

NAME: _____

REQUIREMENTS CHECKLIST

Shodan (1st Degree)

☐

Nidan (2nd Degree)

☐

Sandan (3rd Degree)

☐

Yondan (4th Degree)

☐

Godan (5th Degree)

☐

Rokudan (6th Degree)

☐

Shichidan (7th Degree)

☐

Hachidan (8th Degree)

☐

Kudan (9th Degree)

☐

HEALING ARTS

Kiatsu and Shiatsu

☐

Self defense Modules 1, 2 and 3

☐

Self Defense Modules 4 - 6

☐

Self Defense Modules 7 - 9

☐

Self Defense Modules 10 - 12

☐

Self Defense Modules 13 - 15

☐

KATANA

Drawing, Cutting and Sheathing

☐

KATANA KATA

Katana No Tora

☐

Instructor Teaching Hours

Operation of a Dojo or Service on the Advisory Board

White Tiger Event Support/Promotion

Additional Studies on Self Defense

Traditional Weapons and/or Firearms

College Course Credits

Military Service

First Responder

Community Outreach

Career Advancement

Credit for these pursuits toward rank advancement must be documented and reviewed by Grand Master.