

Junior Grading Checklist
Up to 15 years of Age
8th kyu
White to Yellow belt

In order to grade for your next belt, you must complete the following checklist. It **must** be in your duo tang with Passport, and previous grading sheets on grading day.

- Verbal permission given by sensei to grade
- 30-40 hours of training in a 4 to 8 month period (more training hours required if the time since the last grading exceeds 8 months)
- Attended at least 10 classes in the 4 week period before the exam

Junior Grading Checklist
Up to 15 years of Age
8th - 6th kyu
Yellow to Green belt

In order to grade for your next belt, you must complete the following checklist. It **must** be in your duo tang with Passport, and previous grading sheets on grading day.

Verbal permission given by sensei to grade

- Passport, with all necessary signatures and current picture prepared to hand in on the day of the grading
- Duo tang containing prior grading sheets and a signed copy of the present grading sheet in the front
- 35-40 hours of training in a 4 to 8 month period (more training hours required if the time since the last grading exceeds 8 months)
- Attended at least 10 classes in the 4 week period before the exam

Junior Grading Checklist
Up to 15 years of Age
5th kyu to 3rd kyu
Blue to Brown belt

In order to grade for your next belt, you must complete the following checklist. It **must** be in your duo tang with Passport, and previous grading sheets on grading day.

- Verbal permission given by sensei to grade
- Passport, with all necessary signatures and current picture prepared to hand in on the day of the grading
- Duo tang containing prior grading sheets and a signed copy of the present grading sheet in the front
- 40-50 hours of training in a 5 to 12 month period (more training hours required if the time since the last grading exceeds 12 months)
- Attended at least 10 classes in the 4 week period before the exam
- At least one other event (tournament, summer camp, special seminar) recorded in passport within the 5 months prior to exam

CHECK THE APPROPRIATE BOX FOR YOUR LEVEL

- Attended at least 2 open sessions* before 5th kyu (blue belt) exam (the open session on the day of the grading can count as one of the 2)
- Attended at least 2 open sessions* between 5th kyu (blue belt) and 4th kyu (purple belt) exam (the open session on the day of the grading can count as one of the 2)
- Attended at least 2 open sessions* between 4th kyu (purple belt) and 3rd kyu (brown belt) exam (the open session on the day of the grading can count as one of the 2)

***Seminar attendance may be substituted for some of the expected open sessions.**

Junior Grading Checklist
Up to 15 years of Age
3rd kyu to 1st kyu
Brown belt levels

In order to grade for your next belt, you must complete the following checklist. It **must** be in your duo tang with Passport, and previous grading sheets on grading day.

- Verbal permission given by sensei to grade
- Passport, with all necessary signatures and current picture prepared to hand in on the day of the grading
- Duo tang containing prior grading sheets and a signed copy of the present grading sheet in the front
- 50-70 hours of training in a 6 to 18 month period (more training hours required if the time since the last grading exceeds 18 months)
- Attended at least 14 classes in the 4 week period before the exam
- A grand total of at least 6 other events (tournaments, summer camps, special seminars) recorded in passport prior to exam date

CHECK THE APPROPRIATE BOX FOR YOUR LEVEL

- Attended a grand total of at least 10 open sessions and 4 B+B clinics before 2nd kyu exam (the open session on the day of the grading can count as one of the 10)
- Attended an additional 5 sessions (at least two of which are B+ Bs) prior to 1st kyu exam (the open session on the day of the grading can count as one of the sessions)

Junior Grading Checklist
Up to 15 years of Age
Shodan
Black belt

In order to grade for Sandan, you must complete the following checklist. It **must** be in your duo tang with Passport, and previous grading sheets on grading day. **NOTE: The application package detailed in the checklist must be handed in 6 months prior to grading.**

- Initial Application Package** to be handed in **6 months** prior to exam:
-

Letter of intent, Completed JKA application form, Photocopy of passport, Current photograph (passport size)

- Passport, with all necessary signatures and current picture prepared to hand in on the day of the grading
- Duo tang containing prior grading sheets and a signed copy of the present grading sheet in the front
- At least 125 hours of training **evenly distributed** over a 12 month period (more training hours required if the time since the last grading exceeds eighteen months)
- Attended grand total of at least 8 other events (tournaments, summer camps, special seminars) recorded in passport prior to exam date
- Attended a grand total of at least 15 open sessions and 12 B+B clinics before exam (the open session on the day of the grading can count as one of the 15)
- Assisted in at least 10 dojo classes
- Taught at least 2 classes as the primary instructor
- Attained at C+ average in school for the present grade

Adult Grading Checklist
Shodan

In order to grade for Shodan, you must complete the following checklist. It **must** be in your duo tang with Passport, and previous grading sheets on grading day. **NOTE: The application package detailed in the checklist must be handed in 6 months prior to grading.**

- Initial Application Package** to be handed in **6 months** prior to exam:
-

Letter of intent, Completed JKA application form, Photocopy of passport, Current photograph (passport size)

- Passport, with all necessary signatures and current picture prepared to hand in on the day of the grading
- Duo tang containing prior grading sheets, and a signed copy of the NASKA grading sheet in the front prepared to hand in on the day of the grading
- At least 125 hours of training **evenly distributed** over a 6-12 month period (more training hours required if the time since the last grading exceeds 12 months)
- Attended grand total of at least 8 other events (tournaments, summer camps, special seminars) recorded in passport prior to exam date
- Attended a grand total of at least 15 open sessions and 15 B+B clinics before exam (the open session on the day of the grading can count as one of the 15)
- Assisted in at least 20 dojo classes since last exam
- Taught at least 10 classes as the primary instructor since last exam (request to be scheduled, and give sensei dates and times when you are regularly able to teach)
- Completed 1 Personal Project (see grading criteria for list of possible projects) _____ (project name or description)
- Completed 1 Technical Project (see grading criteria for list of possible projects) _____ (project name or description)

Adult Grading Checklist
Nidan

In order to grade for Nidan, you must complete the following checklist. It **must** be in your duo tang with Passport, and previous grading sheets on grading day. **NOTE: The application package detailed in the checklist must be handed in 6 months prior to grading.**

- Initial Application Package** to be handed in **6 months** prior to exam:
-

Letter of intent, Completed JKA application form, Photocopy of passport, Current photograph (passport size)

- At least 2 years have passed since Shodan exam
- Passport, with all necessary signatures and current picture prepared to hand in on the day of the grading
- Duo tang containing prior grading sheets, and a signed copy of the NASKA grading sheet in the front
- At least 125 hours of training **evenly distributed** over a 6-12 month period (more training hours required if the time since the last grading exceeds 3 years)
- Attended grand total of at least 15 other events (tournaments, summer camps, special seminars) recorded in passport prior to exam date
- Attended a grand total of at least 25 open sessions and 25 B+B clinics before exam (the open session on the day of the grading can count as one of the 25)
- Assisted in at least 25 dojo classes since Shodan exam
- Taught at least 25 classes as the primary instructor since Shodan exam (request to be scheduled, and give sensei dates and times when you are regularly able to teach)
- Completed 1 Personal Project (see grading criteria for list of possible projects) _____ (project name or description)
- Completed 1 Technical Project (see grading criteria for list of possible projects) _____ (project name or description)
- Work on previous goals/projects still ongoing, while new

goals/projects have been set for this exam

Adult Grading Checklist
Sandán

In order to grade for Sandán, you must complete the following checklist. It **must** be in your duo tang with Passport, and previous grading sheets on grading day. **NOTE: The application package detailed in the checklist must be handed in 6 months prior to grading.**

- **Initial Application Package** to be handed in **6 months** prior to exam:

- Letter of intent, Completed JKA application form, Photocopy of passport, Current photograph (passport size)

- At least 3 years have passed since Nidan exam
- Passport, with all necessary signatures and current picture prepared to hand in on the day of the grading
- Duo tang containing prior grading sheets, and a signed copy of the NASKA grading sheet in the front
- At least 200 hours of training **evenly distributed** over a 12 month period (more training hours required if the time since the last grading exceeds 4 years)
- Attended grand total of at least 20 other events (tournaments, summer camps, special seminars) recorded in passport prior to exam date
- Attended a grand total of at least 30 open sessions and 40 B+B clinics before exam (the open session on the day of the grading can count as one of the 30)
- Assisted in at least 25 dojo classes since Nidan exam
- Taught at least 25 classes as the primary instructor since Nidan exam (request to be scheduled, and give sensei dates and times when you are regularly able to teach)
- Completed 1 Personal Project (see grading criteria for list of possible projects) _____ (project name or description)
- Completed 1 Technical Project (see grading criteria for list of possible

projects) _____(project name or description)

- Work on previous goals/projects still ongoing, while new goals/projects have been set for this exam

Adult Grading Checklist
8th kyu
White to Yellow belt

In order to grade for your next belt, you must complete the following checklist. It **must** be in your duo tang with Passport, and previous grading sheets on grading day.

- Verbal permission given by sensei to grade
- 36-50 hours of training in a 4 to 6 month period (more training hours required if the time since the last grading exceeds 6 months)
- Attended at least 10 classes in the 4 week period before the exam

Adult Grading Checklist
8th - 7th kyu
Yellow to Orange belt

In order to grade for your next belt, you must complete the following checklist. It **must** be in your duo tang with Passport, and previous grading sheets on grading day.

Verbal permission given by sensei to grade

- Passport, with all necessary signatures and current picture prepared to hand in on the day of the grading
- Duo tang containing prior grading sheets and a signed copy of the present grading sheet in the front
- 36-50 hours of training in a 4 to 8 month period (more training hours required if the time since the last grading exceeds 8 months)
- Attended at least 10 classes in the 4 week period before the exam

Adult Grading Checklist

6th kyu to 3rd kyu

Green to Brown belt

In order to grade for your next belt, you must complete the following checklist. It **must** be in your duo tang with Passport, and previous grading sheets on grading day.

- Verbal permission given by sensei to grade
- Passport, with all necessary signatures and current picture prepared to hand in on the day of the grading
- Duo tang containing prior grading sheets and a signed copy of the present grading sheet in the front
- 60 hours of training in a 5 to 12 month period (more training hours required if the time since the last grading exceeds 12 months)
- Attended at least 12 classes in the 4 week period before the exam
- At least one other event (tournament, summer camp, special seminar) recorded in passport within the 5 months prior to exam

CHECK THE APPROPRIATE BOX FOR YOUR LEVEL

- Attended at least 4 open sessions* before 6th kyu (green belt) exam (the open session on the day of the grading can count as one of the 4)
- Attended at least 2 open sessions* between 6th kyu (green belt) and 5th kyu (blue belt) exam (the open session on the day of the grading can count as one of the 2)
- Attended at least 2 open sessions* between 5th kyu (blue belt) and 4th kyu (purple belt) exam (the open session on the day of the grading can count as one of the 2)
- Attended at least 2 open sessions* between 4th kyu (purple belt) and 3rd kyu (brown belt) exam (the open session on the day of the grading can count as one of the 2)

***Seminar attendance may be substituted for some of the expected**

open sessions.

Adult Grading Checklist

3rd kyu to 1st kyu

Brown belt levels

In order to grade for your next belt, you must complete the following checklist. It **must** be in your duo tang with Passport, and previous grading sheets on grading day.

- Verbal permission given by sensei to grade
- Passport, with all necessary signatures and current picture prepared to hand in on the day of the grading
- Duo tang containing prior grading sheets and a signed copy of the present grading sheet in the front
- 60-80 hours of training in a 6 to 18 month period (more training hours required if the time since the last grading exceeds 18 months)
- Attended at least 15 classes in the 4 week period before the exam
- A grand total of at least 6 other events (tournaments, summer camps, special seminars) recorded in passport prior to exam date

CHECK THE APPROPRIATE BOX FOR YOUR LEVEL

- Attended a grand total of at least 10 open sessions and 4 B+B clinics before 2nd kyu exam (the open session on the day of the grading can count as one of the 10)
- Attended an additional 5 sessions (at least two of which are B+ Bs) prior to 1st kyu exam (the open session on the day of the grading can count as one of the sessions)

Grading Criteria Details

Personal Project Options	Technical Project Options
Join the Executive	KBC Referee Certification Course
Lead a dojo committee	NCCP Course
Join a NASKA seminar organizing committee	Attend a Master's Clinic in Japan or New York
Become a regularly scheduled instructor at the dojo (above and beyond those classes required for grading)	Write curriculum for a program (self defense, junior specific training, warm up drills, woman specific training, etc.)
Book Report (see details below)	Long or short range planning (one class, one week of classes, one month of classes, a year's worth of classes - obviously details will depend on how long or short your range is)
Personal Thesis (a personal essay discussing the impact of karate on your life). Approximately 2500 words.	Technical Thesis (an essay exploring a set of technical points, a set of fundamentals, a kata, kumite, etc.) Approximately 2500 words.

Personal and Technical Project Details

Both of these projects must be discussed with your sensei in advance. If your sensei approves of your choice, you can proceed with the project. It should be completed before grading day, and you must include a brief summary of your experience in writing as a part of your grading package.

Book Report Description and Expectations

A book report may be completed as a Personal Project option. Here is a list of possible books to choose from, but you may choose any Martial Arts book you are interested in.

Possible Book Choices	
My Way of Life	Angry White Pajamas
Book of Five Rings	Myamoto Mushashi
Art of War	Zen and the Martial Arts
Hagakure	Bushido - Soul of the Samurai
Best Karate Series	

Once you have completed your book, write a 500 word content summary, paraphrasing the information presented in the book. Then, write a 500 word reflection on the contents. This reflection should address your reasons for choosing the book, and the impact the book has had on your life, your training philosophy, and your teaching techniques. The book report must be handed in with the grading package.