

**European Karate Organization**

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 **EKO TECHNICAL AND GRADING COMMITTEE**

Full postal address D.O.B. [Date]

KARATE BIOGRAPHY

I started Shin - Kyokushin Karate with [who ???] in [ year ???]

at [ name ???] Dojo. In [ country ???]

During the time I was training under [who ???].

I represented the club in [competitions, roles at club ???]. In [year ???] I started my own club [called ???] which [does ???]. [Students from the club have???]

During the year I [do the following to promote Kyokushin???]

GRADINGS

|  |  |  |  |
| --- | --- | --- | --- |
| **GRADING** | **DATE** | **LOCATION / COUNTRY** | **EXAMINERS** |
| 1º KYU |  |  |  |
| SHODAN |  |  |  |
| NIDAN |  |  |  |
| SANDAN |  |  |  |

ACCOMPISHMENTS

[What have you done and when….

List of competitions, courses, camps, qualifications, achievements etc.]

TEACHING EXPERIENCE AND OTHER ROLES

[What have you done and when….

List of clubs, courses or camps you have taught at, coaching roles etc.]

OTHER INVOLVEMENTS

[What else do you do to promote Kyokushin….

Are you involved at national, international board level? Etc.]

[General note: this CV should contain a full history of your Kyokushin Career, everything highlighted needs to be replaced]