/> <i>Knee kick #1- 3</i>
<input type="checkbox"/> Turning form	<input type="checkbox"/> Cat step - F/B	<input type="checkbox"/> <i>Back chop</i>
	<input type="checkbox"/> <i>Escapes: #1 - 3</i>	<input type="checkbox"/> <i>Combo & Tic-toc on Bogu</i>
BREAK FALL <input type="checkbox"/> Side <input type="checkbox"/> Back <input type="checkbox"/> Push up position, roll, BF		
SHRIMP MOVE <input type="checkbox"/> Front <input type="checkbox"/> Back		
KATA WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/> KATA COMMENT		
Naihanchin (R) - Child <input type="checkbox"/>		
Naihanchin (L) <input type="checkbox"/>		
KUMITE WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/> KUMITE COMMENT		
Gohono Ichi (O) <input type="checkbox"/>		
Gohono Ichi (D) <input type="checkbox"/>		
Gohono Ni (O) <input type="checkbox"/>		
Gohono Ni (D) <input type="checkbox"/>		
JIU-JITSU STANDARDS WELL DONE <input type="checkbox"/> LESS STRENGTH, MORE LEVERAGE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>		
CHILDREN:		
<input type="checkbox"/> Spider hands	<input type="checkbox"/> Shark bite	<input type="checkbox"/> Bulldozer
<input type="checkbox"/> Crazy horse	<input type="checkbox"/> Duck/Shoot	
<input type="checkbox"/> Base battle	<input type="checkbox"/> Sneaky hand	<input type="checkbox"/> Croc control
<input type="checkbox"/> Snake bite	<input type="checkbox"/> Crazy leg	<input type="checkbox"/> Guard monster
TEENS+:		
<input type="checkbox"/> Trap & Roll: Standard var.	<input type="checkbox"/> Trap & Roll: Head lock var.	<input type="checkbox"/> Trap & Roll: Punch block var.
<input type="checkbox"/> Remove hooks; Anchor/base	<input type="checkbox"/> L & H swim	<input type="checkbox"/> Americana L: Stand. Var.
<input type="checkbox"/> Straight arm L: Stand. Var.		
KOSHIKI & JIU-JITSU FIGHTING WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>		
JIU-JITSU FIGHTS (2) <input type="checkbox"/> KOSHIKI FIGHTS WITH BOGU & MEN (2) <input type="checkbox"/>		

ORANGE BELT 5th KYU EVALUATION

STUDENT NAME		DATE	LOCATION
EXAMINER		RANK	CERTIFICATE #: OR5BRC
ATTITUDE IN/OUT OF CLASS: <input type="checkbox"/> Punctual; Respectful; Listens; Helps others; Determined; Disciplined			
CHILDREN PHYSICAL REQUIREMENTS		<input type="checkbox"/> COMPLETED <input type="checkbox"/> NEEDS WORK	
<i>Arms:</i> 20 regular push ups 5 hands together/feet apart 10 row boats	<i>Abdominals:</i> 50 scissor kicks 45 sit ups, cross punch 45 elbow to opposite knee	<i>Legs:</i> 40 step ups on bench 30 calf raises partner on back 30 ¼ squats, partner on back	
TEEN & ADULT PHYSICAL REQUIREMENTS		<input type="checkbox"/> COMPLETED <input type="checkbox"/> NEEDS WORK	
<i>Arms:</i> 25 knuckle push ups 10 hands together, feet apart 10 clapping push ups	<i>Abdominals:</i> 60 flutter kicks 55 sit ups, arms across chest 60 elbow to opposite knee	<i>Legs:</i> 60 step ups on bench 45 calf raises partner on back 45 ¼ squats, partner on back	
THEORETICAL KNOWLEDGE <input type="checkbox"/> TOURNAMENT PARTICIPATION: Koshiki <input type="checkbox"/> Jiu-Jitsu <input type="checkbox"/>			
KENKOKAN BASICS		WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/> (Place an 'X' on what needs work)	
<input type="checkbox"/> Natural stance <input type="checkbox"/> Punch form #1 - 3 <input type="checkbox"/> Zigzag cat step <input type="checkbox"/> Elbow strike <input type="checkbox"/> Back round kick	<input type="checkbox"/> Closed & Open stance <input type="checkbox"/> Front/back stance <input type="checkbox"/> Kicking form #1 - 3 <input type="checkbox"/> Knee kick #1 - 3 <input type="checkbox"/> Double hammer	<input type="checkbox"/> Walking form: F/B <input type="checkbox"/> Cat stance <input type="checkbox"/> Front chop <input type="checkbox"/> Round kick: Fr. & B leg <input type="checkbox"/> Escapes: #1 - 5	<input type="checkbox"/> Turning form <input type="checkbox"/> Cat step: F/B <input type="checkbox"/> Back chop <input type="checkbox"/> Side kick <input type="checkbox"/> Jump Fr. Kick
SIDE TO SIDE - STRIKING TECHNIQUES		WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	
<input type="checkbox"/> Front chop		<input type="checkbox"/> Elbow strike <input type="checkbox"/> Round kick <input type="checkbox"/> Back R. Kick <input type="checkbox"/> Side kick	
KATA	WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	KATA COMMENT	
Naihanchin (Child 1 side, Teens+: both sides) <input type="checkbox"/>			
Nijushiho (R) - Child <input type="checkbox"/>			
Nijushiho (L) <input type="checkbox"/>			
KUMITE	WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	KUMITE COMMENT	
Gohono Ichi <input type="checkbox"/> Gohono Ni <input type="checkbox"/>			
Gohono San (O) <input type="checkbox"/>			
Gohono San (D) <input type="checkbox"/>			
Renshu Ichi (O) <input type="checkbox"/>			
Renshu Ichi (D) <input type="checkbox"/>			
ROLL & BREAK FALL	<input type="checkbox"/> Forward	<input type="checkbox"/> Backward	<input type="checkbox"/> Aikido roll <input type="checkbox"/> Roll ↕↔ <input type="checkbox"/> Cartwheel
JIU-JITSU STANDARDS	WELL DONE <input type="checkbox"/> LESS STRENGTH, MORE LEVERAGE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>		
<input type="checkbox"/> Take back: Mod. 'S' position <input type="checkbox"/> Loose back: Remount technique <input type="checkbox"/> Straight arm lock: Side 'S' variation			
<input type="checkbox"/> Americana: Neck hug variation		Elbow/knee escapes: <input type="checkbox"/> Standard variation <input type="checkbox"/> Fish hook <input type="checkbox"/> Heel drag	
BOGU TRAINING, KOSHIKI & JIU-JITSU FIGHTING		WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	
JIU-JITSU FIGHTS (2) <input type="checkbox"/>		KOSHIKI FIGHTS WITH BOGU & MEN (2) <input type="checkbox"/>	

GREEN BELT 4th KYU EVALUATION

STUDENT NAME		DATE	LOCATION
EXAMINER		RANK	CERTIFICATE #: GR4BRC
ATTITUDE	GOOD <input type="checkbox"/> NEEDS GUIDANCE <input type="checkbox"/>	JAPANESE TER. ___/50	ASSISTED 1 TRIMESTER <input type="checkbox"/>
CHILDREN PHYSICAL REQUIREMENTS		<input type="checkbox"/> COMPLETED <input type="checkbox"/> NEEDS WORK	
<i>Arms:</i> 20 Regular push ups 10 Hands together/feet apart 07 Clapping push ups	<i>Abdominals:</i> 20 Crunches 50 Sit ups, cross punch 50 Elbow to opposite knee	<i>Legs:</i> 45 Step ups on bench 35 Calf raises partner on back 35 ¼ squats, partner on back	
TEEN & ADULT PHYSICAL REQUIREMENTS		<input type="checkbox"/> COMPLETED <input type="checkbox"/> NEEDS WORK	
<i>Arms:</i> 25 Knuckle push ups 10 Hands together, feet apart 10 Side to side	<i>Abdominals:</i> 25 Crunches 60 Sit ups, arms across chest 70 Elbow to opposite knee	<i>Legs:</i> 70 Step ups on bench 50 Calf raises partner on back 50 ¼ squats, partner on back	
THEORETICAL KNOWLEDGE <input type="checkbox"/> TOURNAMENT PARTICIPATION: Koshiki <input type="checkbox"/> Jiu-Jitsu <input type="checkbox"/>			
KENKOKAN BASICS		WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/> (Place an 'X' on what needs work)	
<input type="checkbox"/> Natural stance	<input type="checkbox"/> Closed & Open stance	<input type="checkbox"/> Walking form: F/B	<input type="checkbox"/> Turning form
<input type="checkbox"/> Punch form #1 - 3	<input type="checkbox"/> Front/back stance	<input type="checkbox"/> Cat stance	<input type="checkbox"/> Cat step: F/B
<input type="checkbox"/> Zigzag cat step	<input type="checkbox"/> Kicking form #1 - 3	<input type="checkbox"/> Front chop	<input type="checkbox"/> Double cat step
<input type="checkbox"/> Elbow strike	<input type="checkbox"/> Knee kick #1 - 4	<input type="checkbox"/> Round kick: F & B leg	<input type="checkbox"/> Back chop
<input type="checkbox"/> Back round kick	<input type="checkbox"/> Double hammer	<input type="checkbox"/> Escapes: # 1 - 5	<input type="checkbox"/> Side kick
<input type="checkbox"/> Hook kick Fr. leg	<input type="checkbox"/> Jumping side kick	<input type="checkbox"/> Two level round house kick	
ESCAPE & COUNTER TO KICK & PUNCH ON BOGU		WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	
ESCAPE #1 <input type="checkbox"/>	#2 <input type="checkbox"/>	#3 <input type="checkbox"/>	#4 <input type="checkbox"/> #5 <input type="checkbox"/>
KATA	WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	KATA COMMENT	
Naihanchin <input type="checkbox"/> Nijushiho <input type="checkbox"/>			
Heian Ichi <input type="checkbox"/>			
Heian Yon <input type="checkbox"/>			
KUMITE	WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	KUMITE COMMENT	
Gohono Ichi <input type="checkbox"/> Gohono Ni <input type="checkbox"/> Gohono San <input type="checkbox"/> Renshu Ichi <input type="checkbox"/>			
Renshu Ni (O) <input type="checkbox"/>			
Renshu Ni (D) <input type="checkbox"/>			
Nijushiho Waza(O) <input type="checkbox"/>			
Nijushiho Waza (D) <input type="checkbox"/>			
BREAK FALL	<input type="checkbox"/> Slide back off partner	<input type="checkbox"/> Roll off partner	<input type="checkbox"/> Fall forward <input type="checkbox"/> Roll back, stand up
JIU-JITSU STANDARDS		WELL DONE <input type="checkbox"/> LESS STRENGTH, MORE LEVERAGE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	
Headlock counter: Prevent get up <input type="checkbox"/> Back mount finish <input type="checkbox"/> Arm lock finish <input type="checkbox"/>			
Rear naked choke: Strong <input type="checkbox"/> Weak <input type="checkbox"/>		Twisting arm control: Back mount finish <input type="checkbox"/> Arm lock finish <input type="checkbox"/>	
KOSHIKI & JIU-JITSU FIGHTING		WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	
JIU-JITSU FIGHTS (2): Side control <input type="checkbox"/> In his guard <input type="checkbox"/>		KOSHIKI FIGHTS (2) <input type="checkbox"/>	