



Satori Dojo

Testing Procedures

At Satori dojo, we are constantly looking for the best ways to support our students. This has led us to update and improve our current testing procedures for adults. It is our hope that the guidelines below will lay out a clear path of advancement for every student.

Step 1: Attend classes regularly. Use the Satori Dojo Training Guide and videos to augment your training outside of scheduled class times. Let your instructor know specifically what material you need help with. Fill out the Home Study Checklists as you review and practice each technique.

Step 2: When you feel you are ready, submit a video of you performing each requirement to the testing panel for review. Present yourself in a professional manner (clean gi, framed well, no distractions, etc.). Use the Rank/Progression Chart (below) as your checklist. When you have successfully completed a video review of all of the progressions for your rank, you will be ready for step 3.

Step 3: Once you have completed all of the requirements for testing, including written exam, training summary sheet, etc., we will schedule an in-person test based on, but not limited to, the SWAT sheet for the rank you are testing for. This means that you will know the majority of what will be asked of you ahead of time. The goal is to help **you** be as prepared as possible and set you up for **SUCCESS!**

Black Belt: As a culminating activity, a candidate testing for the rank of Black Belt should complete a *cumulative* curriculum review, submitting the videos to a panel of instructors for approval. While this time consuming task requires determination and persistence, the act of making the videos helps the candidate to develop a critical eye, refined technique, and an enhanced understanding of the curriculum.

Progression	Rank	1 Gr.	2 Gr.	Green	1 Br.	2 Br.	Brown	1 BL	2 BL	Black
Kata & Bunkai		1	2	3	4	5	6	7	8	-
Kumite		1	2	3	4	5	6	7	8	-
Blocks & Punches		1	2	3	4	5	-	-	-	-
Self Defense		1	2	3	-	-	4	-	-	5
Judo		1	-	-	2	3	4	-	-	5
Boxing		1	2	3	-	-	4	-	-	5
Traditional WC		1	2	3	-	4	5	-	-	-
Progressive WC		1	2	3	4	-	-	-	-	5
Aikido		-	-	-	1	2	-	3	4	5
Tambo		-	-	1	2	3	4	-	5	-
Bo		-	-	-	1	2	3	4	5	-
Stamina		1	2	3	-	-	4	-	-	5
Total Per Rank		9	8	9	8	8	9	4	5	6