

|                   |       |                           |                                      |                                                                                                      |  |
|-------------------|-------|---------------------------|--------------------------------------|------------------------------------------------------------------------------------------------------|--|
| <b>KARATÊ -DO</b> |       | <b>FICHA DE AVALIAÇÃO</b> |                                      | <b>ARITA DOJO</b>  |  |
| Nome:             |       |                           | Data da Seletiva<br>____/____/20____ |                                                                                                      |  |
| Idade             | Turma | Graduação Atual           | Carência                             | Tempo de treino                                                                                      |  |

| KIHON                                                         |                                                               |                                                               |                                                               |
|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|
| DACHI (Bases)                                                 |                                                               |                                                               |                                                               |
| <b>Kiba –Dachi</b>                                            | <b>Zenkutso-Dachi</b>                                         | <b>Kokutso-Dachi</b>                                          | <b>Outra:</b> _____                                           |
| <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. |
| Obs:                                                          | Obs:                                                          | Obs:                                                          | Obs:                                                          |
| TSUKI-WAZA (Técnicas de Soco)                                 |                                                               |                                                               |                                                               |
| <b>Oi-Tsuki</b>                                               | <b>Gyaku-Tsuki</b>                                            | <b>Sambon-Tsuki</b>                                           | <b>Kizami-Tsuki</b>                                           |
| <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. |
| Obs:                                                          | Obs:                                                          | Obs:                                                          | Obs:                                                          |
| UKE-WAZA (técnicas de defesa)                                 |                                                               |                                                               |                                                               |
| <b>Ague-Uke (Jodan)</b>                                       | <b>Soto-Uke (Chudan)</b>                                      | <b>Gedan-Barai (Gedan)</b>                                    | <b>Shuto-Uke (Chudan)</b>                                     |
| <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. |
| Obs:                                                          | Obs:                                                          | Obs:                                                          | Obs:                                                          |
| GERI-WAZA (técnicas de Chutes)                                |                                                               |                                                               |                                                               |
| <b>Mae-Geri</b>                                               | <b>Mawashi-Geri</b>                                           | <b>Yoko-Geri Keage</b>                                        | <b>Yoko-Geri Kekomi</b>                                       |
| <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. |
| Obs:                                                          | Obs:                                                          | Obs:                                                          | Obs:                                                          |
| <b>Kizami-Geri</b>                                            | <b>Kizami Mawashi-Geri</b>                                    | <b>Ushiro-Geri</b>                                            | <b>Outro:</b> _____                                           |
| <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. |
| Obs:                                                          | Obs:                                                          | Obs:                                                          | Obs:                                                          |

| KATA                                                          |                                                               |                                                               |                                                               |
|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|
| <b>Taikyoku-Shodan</b>                                        | <b>Heian-Shodan (1°)</b>                                      | <b>Heian-Nidan (2°)</b>                                       | <b>Heian-Sandan (3°)</b>                                      |
| <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. |
| Obs:                                                          | Obs:                                                          | Obs:                                                          | Obs:                                                          |
| <b>Heian- Yondan (4°)</b>                                     | <b>Heian-Godan (5°)</b>                                       | <b>Tekki-Shodan</b>                                           | <b>Outro:</b> _____                                           |
| <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. |
| Obs:                                                          | Obs:                                                          | Obs:                                                          | Obs:                                                          |

| KUMITE                                                        |                                                               |                                                               |                                                               |
|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|
| <b>Gohon-Kumite</b>                                           | <b>Kihon-Ippon</b>                                            | <b>Jyu-Ippon</b>                                              | <b>Jyu-Kumite</b>                                             |
| <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. | <input type="radio"/> Satisf. <input type="radio"/> Insatisf. |
| Obs:                                                          | Obs:                                                          | Obs:                                                          | Obs:                                                          |

|                                                                              |                                |                                   |
|------------------------------------------------------------------------------|--------------------------------|-----------------------------------|
| <b>Avaliador(es):</b><br><br><b>Prof° Rodrigo Arita</b><br><b>4° Dan JKA</b> | <b>Resultado Final</b>         |                                   |
|                                                                              | <input type="radio"/> Aprovado | <input type="radio"/> Re-exame(*) |
| (*) Refazer na próxima seletiva de faixas                                    |                                |                                   |