



## WHITE TO YELLOW BELT

## PROGRESS CARD

STUDENT NAME:

DOJO:

| STRIKES             | Japanese Name        | Ready |
|---------------------|----------------------|-------|
| Stomach level punch | Chudan Tsuki         |       |
| Head Level Punch    | Jodan Tsuki          |       |
| Forward Back Fist   | Ura Uchi             |       |
| Side Back Fist      | Yoko Ura Uchi/Uraken |       |
| Short Punch         | Shita Tsuki          |       |
| Rising Elbow Strike | Hijiate              |       |
| Round Elbow Strike  | Mawashi Empi         |       |

| BLOCKS               | Japanese Name | Ready |
|----------------------|---------------|-------|
| Head Level Block     | Jodan Age Uke |       |
| Inside Hooking Block | Uchi Uke      |       |
| Outside Block        | Soto Uke      |       |
| Downward Block       | Gedan Barai   |       |
| Groin Sweeping block | Gedan Uke     |       |

| STANCES             | Japanese Name   | Ready |
|---------------------|-----------------|-------|
| Ready Stance        | Heiko Datchi    |       |
| Long Forward Stance | Zenkutsu Datchi |       |
| Sumo Stance         | Shiko Datchi    |       |
| Horse Riding Stance | Kiba Datchi     |       |

| KICKS      | Japanese Name | Ready |
|------------|---------------|-------|
| Front Kick | Mae Geri      |       |
| Round Kick | Mawashi Geri  |       |
| Side Kick  | Yoko Geri     |       |
| Back Kick  | Ushiro Geri   |       |

9th Kyu Grading (date): \_\_\_\_\_



Ready for 8th Kyu Grading?

☐

Sensei Sign: \_\_\_\_\_



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9th Kyu Grading (date): \_\_\_\_\_



Ready for 8th Kyu Grading?

☐

Sensei Sign: \_\_\_\_\_

# HOW TO USE THIS CARD

Bring this card with you to class so that your Instructor can track your progress.

Your Instructor will place a tick or initial in the **'Ready'** section of the card as your skills develop.

**NOTE: ONLY AN INSTRUCTOR MAY APPROVE A STUDENTS PROGRESS**



**GKR**KARATE  
KARATE FOR EVERYONE

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