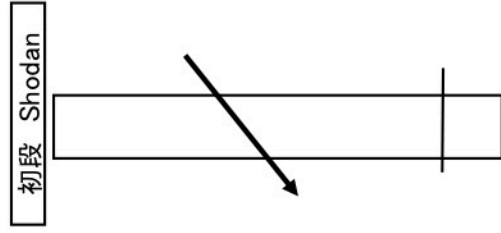
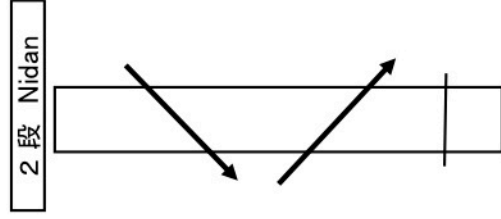


Shizan test for grading

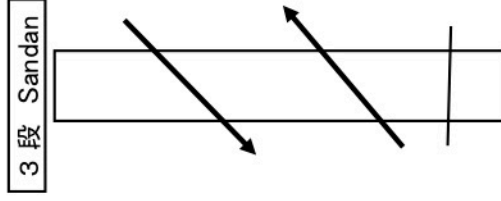
Yokohama Mugaikai



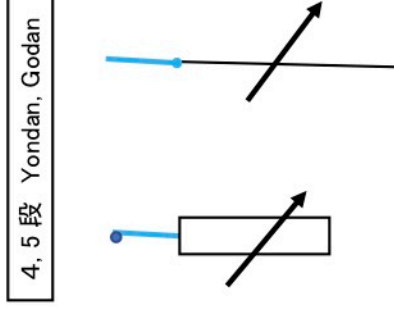
Sho dan
Cutting down
toward left



Ni dan
Cutting down
toward left
+
Cutting down
toward right



San dan
Cutting down
toward left
+
Cutting up
toward right



Yon dan
Cut either hanging paper or cotten
string in two by a both hands stroke

Go dan
Cut either hanging paper or cotten
string in two by a single hand stroke

Note :

- Shizan must be tested in advance prior to Kata test.
- Those over 70 years old man, over 65 years old woman & below 18 years old can be exempted the shizan test.
- Half mat or equivalent target is used to test.
- Cutting angle must be 30~40 degree for cutting down and up.