

STUDENT PASSPORT



GREEN BELT (4th KYU) TO BLACK BELT

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 : _____

**COMPETITIONS, WORKSHOPS, CAMPS, VOLUNTEER WORK...
COMPÉTITIONS, ATELIERS, CAMPS, BÉNÉVOLATS...**

TYPE OF EVENT DESCRIPTION	DATE D - M - Y	LOCATION LIEU	RESULTS RÉSULTATS

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TYPE OF EVENT DESCRIPTION	DATE D - M - Y	LOCATION LIEU	RESULTS RÉSULTATS

GREEN BELT 3rd KYU EVALUATION

STUDENT NAME		DATE	LOCATION
EXAMINER		RANK	CERTIFICATE #: GR3BRC
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	
<u>Arms:</u> 20 Regular push ups 10 Hands together/feet apart 05 One handed push up	<u>Abdominals:</u> 30 Crunches 60 Sit ups, cross punch 60 Elbow to opposite knee	<u>Legs:</u> 10 Back to back ↓↑ 25 Calf raises & ¼ Squats P on B 02 X Dojo length partner on back	
TEEN & ADULT PHYSICAL REQUIREMENTS		<input type="checkbox"/> COMPLETED <input type="checkbox"/> NEEDS WORK	
<u>Arms:</u> 25 Knuckle push ups 10 Hands together, feet apart 10 One handed push up	<u>Abdominals:</u> 35 Crunches 70 Sit ups, arms across chest 75 Elbow to opposite knee	<u>Legs:</u> 15 Back to back ↓↑ 35 Calf raises & ¼ Squats P on B 02 X Dojo length 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"/> Double cat step	<input type="checkbox"/> Front chop
<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"/> Fake back kick, Rd kick	<input type="checkbox"/> Step in back Rd kick	<input type="checkbox"/> Front axe kick	
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"/>			
San Chin <input type="checkbox"/>			
Koshiki Nai Han Chin (1 side) <input type="checkbox"/>			
KUMITE		WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	KUMITE COMMENT
Gohonon Ichi <input type="checkbox"/> Gohonon Ni <input type="checkbox"/> Gohonon San <input type="checkbox"/> Renshu Ichi <input type="checkbox"/> Renshu Ni <input type="checkbox"/> Nijushiho Waza <input type="checkbox"/>			
Randori Go (O) <input type="checkbox"/>			
Randori Go (D) <input type="checkbox"/>			
Sankakatobi Shodan Ichi (O) <input type="checkbox"/>			
Sankakatobi Shodan Ichi (D) <input type="checkbox"/>			
Go Kyono Te Waza <input type="checkbox"/>			
JIU-JITSU STANDARDS		WELL DONE <input type="checkbox"/> LESS STRENGTH, MORE LEVERAGE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	
Punch block series - Stage: #1 <input type="checkbox"/> #2 <input type="checkbox"/> #3 <input type="checkbox"/> #4 <input type="checkbox"/> #5 <input type="checkbox"/> Roll over technique <input type="checkbox"/>			
Leg triangle choke: Stage 1.5 variation <input type="checkbox"/>		Cross arm bar: Low variation <input type="checkbox"/>	
KOSHIKI & JIU-JITSU FIGHTING		WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	
JIU-JITSU FIGHTS (3): Both start standing <input type="checkbox"/> In his 1/2 guard <input type="checkbox"/> Striking allowed to both <input type="checkbox"/>			
KOSHIKI FIGHTS (3): Weak side only <input type="checkbox"/> Attacker standing <input type="checkbox"/> Anything allowed: Stand/ground <input type="checkbox"/>			

BROWN BELT 2nd KYU EVALUATION

STUDENT NAME		DATE	LOCATION
EXAMINER		RANK	CERTIFICATE #: BR2BRC
ATTITUDE	GOOD <input type="checkbox"/> NEEDS GUIDANCE <input type="checkbox"/>	JAPANESE TER. ___/100	ASSISTED 1 TRIMESTER <input type="checkbox"/>
CHILDREN PHYSICAL REQUIREMENTS		<input type="checkbox"/> COMPLETED <input type="checkbox"/> NEEDS WORK	
<u>Arms:</u> 25 Regular push ups 10 Hands together/feet apart 30 Hands apart/feet apart	<u>Abdominals:</u> 40 Crunches 70 Sit ups, cross punch 65 Elbow to opposite knee	<u>Legs:</u> 15 Back to back ↓↑ 30 Calf raises & ¼ Squats P on B 03 X Dojo length partner on Back	
TEEN & ADULT PHYSICAL REQUIREMENTS		<input type="checkbox"/> COMPLETED <input type="checkbox"/> NEEDS WORK	
<u>Arms:</u> 30 Knuckle push ups 10 Hands together, feet apart 40 Hands apart/feet apart	<u>Abdominals:</u> 45 Crunches 80 Sit ups, arms across chest 85 Elbow to opposite knee	<u>Legs:</u> 20 Back to back ↓↑ 40 Calf raises & ¼ Squats P on B 04 X Dojo length 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"/> Fake back kick, Rd kick	<input type="checkbox"/> Step in back round kick	<input type="checkbox"/> 2 level round house kick	<input type="checkbox"/> Front axe kick
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"/> San Chin <input type="checkbox"/>			
Sankakatobi Shodan Ichi <input type="checkbox"/>			
Koshiki Nai Han Chin (2 sides) <input type="checkbox"/>			
KUMITE		WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	KUMITE COMMENT
Gohono 1 - 3 <input type="checkbox"/> Renshu 1 - 2 <input type="checkbox"/> Nijushiho Waza <input type="checkbox"/> Randori Go <input type="checkbox"/> Sankakatobi Shodan Ichi <input type="checkbox"/>			
Randori Ni (O) <input type="checkbox"/>			
Randori Ni (D) <input type="checkbox"/>			
THROWING FORMS #1-9 (Nage Waza)		WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	
#1. O Soto Gari <input type="checkbox"/>	#2. Behind front knee <input type="checkbox"/>	#3. Ko Uchi Gari <input type="checkbox"/>	
#4. O Goshi <input type="checkbox"/>	#5. Ippon Seoi Nage <input type="checkbox"/>	#6. Kick - Escape #1 <input type="checkbox"/>	
#7. Kick - Escape #5 <input type="checkbox"/>	#8. Kick - Escape #3, back sweep <input type="checkbox"/>	#9. Kick, Leg scissor take down <input type="checkbox"/>	
Go Kyono Ashi Waza <input type="checkbox"/>			
JIU-JITSU STANDARDS		LESS STRENGTH, MORE LEVERAGE <input type="checkbox"/>	
1. Take the back when in guard <input type="checkbox"/> 2. Elevator sweep: (a) Standard variation <input type="checkbox"/> (b) Head lock var. <input type="checkbox"/>			
3. Double under hook guard pass <input type="checkbox"/> 4. Leg triangle choke: Giant killer <input type="checkbox"/> 5. Cross arm bar: High var. <input type="checkbox"/>			
KOSHIKI & JIU-JITSU FIGHTING		WELL DONE <input type="checkbox"/> NEEDS WORK <input type="checkbox"/>	
JIU-JITSU FIGHTS (3): He has side control <input type="checkbox"/> He has your back <input type="checkbox"/> You are mounted <input type="checkbox"/>			
KOSHIKI FIGHTS (3): Legs only <input type="checkbox"/> Hands only <input type="checkbox"/> 2 vs. 1 <input type="checkbox"/>			

BROWN BELT 1st KYU EVALUATION

STUDENT NAME		LOCATION		CERTIFICATE #: BR1BRC	
TEEN & ADULT PHYSICAL REQUIREMENTS PER PHASE				<input type="checkbox"/> COMPLETED <input type="checkbox"/> NEEDS WORK	
Arms: 30 Knuckle push ups 10 Hands together, feet apart 10 Inverted hand stand push up		Abdominals: 80 Elbow opposite knee 50 Legs up, partner pushes ↓ 100 Sit ups, arms across chest		Legs: 75 Step ups on bench 45 Calf raises & ¼ Squats P on B 04 X Dojo length partner on back	
PHASE #1		PHASE #2		PHASE #3	
DATE		DATE		DATE	
EXAMINER	RANK	EXAMINER	RANK	EXAMINER	RANK
Assisted for 1 trimester <input type="checkbox"/>		Assisted for 1 trimester <input type="checkbox"/>		Assisted for 1 trimester <input type="checkbox"/>	
KATA		KATA		KATA	
Naihanchin <input type="checkbox"/>		Naihanchin Ichi <input type="checkbox"/>		Koshiki Bassai <input type="checkbox"/>	
Nijushiho <input type="checkbox"/>		KUMITE & PARTNER WORK		TANTO JITSU (Knife)	
Heian Ichi <input type="checkbox"/>		Gohonno 1, 2, 3 <input type="checkbox"/>		1. Straight attack, escape #1 <input type="checkbox"/>	
Heian Yon <input type="checkbox"/>		Renshu 1, 2 <input type="checkbox"/>		2. Straight attack, escape #2 <input type="checkbox"/>	
San Chin <input type="checkbox"/>		Nijushiho Waza <input type="checkbox"/>		3. Straight attack, escape #3 <input type="checkbox"/>	
Sankakutobi <input type="checkbox"/>		Randori Go <input type="checkbox"/>		4. Upwards attack <input type="checkbox"/>	
Happiken <input type="checkbox"/> Koshiki Naihanchin <input type="checkbox"/>		Randori Ni <input type="checkbox"/>		5. Overhead attack <input type="checkbox"/>	
KUMITE & PARTNER WORK		Sankakutobi Shodan <input type="checkbox"/>		6. Inward circular slash <input type="checkbox"/>	
Sankakutobi Nidan Ichi <input type="checkbox"/>		Sankakutobi Nidan <input type="checkbox"/>		7. Outward circular slash <input type="checkbox"/>	
Gokyono Te Waza (#1-5) <input type="checkbox"/>		Gokyono Ashi Waza (#1-5) <input type="checkbox"/>		8. Straight then outward slash <input type="checkbox"/>	
NAGE WAZA (Throws)		GOSHIN JITSU (S/D)		9. Straight then inward slash <input type="checkbox"/>	
1. O Soto Gari <input type="checkbox"/>		1. One hand lapel grab (6) <input type="checkbox"/>		2 vs. 1 (Grabbed)	
2. Behind front knee <input type="checkbox"/>		2. Frontal 2 hand choke (4) <input type="checkbox"/>		1. Turn to face the right <input type="checkbox"/>	
3. Ko Uchi Gari <input type="checkbox"/>		3. Rear 1 arm choke (2) <input type="checkbox"/>		2. Turn to face the left <input type="checkbox"/>	
4. O Goshi <input type="checkbox"/>		4. 2 & 1 wrists grabbed (4 each) <input type="checkbox"/>		3. Move opponents to your front <input type="checkbox"/>	
5. Ippon Seoi Nage <input type="checkbox"/>		5. Front/Rear hair pull (2 each) <input type="checkbox"/>		4. Move opponents to your back <input type="checkbox"/>	
6. Kick - Escape #1 <input type="checkbox"/>		6. Front/Rear bear hug (4 each)* <input type="checkbox"/>		5. Back Bear hug, other attacks <input type="checkbox"/>	
7. Kick - Escape #5 <input type="checkbox"/>		*Pin: 2 arms; 1 arm, 2 free; lifted		6. Front bear hug, back attack <input type="checkbox"/>	
8. Kick - Escape #3, back sweep <input type="checkbox"/>		7. Head lock (4) <input type="checkbox"/>		JIU-JITSU	
9. Kick - Leg scissor take down <input type="checkbox"/>		8. Full Nelson (2) <input type="checkbox"/>		Kimura: Rider var. <input type="checkbox"/> Forced var. <input type="checkbox"/>	
JIU-JITSU		JIU-JITSU		Cross arm bar: Triangle variation	
1. Double ankle sweep: Standard		1. Hook sweep: Stands, hook sweep		JIU-JITSU FIGHTS (3)	
2. Double ankle sweep: Kick var.		2. Hook sweep: Stands, side mount		(-) Pos. <input type="checkbox"/> ; (+) Pos. <input type="checkbox"/> ; Bogu/Men <input type="checkbox"/>	
JIU-JITSU FIGHTS (3)		JIU-JITSU FIGHTS (3)		KOSHIKI FIGHTS (3)	
Offensive <input type="checkbox"/> Def. <input type="checkbox"/> Take risks <input type="checkbox"/>		He strikes <input type="checkbox"/> ; Both strike <input type="checkbox"/> ; Flow <input type="checkbox"/>		2 vs. 1 <input type="checkbox"/> ; Defensive <input type="checkbox"/> ; Offensive <input type="checkbox"/>	
KOSHIKI FIGHTS (3)		KOSHIKI FIGHTS (3)		KARATE CHALLENGE - Candle(s)	
No gear <input type="checkbox"/> ; Move <input type="checkbox"/> ; 2 vs. 1 <input type="checkbox"/>		No gear <input type="checkbox"/> ; 2 vs. 1 <input type="checkbox"/> ; Stand/floor <input type="checkbox"/>		Punch: Twist; Front; Chop; Back fist	
KARATE CHALLENGE - 45 Sec.		KARATE CHALLENGE - Moving ball		Kick: Front; Twist; R. House; B. R. House	
Punch: Front; Twist; Lunge; Back fist		Punch: Front; Twist; Lunge; Back fist		Combinations: 2-3 candles	
Kick: Front; Twist; Round; Back R		Kick: Front; Twist; Round; Back R		H/H; H/F; F/H; F/F	
COMMENT		COMMENT		COMMENT	

(Kar, Passport teacher-student evaluation 2016 green to black)