



CCIKA Exam Form

PLEASE PRINT CLEARLY

PRESENT RANK
\_\_\_\_\_ KYU

Exam Date: \_\_\_\_\_ Time: \_\_\_\_\_

Dojo Name: \_\_\_\_\_

Name: \_\_\_\_\_ Length of Training: (Yrs.) \_\_\_\_\_ (Mos.) \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ phone # \_\_\_\_\_

Age \_\_\_\_\_ Height (ft) \_\_\_\_\_ (in) \_\_\_\_\_ Gender (circle one) M or F

DO NOT WRITE BELOW THIS LINE

KIHON

- Good hand techniques Meets Requirements Good Kicking Techniques Meets Requirements
Front stance should be longer Front Snap Kick: raise knee higher
Punch: turn shoulders slightly Front Snap Kick: snap heel back
Upper Block: turn hips 45 degrees Front Thrust Kick: straighten ankle
Outside Block: bigger motion Round-house Kick lift knee higher
Inside Block: bigger wind-up Side Snap Kick: toes to side, not up
Down Block: bigger wind-up Side Snap Kick: snap foot back
Back Stance: should be lower Side Thrust Kick: Kick with edge of Foot
Knife-hand Block: bigger wind-up Back Kick: kick with heel, not ball
Needs more practice Back Kick: toes 45 degrees down, not to side
need more kick practice

KATA

- Good Kata Meets Requirements
Recommend next higher Kata
must review present Kata

KUMITE

- Good Kumite Meets Requirements
Good Spirit and Control Not enough spirit and Kime

SUMMARY

- Does meet requirements
Recommend Temporary Rank
Temporary Rank must retest within 30 days

COMMENTS

FEES

- Exam Fee Paid

NEW RANK
\_\_\_\_\_ KYU

Chief Instructor: Sensei James Carter