

Grade applied for:	<input type="checkbox"/> 1 st DAN <input type="checkbox"/> 4 th DAN	<input type="checkbox"/> 2 nd DAN <input type="checkbox"/> 5 th DAN	<input type="checkbox"/> 3 rd DAN
Applicant's full name:	Family Name		First Name
Federation:			

TO BE DELIVERED AT CIK'S RECEPTION DESK IN MODENA

The Japanese Federation (ZNKR) established several points of reference for the different dan:

from 1st to 3rd dan

- 1) correct clothing and right sahō
- 2) correct nukitsuke and kiritsuke
- 3) correct chiburi and right angle
- 4) correct nōtō.

for 4th and 5th dan

- 1) tranquillity of spirit
- 2) metsuke
- 3) strength
- 4) ki ken tai no icchi.

1ST DAN what is Sahō

2ND DAN points to be observed in Mae for referees and during ZNKR exams

3RD DAN essential points of kata n. 12, Nukiuchi.

4TH DAN how to explain the importance of hasuji to a beginner

5TH DAN how to attain ki ken tai no icchi

(write the answers in capital letters and sign at the end of the text)
