



# PREPARATION & GUIDELINE FOR MY BELT LEVEL EXAM

**STUDENT NAME** \_\_\_\_\_

**BELT LEVEL** \_\_\_\_\_

**5 CATEGORIES TO THE EXAM:** Physical; Theoretical; Karate basics; Kata, Kumite; Partner work

Set realistic goals for your Martial arts training at our Dojo. Allow 3-4 weeks in order to learn the material in each section, and then allow 3-5 weeks to polish, perfect and absorb each section.

Fill out two (2) identical forms, one that you hand in to Sensei Manoli and one that you keep as your guiding light for your weekly training.

|     | REQUIREMENTS   | OCT | NOV | DEC | FEB | MAR | APR | MAY | JUN |
|-----|--|-----|-----|-----|-----|-----|-----|-----|-----|
| 1.  | Karate basics (white belt) <ul style="list-style-type: none"> <li>• Side to side (yellow +)</li> <li>• Japanese terminology</li> </ul> |     |     |     |     |     |     |     |     |
| 2.  | Kata 1 (R): _____  |     |     |     |     |     |     |     |     |
| 3.  | Kata 1 (L): _____  |     |     |     |     |     |     |     |     |
| 4.  | Kata 2 (R): _____  |     |     |     |     |     |     |     |     |
| 5.  | Kata 2 (L): _____  |     |     |     |     |     |     |     |     |
| 6.  | Kata 3 (R): _____  |     |     |     |     |     |     |     |     |
| 7.  | Kata 3 (L): _____  |     |     |     |     |     |     |     |     |
| 8.  | Kumite 1 (Off): _____  |     |     |     |     |     |     |     |     |
| 9.  | Kumite 1 (Def): _____  |     |     |     |     |     |     |     |     |
| 10. | Kumite 2 (Off): _____  |     |     |     |     |     |     |     |     |
| 11. | Kumite 2 (Def): _____  |     |     |     |     |     |     |     |     |
| 12. | Gokyono Te-Waza  |     |     |     |     |     |     |     |     |
| 13. | Gokyono Ashi-Waza  |     |     |     |     |     |     |     |     |
| 14. | Nage Waza (throwing forms)   |     |     |     |     |     |     |     |     |
| 15. | Goshin Jitsu (self-defense)  |     |     |     |     |     |     |     |     |
| 16. | Tanto Jitsu (self-defense vs knife)  |     |     |     |     |     |     |     |     |
| 17. | 2 opponents vs. 1  |     |     |     |     |     |     |     |     |
| 18. | Accumulating _____ points  |     |     |     |     |     |     |     |     |

**FILL OUT THIS SECTION WITH SENSEI MANOLI**

I plan to participate in the inter-club tournament held in:  December  April  June

Exams are held every 3 months. By when do you expect to be ready?  December  April  June

**STUDENT SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_