



**SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION  
UNITED STATES OF AMERICA**

**KYU AND DAN EXAMINATION  
REQUIREMENTS  
TRAINING MANUAL  
REVISED 2024**

This book is being published by Shotokan Karate-Do International Federation-USA (SKIF-USA) Technical Committee and the Board of Directors, with the express permission of Soke Hirokazu Kanazawa and Japan Headquarters of SKIF.

Kyu and Dan Examination Requirements Training Manual. Copyright © 2003 by Shotokan Karate-Do International – USA. Manual revised in 2019. All rights reserved. Printed in the United States of America. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews. For information, address SKIF-USA, P.O. Box 571251, Houston, TX 77257 or [skifusa@gmail.com](mailto:skifusa@gmail.com).



I am pleased to see the growth of the Shotokan Karate-Do International Federation in the United States of America. It is with pleasure that I congratulate them on their first publication of the Shotokan Karate Kyu and Dan examinations Requirements Training Manual. I commend them for their efforts and advance the SKIF system in the United States.

This Manual will benefit both instructors and students in evaluating the student's progress by clearly explaining the requirements of the SKIF system in an easy to read format. The explanation of standards for each level will help the student better understand what body dynamics need to be practiced in preparation for each grade.

The Directors of the Board of the SKIF-USA have put together a fine representation of the SKIF system for grading and I would like to offer my recommendation.

---

**HIROKAZU KANAZAW, 10<sup>TH</sup> DAN  
SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION**

## Acknowledgements

We would like to thank first and foremost Hirokazu Kanazawa, Soke, President of Shotokan Karate-Do International Federation (SKIF); Nobuaki Kanazawa, Kancho, and Manabu Murakami, Shuseki Shihan for their dedication to the development of Shotokan Karate-Do and for sharing with us Soke's system, his great knowledge and his spirit.

In addition, we would like to thank the following, without whose assistance this book would not have been possible:

SKIF Headquarters in Japan, including the officers, directors and instructors, for their support and for making it possible for SKIF Instructors to travel worldwide to spread their knowledge and system of Karate-Do.

Joseph Formica and Paul Manuel for their original translation of this information, which led to the inception of this book.

Francis Fong, Shihan, President of SKIF-USA, for the insight to further develop this material into a usable booklet for training purposes.

The Board of Directors of SKIF-USA for reviewing and adopting this booklet for use. Directors at the time of publications are Han Shi Francis Fong, President; Ren Shi Glenna Burleson, General Secretary; Ren Shi James Shea, Treasurer; Ren Shi Mike Cook, Secretary; Kyo Shi Glenn Stoddard, Legal Counsel; Han Shi Hiroyasu Fujishima and Sensei Glenn Burleson, directors.

Ellen McEvoy for her many hours of editing and formatting and for her patience with revisions and additions.

The 2019 Board of Directors and SKIF Hawaii for their assistance in updating the original Manual.

## SAFETY WARNING

The practice of karate techniques, like other physical activities, can be dangerous under certain circumstances and may result in personal injuries to the participants. It is therefore recommended that the karate techniques described in this booklet be performed only in an atmosphere of proper control and understanding. Additionally, it is recommended that the karate techniques described in this book be practiced only under the supervision of a qualified instructor. The SKIF-USA and the individuals who were involved in the production of this booklet accept no liability or legal responsibility of any kind whatsoever for any accidents or personal injuries that may result from the practice of the karate techniques described herein.

## Contents

Acknowledgements.....	4
SAFETY WARNING.....	4
Contents.....	5
Introduction.....	7
Harmony of Hands.....	8
Reason for Grading.....	8
Process of Grading.....	8
Belt Colors.....	9
9 <sup>th</sup> and 8 <sup>th</sup> KYU EXAMINATION REQUIREMENTS.....	10
Standards.....	10
Requirements.....	11
Training.....	12
7 <sup>th</sup> and 6 <sup>th</sup> KYU EXAMINATION REQUIREMENTS.....	14
Standards.....	14
Requirements.....	15
Training.....	16
5 <sup>th</sup> and 4 <sup>th</sup> KYU EXAMINATION REQUIREMENTS.....	19
Standards.....	19
Requirements.....	20
Training.....	21
3 <sup>rd</sup> KYU EXAMINATION REQUIREMENTS.....	23
Standards.....	23
Requirements.....	24
Training.....	25
2 <sup>nd</sup> and 1 <sup>st</sup> KYU EXAMINATION REQUIREMENTS.....	26
Standards.....	26
Requirements.....	27
Training.....	28
SHODAN EXAMINATION REQUIREMENTS.....	30
Standards.....	30
Requirements.....	31
Training.....	32
NIDAN EXAMINATION REQUIREMENTS.....	34
Standards.....	34
Requirements.....	34
Training.....	35

SANDAN EXAMINATION REQUIREMENTS.....	37
Standards.....	37
Requirements.....	37
Training.....	38
YONDAN EXAMINATION REQUIREMENTS.....	40
Standards.....	40
Requirements .....	40
GODAN EXAMINATION REQUIREMENTS.....	41
Standards.....	41
Requirements.....	41
ROKUDAN EXAMINATION REQUIREMENTS.....	42
Standards.....	42
Requirements.....	42
SHICHIDAN EXAMINATION REQUIREMENTS.....	43
Standards.....	43
Requirements.....	43
KUMITE SYLLABUS.....	44
Styles of Kumite.....	44
DOJO ETIQUETTE.....	45
Basic Etiquette.....	45
When Entering the Dojo.....	45
When You Are Late.....	45
When Leaving Early.....	45
Formal Bow In.....	45
Dress Regulations.....	46
Counting in Japanese.....	46
APPENDIX 1.....	47
TRANSFERING OF EQUAL DAN RANKS FROM A RECOGNIZED ORGANIZATION	
APPENDIX 2.....	47
DAN RANKING FOR NON-RECOGNIZED ORGANIZATIONS	
APPENDIX 3.....	47
DAN RANKING FOR NEW DOJO CHIEF INSTRUCTORS	
APPENDIX 4.....	48
REGISTRATION OF DAN RANKS	
APPENDIX 5.....	48
DAN TESTS THAT ARE NOT COMPLETE	

## Introduction

SKIF-USA was established in 1998 under the direct guidance of Soke Hirokazu Kanazawa, 10<sup>th</sup> Dan and President of SKIF and a steering committee appointed by him. Our mission is to promote and develop Karate-Do in America, to teach strength, power, confidence, respect, harmony, and balance through right practice.

It is our hope that this booklet will aid both the instructor and the students in preparing for grading. This booklet is not meant to be used as a single source but rather as a supplement to Kanazawa Soke's books (Karate the Complete Kata; Karate Fighting Techniques) and the instruction of your sensei. Remember, the process of learning through experience is invaluable.

The grading requirements in this booklet are those set forth by Soke and found in back of Kancho's book "Kumite". The original requirements have been updated in 2019 following the ascension of Nobuaki Kanazawa to Kancho and Manabu Murakami to Shuseki Shihan. We have tried to put these into an easy-to-read format and we have added standards for each level.

While we describe here primarily the physical aspects of Karate, during grading the mental aspects are equally important. Students are graded not only on their ability to perform the physical moves, but also on their mental and emotional state, their show of respect and confidence, and their determination to continue and never give up.

Karate is often described as 85 percent mental and only 15 percent physical. Fear and anxiety cause the body to tense and the mind to be unclear. When the mind is calm like still water in a pond, it is said that it reflects any movement. Thus when our minds are calm we can react quickly. Speed plus expansion and contraction create power under the mind's control. The more we can calm the mind and relax the body, the more speed we will have. By increasing the speed and reducing the contraction time we also increase our *kime* (focus).

When students enter the training area they must learn to let go of emotional states and prepare their minds for learning. They must learn to concentrate and not be distracted by others, to train with complete sincerity and never give up, to always show respect for instructors and fellow students, and to always bring with them a strong spirit.

Breathing is also very important as it aids us in both the mental and physical aspects of karate. Students use it to calm and control their minds and emotions while staying alert. They use it to control the amount of tension in their bodies for proper movement and power. They use it to create extra power at the time of focus, as with a *kiai*. At each level, breathing should be assessed and the student should show a deeper understanding.

*Kiai* is formed by two *kanji* characters that mean "spirit and harmony". The *kiai* is a fighting shout that brings together both physical and spiritual energy. A *kiai* is used at all levels and is part of the grading.

## Harmony of Hands

Harmony of hand movement is important at all times. Examples of harmony of hand are listed *below*.

### Returning to *Shizentai* (natural stance)

When recovering to *shizentai* (natural stance) after *kihon*, *kata*, and *kumite*, the higher hand should cross in front of the lower hand. For instance, if you finish with the left leg forward *zenkutsu dachi* and *gyaku zuki*, then your right arm is higher than your left. When you pull back, your right arm should cross in front of your left arm. That is, the right arm should be farther away from your body than your left when they cross. The opposite is also true; when you finish with the right leg forward *zenkutsu dachi* and *gyaku zuki*, then your left are is higher than your right arm. This helps to train both sides of the body as opposed to always crossing only one are in front.

### *Kosa Uke* (crossing block)

Examples are movements 2, 3, 5, and 6 of *Heian Sandan*. The lower arm should cross in front of the upper arm to complete the block.

### *Manji Uke* (vortex block)

Examples are movements 18 and 21 of *Heian Godan*. The lower arm should cross behind the upper arm to complete the block.

## Reason for Grading

Grading should be viewed as a marker along the road you are traveling. It gives you an idea of how far you have come and how far the next step might be. The length of time between these steps will be different for each person depending on the amount of time you can devote to training, regularity of training, prior experience, and innate ability. It is important that you don't let yourself get caught up in "the belt race". Remember that if you are training with the right spirit, then every day you will become better at the art of karate and as an individual.

## Process of Grading

While we have attempted to set forth the exact grading as found in Kancho's book and we recommend highly that all requirements are followed as closely as possible, the following may differ slightly at the discretion of your examiner:

The direction in which you perform movements in *Kihon*

The number of times you are asked to repeat a *Kihon* technique

Reasons for the differences in the above may be as simple as the amount of space available, or the layout of the dojo.

It is always good practice to be prepared for any situation. This means that you should practice all your movements forward and backward, and starting with both the left and right sides. Remember that an examiner may choose to ask you to perform additional techniques or to show your understanding of a technique. Always be prepared.

## Belt Colors

Below you will find an example of *kyu* levels and belt colors. This is only an example: remember that your dojo may follow a slightly different sequence of colors. Belt colors are often influenced by regional traditions. The color used for each ranking is up to the discretion of your instructor.

- 10<sup>th</sup> *Kyu* – White belt
- 9<sup>th</sup> *Kyu* – Yellow belt
- 8<sup>th</sup> and 7<sup>th</sup> *Kyu* – Orange belt
- 6<sup>th</sup> *Kyu* – Green belt
- 5<sup>th</sup> and 4<sup>th</sup> *Kyu* – Purple belt
- 3<sup>rd</sup>, 2<sup>nd</sup> and 1<sup>st</sup> *Kyu* – Brown belt

## 9<sup>th</sup> and 8<sup>th</sup> KYU EXAMINATION

### ***Standards***

#### **9<sup>th</sup> Kyu**

***Kihon*** requires the ability to perform and apply the most basic techniques. You should demonstrate good form in a strong, low front stance, with your head up, your body straight, and your shoulders down. Movements forward and back should be done with the correct in-and-out footwork. *Oi-zuki* (lunge punch) should be performed with power, speed, and intent. Spirit, concentration and etiquette are also considered.

***Kata*** requires concentration and correct movement.

***Kumite*** requires commitment and timing.

#### **8<sup>th</sup> Kyu**

***Kihon*** requires, in addition to the 9<sup>th</sup> *kyu* requirements, special attention to hip rotation on blocking actions, strong *Hikite* (drawing arm), timing, and *Kime* (focus).

***Kata*** should be smoother and more fluid than the 9<sup>th</sup> *kyu*.

***Kumite*** should show improved body connection, speed, concentration, and focus, as well as correct target.

## ***Requirements***

### **KYU NO KIHON**

**ZENKUTSU DACHI GEDAN BARAI  
CHUDAN JUN ZUKI (OI ZUKI)  
CHUDAN GYAKU ZUKI  
JODAN AGE UKE  
CHUDAN SOTO UDE UKE**

**ZENKUTSU DACHI GAMAE  
MAE GERI**

**KIBA DACHI GAMAE  
YOKO KEAGE**

**All basic movements are done to the count of examiner.**

### **KYU NO KATA**

**HEIAN SHODAN  
[OPTION FOR 9<sup>TH</sup> KYU: TAIKYOKU SHODAN]**

### **KYU NO KUMITE**

**GOHON KUMITE  
JODAN  
CHUDAN**

**To the count of examiner.**

## Training

### **Kihon** (basics)

Step forward into left *zenkutsu dachi* (front stance) with a strong *gedan barai* (downward block) and execute the following sequence with a *kiai* (shout) on the final technique of each set.

5 *chudan oi zuki* (middle level punch), then a back leg *mawate* (turn)

5 *chudan gyaku zuki* (middle level reverse punch)

5 *jodan age uke* (rising block), going backward

5 *chudan soto uke* (middle outside block), going forward, then a back leg *mawate*;

5 *mae geri* (front kick from front stance, arms out to the sides); turn and repeat

Shift the rear foot, turn into *kiba dachi* (straddle-leg stance), and execute the following sequence with a *kiai* on the final technique of each side.

6 *yoko keage geri* (side snap kick), 3 in each direction

### **Kata** (form)

*Shitei* (compulsory)  
*Heian Shodan*  
 Optional for 9<sup>th</sup> *kyu*, *Taikyoku Shodan*

### **Kumite** (sparring)

*Gohon kumite* (5 step sparring to the count)

#### **Set 1**

Facing partner, *rei* (bow)

Attacker steps back with the right leg into *zenkutsu dachi hidari gedan barai*, with *kiai*.

Attacker announces target (*jodan*); defender says *oss* when ready.

From *hidari gedan barai* (left downward block), the attacker steps forward five times, each time with *jodan oi-zuki* (head punch) with *kiai* on final attack.

From *hachiji dachi* (natural stance), the defender steps backward with right leg first five times in *zenkutsu dachi*, each time with *jodan age uke* (high rising block), adding a *chudan gyaku zuki* (middle reverse punch) with a *kiai* after the final block.

Attacker pulls back to *hachiji dachi* (natural stance) and defender pulls forward into *hachiji dachi*. Defender then becomes the attacker. Repeat sequence.

**Set 2**

Attacker steps back with the right leg into *zenkutsu dachi hidari gedan barai*, with *kiai*.

Attacker announces target (*chudan*); defender says *oss* when ready.

From *hidari gedan barai* (left downward block), the attacker steps forward five times, each time with *chudan oi zuki* (middle level punch) with *kiai* on the final attack.

From *hachiji dachi* (natural stance) the defender steps backward with right leg first five times in a *zenkutsu dachi*, each time with *chudan soto uke* (middle outside block), adding a *chudan gyaku zuki* (middle reverse punch) with *kiai* after the final block.

Attacker pulls back to *hachiji dachi* (natural stance) and defender pulls forward into *hachiji dachi*. Defender then becomes the attacker. Repeat sequence.

## 7th and 6th KYU EXAMINATION REQUIREMENTS

### *Standards*

#### 7th Kyu

**Kihon** At this level the student is introduced to combinations of **blocks and counters** as well as two new kicks, roundhouse and side thrust. Student should be able to demonstrate an understanding of timing and focus on combinations; strong front stance with connection to the ground; good hip rotation; coils and recoils on kicks; and an ability to move in back stance and kiba dachi.

**Kata** Student should show an understanding of how to create power for multiple techniques while remaining in the same position. Also, better understanding for back stance and knife hand block.

**Kumite** should be performed with strong forceful attacks with attention paid to target. Applications for defense should be strong and smooth with definite hip rotation, low stance, and commitment. Both 5 step and 3 step kumite are building blocks for strong body connection and mental readiness.

#### 6th Kyu

**Kihon** In addition to the above, techniques should be more fluid, with better timing. Kicks should have more coil and recoil. Student should show improved stamina throughout the exam. The examiner will be assessing breathing, target and ability to control mental state.

**Kata** Student should demonstrate rooting of oneself to the ground by dropping the body weight and tightening the abs, also moving in kiba dachi.

**Kumite** This is the same as for 7th kyu but is now performed from both left and right sides. Student should demonstrate a better understanding and improvement in body connection and mental readiness.

## **Requirements**

### **KYU NO KIHON**

**ZENKUTSU DACHI GEDAN BARAI**  
**JODAN JUN ZUKI (OI ZUKI)**  
**CHUDAN GYAKU ZUKI**  
**JODAN AGE UKE – GYAKU ZUKI**  
**CHUDAN SOTO UDE UKE – GYAKU ZUKI**  
**CHUDAN UCHI UDE UKE – GYAKU ZUKI**  
**KOKUTSU DACHI GAMAE**  
**CHUDAN SHUTO UKE**  
**ZENKUTSU DACHI GAMAE**  
**MAE GERI**  
**MAWASHI GERI**  
**KIBA DACHI GAMAE**  
**YOKO KEAGE**  
**YOKO KEKOMI**

### **KYU NO KATA**

**HEIAN SHODAN**  
**HEIAN NIDAN – 7<sup>TH</sup> Kyu**  
**HEIAN SANDAN – 6<sup>TH</sup> Kyu**

### **KYU NO KUMITE**

**7<sup>TH</sup> KYU – SANBON KUMITE NO. 1 AND NO. 2**  
**(LEFT SIDE ONLY)**  
**6<sup>TH</sup> KYU – SANBON KUMITE NO. 1 AND NO. 2**  
**(LEFT AND RIGHT SIDES)**

## Training

### **KIHON** (basics)

Step forward into left *zenkutsu dachi* (front stance) with *gedan barai* (downward block) and execute the following sequence with a *kiiai* on the final technique of each set.

5 *jodan oi zuki* (high lunge punch), then a back leg *mawate* (turn)

5 *chudan gyaku zuki* (middle reverse punch)

5 *jodan age uke* (high rising block) and *chudan gyaku zuki* (middle reverse punch), going backward

5 *chudan soto uke* (middle outside block) and *chudan gyaku zuki*, going forward – then a back leg *mawate* (turn)

5 *chudan uchi uke* (middle inside block) and *chudan gyaku zuki*, going forward

Moving backward in *kokutsu dachi* (back stance), execute *chudan shuto uke* (middle knife – hand block) with a *kiiai* on the final technique.

5 *chudan shuto uke* – backward

*Zenkutsu dachi* (front stance with arms out to your sides as if holding a bucket in each hand) and execute the following sequence with a *kiiai* on the final technique.

5 *mae geri* (front kick) – turn

5 *mawashi geri* – (roundhouse kick)

Shift the rear foot and turn into *kiba dachi* (straddle – leg stance), then execute the following sequence with a *kiiai* on the final technique of each side.

6 *yoko keage geri* (side snap kick), 3 in each direction

6 *yoko kekomi geri* (side thrust kick), 3 in each direction

### **KATA**

#### *Shitei* (compulsory)

Heian Shodan

*Heian Nidan* (for 7<sup>th</sup> kyu candidates)

*Heian Sandan* (for 6<sup>th</sup> kyu candidates)

**KUMITE** (sparring)

*Sanbon kumite* (3 – step sparring)

**Number 1:**

Facing partner, *rei* (bow).

Attacker steps back with the right leg into *zenkutsu dachi hidari gedan barai*, with *kiai*.

Attacker announces target (*jodan – chudan – mae geri chudan*); defender says *oss* when ready.

From *hidari gedan barai* (left down ward block), the attacker steps forward three times with following sequence of attacks.

*Jodan oi zuki* (high lunge punch)

*Chudan oi zuki* (middle lunge punch)

*Chudan mae geri* (middle front kick) with *kiai*

From *hachiji dachi* (natural stance), the defender steps backwards, starting with the right leg, three times in *zenkutsu dachi* with the following sequence.

*Jodan age uke* (high rising block)

*Chudan soto ude uke* (middle outside block)

*Gedan barai* (low sweeping block) and counter attack with *chudan gyaku zuki* (middle reverse punch) with *kiai*

Attacker pulls back to *hachiji dachi* (natural stance) and defender pulls forward into *hachiji dachi*. Defender then becomes the attacker. Repeat sequence.

**Number 2:**

Attacker steps back with the right leg into *zenkutsu dachi hidari gedan barai*, with *kiai*.

Attacker announces target (*jodan – chudan – mae geri chudan*); defender says *oss* when ready.

From *hidari gedan barai* (left downward block), the attacker steps forward three times with the following sequence of attacks.

*Jodan oi zuki* (high lunge punch)

*Chudan oi zuki* (middle lunge punch)

*Chudan mae geri* (middle front kick) and *kiai*

From *hachiji dachi* (natural stance), the defender steps backward, starting with the right leg, three time in *zenkutsu dachi* with the following sequence.

*Jodan age uke* (high rising block)

*Chudan uchi uke* (middle inside block)

*Gedan gyaku barai* (low reverse sweeping block), then *jodan kizami zuki* (high lead – hand) and *chudan gyaku zuki* (middle reverse punch) with *kiai*

Attacker pulls back to *hachiji dachi* (natural stance) and defender pulls forward into *hachiji dachi*. Defender then becomes the attacker. Repeat sequence. *Rei*.

7<sup>th</sup> Kyu left side only.

6<sup>th</sup> Kyu left and right sides.

## 5<sup>TH</sup> and 4<sup>TH</sup> KYU EXAMINATION REQUIREMENTS

### **Standards**

#### **5<sup>th</sup> Kyu**

**Kihon** Combinations are increased to three techniques, which require an understanding of timing or rhythm as well as the ability to change stance and use hip rotation within the combination. Demonstrate improvement in speed, power, focus and breathing. *Ren geri* (double kicks) are introduced.

**Kata (Heian Yondan)** The opening moves should demonstrate how to build *kime* (focus). Contrast between slow and fast moves and timing of multiple technique combinations should also be shown.

**Kumite (Kihon Ippon – one step basic kumite)** uses *tai sabaki* (moving or changing direction to escape or avoid and attack) and *maai* (correct distance) in conjunction with *uke* (blocking) and counter attack. *Zanshin* (calm but alert mind), timing and focus as well as breathing are assessed.

#### **4th Kyu**

**Kihon** Same as 5<sup>th</sup> kyu but should demonstrate increased stamina, improved form and understanding with clarity of each technique. *Kokutsu dachi* and *kiba dachi* should be much improved and kicking techniques stronger.

**Kata (Heian Godan)** Should demonstrate understanding of difference between light/quick techniques and strong/powerful techniques.

**Kumite** Same as 5<sup>th</sup> kyu with the addition of *yoko kekomi* (side thrust kick) and *mawashi geri* (roundhouse kick). Actions should be smoother with better timing, distance, focus, and on target.

## **Requirements**

### **KYU NO KIHON**

#### **ZENKUTSU DACHI GEDAN BARAI**

**SANBON ZUKI (JUN ZUKI): JODAN – CHUDAN – CHUDAN**

**SANBON ZUKI (GYAKU ZUKI) CHUDAN– JODAN– CHUDAN**

**JODAN AGE UKE – GYAKU ZUKI**

**CHUDAN SOTO UDE UKE (ZENKUTSU DACHI) – EMPI UCHI – URAKEN UCHI (KIBA DACHI)**

**CHUDAN UCHI UDE UKE – JODAN KIZAMI ZUKI – CHUDAN GYAKU ZUKI**

**CHUDAN SHUTO UKE (KOKUTSU DACHI) AND NUKITE (ZENKUTSU DACHI)**

#### **ZENKUTSU DACHI GAMAE**

**MAE GERI (REN GERI) CHUDAN – JODAN**

**MAWASHI GERI (CHUDAN)**

#### **KIBA DACHI GAMAE**

**YOKO KEAGE GERI**

**YOKO KEKOMI GERI**

### **KYU NO KATA**

**5<sup>TH</sup> KYU – HEIAN YONDAN**

**4<sup>TH</sup> KYU – HEIAN GODAN**

### **KYU NO KUMITE**

#### **KIHON NO KUMITE**

**5<sup>TH</sup> KYU – KIHON IPPON KUMITE:**

**2 JODAN – 2 CHUDAN – 2 MAE GERI**

**Right side only**

**4<sup>TH</sup> KYU – KIHON IPPON KUMITE:**

**2 JODAN – 2 CHUDAN – 2 MAE GERI**

**– 1 YOKO KEAGE GERI – 1 MAWASHI GERI**

**Right side only**

## Training

### KIHON

Step forward into left *zenkutsu dachi* (front stance) with *gedan barai* (downward block) and execute the following sequence with a *kiai* on the final technique of each set.

- 5 *sanbon zuki* (triple punch); high, reverse middle, middle), then a back leg *mawate* (turn)
- 5 *gyaku zuki sanbon* (reverse triple punch; reverse middle, high, reverse middle)
- 5 *jodan age uke* (rising block) and *chudan gyaku zuki* (middle reverse punch), going backward
- 5 *chudan soto uke* (middle outside block), *chudan yoko enpi uchi* (middle side elbow strike) and *jodan uraken uchi* (high back-fist strike), with the second and third technique of each set in *kiba dachi* (straddle stance) then a back leg *mawate* (turn)
- 5 *chudan uchi uke* (middle inside block), *jodan kizami zuki* (high lead-hand punch) and *chudan gyaku zuki*, going forward

Stepping backward in *kokutsu dachi* (back stance) and execute the following sequence with a *kiai* on the final technique.

- 5 *chudan shuto uke* and (shifting the front foot into *zenkutsu dachi*) *chudan gyaku nukite* (middle reverse spear-hand)

Stepping forward in *zenkutsu dachi* (front stance with arms out to the sides) and execute the following sequence with a *kiai* on the final technique of each set.

- 3 *ren mae geri* (alternating front kicks; middle, high), then a back leg *mawate*
- 5 *mawashi* (roundhouse kicks; middle, high)

Shifting the rear foot and turning into *kiba dachi* (straddle-leg stance), then execute the following sequence with a *kiai* on the final technique of each side.

- 6 *yoko keage geri* (side snap kick), 3 in each direction
- 6 *yoko kekomi geri* (side thrust kick), 3 in each direction

### KATA (form)

- Shitei* (compulsory)
- Heian Yondan* (for 5<sup>th</sup> kyu candidates)
- Heian Godan* (for 4<sup>th</sup> kyu candidates)

**KUMITE** (sparring) for 5<sup>th</sup> and 4<sup>th</sup> *kyu*

**Kihon ippon kumite** (basic 1-step sparring)

Facing partner, *rei* (bow)

**Attacker** steps back with the right leg into *zenkutsu dachi hidari gedan barai* (front stance left downward block) *kiai*, (target must be announced and acknowledged prior to attack). Then steps forward delivering the punch or kick with a strong *kiai*.

**Defender** may choose from any of the defenses listed for each attack. For more detailed information on these defenses, please refer to Kanazawa Kancho's *Karate Fighting Techniques: The Complete Kumite* book. All defenses start from *hachiji dachi* (natural stance).

Attacks for 5<sup>th</sup> and 4<sup>th</sup> *kyu*:

**2 jodan** (high-level step-in punch)

**2 chudan** (mid-level step-in punch)

**2 mae geri** (front kick)

Add for 4<sup>th</sup> *kyu* only:

**1 yoko kekomi** (side-thrust kick)

**1 mawashi geri** (roundhouse kick)

**PLEASE REFER TO "KARATE FIGHTING TECHNIQUES: THE COMPLETE KUMITE"  
BOOK BY HIROKAZU KANAZAWA**

## 3<sup>RD</sup> KYU EXAMINATION REQUIREMENTS

### Standards

**Kihon** This grading goes back to single basic techniques. These techniques must be performed with correct form, body connection, stance pressures, speed, power, timing, and *kime*. Students should be able to demonstrate mature development and understanding of single basic actions. Also *ushiro geri* is introduced.

**Kata (Tekki Shodan)** This is the first of three *Tekki Kata* that move laterally side to side as if you had your back to a wall. It is necessary to demonstrate a strong, low *kiba dachi* stance with good hip vibration and body connection.

**Kumite (Kihon Ippon – one step basic kumite)** At this level the attacks and defenses are the same as 4<sup>th</sup> *kyu*, but they must be executed on both the left and right sides.

## ***Requirements***

### **KYU NO KIHON**

**ZENKUTSU DACHI GEDAN BARAI**

**CHUDAN JUN ZUKI**

**CHUDAN GYAKU ZUKI**

**JODAN AGE UKE**

**CHUDAN SOTO UDE UKE**

**CHUDAN UCHI UDE UKE**

**KOKUTSU DACHI GAMAE**

**CHUDAN SHUTO UKE**

**ZENKUTSU DACHI GAMAE**

**MAE GERI**

**MAWASHI GERI**

**KIBA DACHI GAMAE**

**YOKO KEAGE**

**YOKO KEKOMI**

**ZENKUTSU DACHI GAMAE**

**USHIRO GERI**

### **KYU NO KATA**

**ONE OF THE HEIAN KATA AS CHOSEN BY EXAMINER**

**TEKKI SHODAN**

### **KYU NO KUMITE**

**KIHON IPPON KUMITE**

**2 JODAN – 2 CHUDAN – 2 MAE GERI – 1 YOKO**

**KEKOMI – 1 MAWASHI GERI**

**LEFT AND RIGHT SIDES.**

## Training

### **Kihon** (basics)

Step forward into left *zenkutsu dachi* (front stance) with *gedan barai* (downward block) and execute the following sequence with a *kiiai* on the final technique of each set.

- 5 *chudan oi zuki* (middle front punch), then a back leg *mawate* (turn)
- 5 *chudan gyaku zuki* (middle reverse punch)
- 5 *jodan age uke* (rising block), going backward
- 5 *chudan soto uke* (outside block) going forward, then a back leg *mawate* (turn)
- 5 *chudan uchi uke* (inside block), going forward
- 5 *chudan shuto uke* (knife hand block), going backward

Step forward into left *zenkutsu dachi* with *gedan barai* and execute the following sequence with the *kiiai* on the final technique of each set.

- 5 *mae geri* (front kick), then a back leg *mawate*
- 5 *mawashi geri* (roundhouse kick)

Shift the rear foot and turn into *zenkutsu dachi* with *gedan barai* then execute the following sequence with a *kiiai* on the final technique.

- 5 *ushiro geri* (back thrust kick)

Shift the rear foot and turn into *kiba dachi* (straddle stance), then execute the following sequence with a *kiiai* on the final technique on each side.

- 6 *yoko keage geri* (side snap kick), 3 in each direction
- 6 *yoko kekomi geri* (side thrust kick), 3 in each direction

### **Kata** (forms)

*Shitei* (compulsory)

*One of the Heian Kata as chosen by examiner*  
*Tekki Shodan*

### **Kumite** (sparring)

*Kihon Ippon Kumite*

- Jodan (head level)
- Chudan (middle level)
- Mae geri (front kick)
- Yoko Kekomi geri (side thrust kick)
- Mawashi geri (roundhouse kick)

## 2<sup>nd</sup> and 1<sup>st</sup> KYU EXAMINATION REQUIREMENTS

### **Standards**

#### **2<sup>nd</sup> Kyu**

***Kihon*** In addition to standards set for 3<sup>rd</sup> *Kyu*, this grade requires that you are able to demonstrate correct body dynamic with speed, power, and *kime* in combinations that incorporate the use of kicking and punching. Balance, breathing, and stamina will also be assessed.

***Kata*** (*Tekki Shodan* and intermediate *kata* of your choice)

***Kumite*** (*Jiyu Ippon*: semi-free sparring) In this *kumite* one should be able to put together the teachings of the previous *kumite* and demonstrate their use in a practical way

#### **1st Kyu**

***Kihon, Kata, and Kumite*** By now you should be able to demonstrate a full understanding of body dynamics used in the fundamental movements and be able to execute each technique with proper application.

## Requirements

### **KYU NO KIHON**

**ZENKUTSU DACHI GEDAN BARAI**  
**MAE GERI – JUN ZUKI**  
**MAWASHI GERI – GYAKU ZUKI**  
**GYAKU ZUKI – MAE GERI – JUN ZUKI – GEDAN BARAI**

**ZENKUTSU DACHI GAMAE**  
**MAE GERI — MAWASHI GERI**  
**KIZAMI YOKO KEKOMI— USHIRO GERI**

**KIBA DACHI GAMAE**  
**YOKO KEAGE GERI —YOKO KEKOMI BERI**

**KIME WAZA – GYAKU ZUKI (Optional)**

### **KYU NO KATA**

**SHITEI: TEKKI SHODAN**  
**SENTEI: BASSAI DAI, KANKU DAI, JION, EMPI**

### **KYU NO KUMITE**

**JIYU IPPON KUMITE**  
**2 JODAN – 2 CHUDAN – 2 MAE GERI – 1 YOKO KEKOMI**  
**– 1 MAWASHI GERI**

**2<sup>ND</sup> KYU – LEFT SIDE ONLY**  
**1<sup>ST</sup> KYU – LEFT AND RIGHT SIDES**

## Training

### **Kihon** (basics)

Combinations – step forward into left *zenkutsu dachi* (front stance) with *gedan barai* (downward block) and execute the following sequence with a *kiai* on the final technique of each set.

- 5 *mae geri* (front kick) and *chudan jun zuki* (middle lunge punch), then a back leg *mawate gedan barai* (turn)
- 5 *mawashi geri* (roundhouse kick) and *chudan gyaku zuki* (middle reverse punch), then a back leg *mawate gedan barai*.
- 6 *chudan gyaku zuki* (middle reverse punch), *mae geri* (front kick), *chudan oi zuki* (middle lunge punch), and *gedan barai* (low sweeping block), then a back leg *mawate*, 3 going in each direction.

Turn to face the front, *zenkutsu dachi* (front stance) with *morote gedan barai* (double low sweeping block) and execute the following combination moving forward with a *kiai* on the final technique of each set.

- 6 *mae geri* — *mawashi geri* (ren geri, alternating kicks), 3 going in each direction.
- 6 *kizami yoko kekomi*—*ushiro geri*, 3 going in each direction.

Turn to face the front in *kiba dachi* (straddle-leg stance) with *morote gedan barai* (double low sweeping block) and execute the following combination moving forward with a *kiai* on the final technique of each set.

- 6 *yoko keage geri* (side snap kick), and *yoko kekomi geri* ( side thrust kick) combination using the same leg, 3 going in each direction.

Face the examiner in *kiba dachi* (straddle-leg stance), interlace your fingers with palms facing down and execute the following until halted by examiner.

*Nami ashi* (returning wave kick from Tekki Shodan)

*Kime Waza* (focus technique): Stepping out into *zenkutsu dachi* stance, execute *gyaku zuki* (reverse punch), against target (examiner's pencil). Target is stationary for 2<sup>nd</sup> *kyu* and moves up, down and side-to-side for 1<sup>st</sup> *kyu*. Sharply focus each punch within 1" of the target, then quickly draw and punch again. Show hip rotation, initiation, and power.

### **Kata** (forms)

*Shitei* (compulsory)  
*Tekki Shodan*

*Sentei* (free; candidate chooses one of the following)  
*Bassai-Dai, Kanku-Dai, Jion, Empi*

## **KUMITE** (sparring) for 2<sup>nd</sup> *kyu* – *Shodan*

**Jiyu ippon kumite** (free style 1 step sparring), moves into a more practical usage of the techniques learned in the previous *kumite* exercises. As in any free style, the target will be moving and therefore *maai* (distance) will be constantly changing.

Facing partner, *rei* (bow)

**Attacker** takes the position of *jiyu gamae* (free style fighting position), announces the target level (*jodan* or *chudan*) and attack (*oi-zuki*, *mae geri*, etc.) then, when the timing and distance are correct, attacks. Attacker holds position and does not recover until the defender finishes and both attacker and defender recover simultaneously.

**Defender** takes the position of *jiyu gamae* (free style fighting position) and may choose from any of the defenses listed for each attack. The correct use of *sabaki* (step aside) and counter attack with *kime* (focus) with or without blocking is important. Correct timing of *sabaki* (step aside) is essential to avoid being followed with the attack. After the counter attack the defender will move away from or close to the attacker to set *maai* (distance). Both sides recover at the same time.

Many of the defenses in the set of *kumite* drills utilizes *hikite gamae*, the use of strong drawing arm pulled to the side and the other arm extended in *tate shuto*.

The following descriptions are from *hidari jiyu gamae* (left free style fighting stance). It is important to learn and practice from both left and right sides.

When you are first learning *jiyu ippon kumite*, your instructor may have you start from a stationary position to practice good form and strong technique. As you become more familiar with the techniques and timing, you should move as in free fighting and change your timing to try and catch your opponent off guard. Attacks may be initiated from various directions and with either leg forward.

The defender must keep a calm mind and not react to feints, so that he/she can wait until the last moment to execute *sabaki* and thus not to be followed by the attacker. Attacks should be executed thoroughly with good fighting spirit.

## **Kumite for 2<sup>nd</sup> and 1<sup>st</sup> Kyu**

Attacks:

- 2 Jodan** (high-level step-in punch)
- 2 Chudan** (mid-level step-in punch)
- 2 Mae Geri** (mid-level front kick)
- 1 Yoko Kekomi** (side-thrust kick)
- 1 Mawashi Geri** (roundhouse kick)

*Defenses:* Please refer to Soke Hirokazu Kanazawa's *Fighting Techniques* book.

## SHODAN EXAMINATION REQUIREMENTS (1<sup>st</sup> DEGREE BLACK BELT)

### ***Standards***

This is the level at which the karate practitioner has mastered the basic techniques, the basic *kata*, and basic and advanced prearranged *kumite* (sparring) with correct form, speed, focus, timing, and control.



## **Requirements**

### **DAN NO KIHON**

**ZENKUTSU DACHI GEDAN BARAI**

**SANBON ZUKI: JUN ZUKI (JODAN-CHUDAN-CHUDAN)**

**GYAKU ZUKI: SANBON ZUKI (CHUDAN-JODAN-CHUDAN)**

**AGE UKE-GEDAN BARAI-GYAKU ZUKI**

**CHUDAN SOTO UDE UKE (ZENKUTSU DACHI)-ENPI-**

**URAKEN UCHI (KIBA DACHI)-CHUDAN GYAKU**

**ZUKI (ZENKUTSU DACHI)**

**CHUDAN UCHI UDE UKE-KIZAMI ZUKI-MAE GERI-**

**CHUDAN GYAKU ZUKI**

**KOKUTSU-DACHI**

**SHUTO UKE-KIZAMI MAE GERI-NUKITE**

**ZENKUTSU DACHI GEDAN BARAI (COMBINATIONS)**

**MAE GERI-MAWASHI GERI-GYAKU ZUKI-GEDAN BARAI**

**MAE GERI-YOKO KEKOMI-GYAKU ZUKI-GEDAN BARAI**

**KIBA DACHI GAMAE**

**YOKO KEAGE-YOKO KEKOMI**

***KIBA DACHI (May be required)***

***NAMI ASHI***

**KIME WAZA – GYAKU ZUKI**

### **DAN NO KATA**

**1 SHITEI: HEIAN 1 to TEKKI SHODAN (examiner's choice)**

**1 SENTEI: BASSAI DAI, KANKU DAI, JION, ENPI, JITTE**

**(compulsory: Candidate's choice)**

### **DAN NO KUMITE**

**JIYU IPPON KUMITE**

**JODAN JUN ZUKI**

**CHUDAN JUN ZUKI**

**MAE GERI**

**YOKO GERI**

**MAWASHI GERI**

**USHIRO GERI**

**JODAN KIZAMI ZUKI**

**CHUDAN GYAKU ZUKI**

***FOLLOWED BY EXAMINER CHOICE OF JIYU IPPON KUMITE  
ATTACK AND DEFENSE.***

For all black belt gradings, the examinee must present all records of previous gradings up to and including the examinee's present level, the dates on which those gradings were taken, and with whom (i.e. passports). Failure to do so may result in the examinee being rejected for testing. An examinee must have trained a minimum of 6 months since his/her 1st kyu test.

## Training

### *Kihon* (basics)

Step forward into left *zenkutsu dachi* (front stance) with *gedan barai* (downward block) and execute the following sequence with a *kiai* on the final technique of each set:

- 5 *sanbon zuki* (triple punch; high, reverse middle, middle), then a back leg *mawate* (turn).
- 5 *sanbon gyaku zuki* (reverse triple punch: reverse middle, high, reverse middle)
- 5 *jodan age uke* (rising block), same arm *gedan barai* (downward block), and *chudan gyaku zuki* (middle reverse punch), going backward.
- 5 *chudan soto uke* (middle outside block), *chudan yoko empi uchi* (middle side elbow strike), *jodan uraken uchi* (high back-fist strike), and *chudan gyaku zuki* (middle reverse punch), with the second and third technique of each set in *kiba dachi* (straddle stance) and last technique in *zenkutsu dachi* (front stance); *mawate*.
- 5 *chudan uchi ude uke* (middle inside block), *jodan kizami zuki* (high lead-hand punch), *chudan mae geri* (middle front kick), step back and *chudan gyaku zuki*, going forward.

Step backward in *kokutsu dachi* (back stance) and execute the following sequence with a *kiai* on the final technique:

- 5 *chudan shuto uke*, *kizami mae geri* (lead-leg front kick), and (stepping down into *zenkutsu dachi*) *chudan nukite* (middle reverse spear-hand), going backward

*Zenkutsu dachi* with *gedan barai* and execute the following sequence with a *kiai* on the final technique of each set:

- 6 *mae geri* (front kick), *mawashi geri* (round house kick), *chudan gyaku zuki* (middle reverse punch), and *gedan barai* (3 in each direction).
- 6 *mae geri*, *yoko kekomi geri* (side thrust kick), *chudan gyaku zuki*, and *gedan barai*, (3 in each direction)

Turn into *kiba dachi* (straddle stance) facing the front, then execute the following sequence with a *kiai* on the final technique of each side:

- 6 *yoko keage geri* (side snap kick), turn *yoko kekomi geri* (side thrust kick), combination, 3 going each direction.

*Nami Ashi* (returning wave kick from Tekki Shodan), continue until examiner halts

*Kime waza* (focus technique): Stepping out into *zenkutsu dachi* stance, execute *gyaku zuki* (reverse punch) against moving target (examiner's pencil). Target will move up/down, side to side and forward and back. Sharply focus each punch within 1" of the target, then quickly draw and punch again. Show hip rotation, initiation, and power.

**Kata** (form)

*Shitei* (compulsory: examiner chooses one of the following)

*Heian Shodan – Godan*

*Tekki Shodan*

*Sentei* (free; candidate chooses one of the following)

*Bassai-Dai*

*Kanku-Dai*

*Jion*

*Enpi*

*Jitte*

**Kumite** (sparring)**Jiyu Ippon Kumite** (free-style 1-step sparring)

Attacks are as follows:

From *jiyu gamae* (free style fighting position), the attacker steps forward with *jodan oi zuki* (high punch) with *kiai*.

From *jiyu gamae* (free style fighting position), the attacker steps forward with *chudan oi zuki* (middle lunge punch) with *kiai*.

From *jiyu gamae* (free style fighting position), the attacker steps forward with *chudan mae geri* (middle front kick) with *kiai*.

From *jiyu gamae* (free style fighting position), the attacker steps forward with *chudan yoko kekomi geri* (middle side thrust kick) with *kiai*.

From *jiyu gamae* (free style fighting position), the attacker steps forward with *jodan mawashi geri* (high round house kick) with *kiai*.

From *jiyu gamae* (free style fighting position), the attacker steps forward with *ushiro geri* (middle level back thrust kick) with *kiai*.

From *jiyu gamae* (free style fighting position), the attacker shifts forward with *jodan kizami zuki* (high lead-hand punch) with *kiai*.

From *jiyu gamae* (free style fighting position), the attacker shifts forward with *chudan gyaku zuki* (middle reverse punch) with *kiai*.

To be followed with examiner's choice of jiyu ippon kumite attack and defense.

## **NIDAN EXAMINATION REQUIREMENTS (2<sup>ND</sup> DEGREE BLACK BELT)**

### **Standards**

This is the level at which the karate practitioner has adapted the basic techniques to his/her own body and developed the ability to perform combinations of basic techniques, *kata*, and *kumite* with feeling of continuation and with greater speed, power, focus and agility. At this level, the karate practitioner has learned to engage in free sparring (*jiyu kumite*) and advanced self-defense applications.

### **Requirements**

#### **DAN NO KIHON**

##### **JIYU NO GAMAE**

**KIZAMI ZUKI – MAE GERI – JUN ZUKI**

**AGE UKE – MAWASHI GERI – URAKEN – JUN ZUKI**

##### **FUDO DACHI GEDAN BARAI**

**CHUDAN JUN ZUKI**

**JUN ZUKI – SANBON ZUKI**

**CHUDAN – JODAN – CHUDAN**

##### **ZENKUTSU SHOMEN (stationary kicks)**

**1. MAE GERI – MAWASHI GERI**

**2. MAWASHI GERI – YOKO GERI KEKOMI**

**3. MAE GERI (to the front) – YOKO GERI KEKOMI (to the side) – USHIRO GERI (to the back)**

**KIME WAZA – KIZAMI ZUKI**

#### **DAN NO KATA**

**SENTEI (1): CANDIDATE'S CHOICE: BASSAI DAI, KANKU DAI, JION, ENPI, JITTE**

**SENTEI (1): CANDIDATE'S CHOICE: Suggested: HANGETSU, TEKKI NIDAN, BASSI SHO, GANKAKU, KANKU SHO**

#### **DAN NO KUMITE**

**OKURI JIYU IPPON KUMITE**

**JIYU KUMITE (EXAMINEE'S CHOICE)**

**FOLLOWED BY EXAMINER'S CHOICE**

For all black belt gradings, the examinee must present all records of previous gradings up to and including the examinee's present level, the dates on which those gradings were taken, and with whom (i.e. passports). Failure to do so may result in the examinee being rejected for testing. An examinee must have trained a minimum of 2 years and attended a minimum of 2 courses/seminars since Shodan test.

## Training

### **Kihon** (basics)

Step forward into *jiyu no kamae* (free-style guard) and execute the following sequence with a *kiai* on the final technique of each set:

5 *jodan kizami zuki* (high lead-hand punch), *chudan mae geri* (middle front kick), *chudan oi zuki* (lunge punch), then a back leg *mawate*;  
Stepping back 5 *jodan age uke* (high rising block), *mawashi geri* (round house kick), *jodan uraken uchi* (high back-fist strike), and *oi zuki* (step punch), stepping backward on the block and forward on the attacks.

Left *fudo dachi* (rooted stance) with *gedan barai* (low sweeping block) and execute the following sequence with a *kiai* on the final technique of each set:

5 *chudan oi zuki* (middle lunge punch) in *fudo dachi* stance  
5 *chudan sanbon zuki*, in *fudo dachi* stance, shift to *zenkutsu dachi* (front stance) on second punch and back to *fudo dachi* on the third punch, going backward.

Step forward into *jiyu kamae* and execute the following kicking combination in place, using the same leg, with a *kiai* on the final technique of each set:

*Mae geri* (front kick) – *mawashi geri* (round house kick), repeat 3 times then switch stance and repeat with the other leg.  
*Mawashi geri* – *yoko kekomi geri* (side thrust kick forward), repeat 3 times then switch stance and repeat with the other leg.  
*Mae geri* – *yoko keage geri* (side snap kick) – *ushiro geri* (back kick), repeat 3 times then switch stance and repeat with the other leg.

*Kime waza* (focus technique): step forward into *zenkutsu dachi* and execute *kizami zuki* (lead-hand punch) against moving target (examiner's pencil).

### **Kata** (forms)

*Sentei* (Candidate chooses one of the following):

*Bassai Dai*  
*Kanku Dai*  
*Jion*  
*Empi*

*Sentei* (Candidate's choice, the following are suggested)

*Hangetsu*  
*Tekki Nidan*  
*Bassai Sho*  
*Gankaku*  
*Kanku Sho*

**Kumite** (sparring)

*Okuri jiyu ippon kumite* (“give back” free-style sparring: attack, counter, attack, counter)

*Jiyu kumite* (free-style sparring)

*Okuri jiyu ippon kumite* is an expansion of *jiyu ippon kumite*. The executions of the attacks are the same, however after the defender counter attacks the attacker attacks again without warning. Hence the defender must be ready to respond to whatever comes. For more details on this and other advance *kumite*, please refer to Soke Hirokazu Kanazawa’s *Fighting Techniques* book. Books are available through SKIF-USA Headquarters.

*Jiyu kumite*, please refer to Soke Hirokazu Kanazawa’s *Fighting Techniques* book.

## **SANDAN EXAMINATION REQUIREMENTS (3<sup>rd</sup> DEGREE BLACK BELT)**

### ***Standards***

This is the level at which the karate practitioner has acquired the ability to demonstrate and apply karate basics and *kata* movements in self-defense and in prearranged free sparring situations. At this level, the karate practitioner should have a very well developed ability to use proper timing and distance in free sparring and self-defense applications.

### ***Requirements***

#### **DAN NO KIHON**

**(EXAMINEE WILL BE FACING SIDEWAYS ON TO THE EXAMINER.)**

**FUDO DACHI GEDAN BARAI**

**CHUDAN JUN ZUKI**

**JUN ZUKI – SANBON ZUKI**

**CHUDAN – JODAN (ZENKUTSU DACHI) – CHUDAN**

**SHOMEN JIYU NA GAMAE (fighting stance)**

**KIZAMI ZUKI – TATE SHUTO – GYAKU ZUKI – JIYU GAMAE**

**(moving to the side)**

**KIZAMI ZUKI (front foot doesn't move; back foot moves forty-five degrees behind sideways) – GYAKU ZUKI – MAWASHI GERI**

**- URAKEN – GYAKU ZUKI – JIYU GAMAE**

**STATIONARY KICKS**

**MAE GERI – YOKO GERI (to the side) – USHIRO GERI – MAWASHI GERI**

**KIME WAZA**

**KIZAMI ZUKI**

**GYAKU ZUKI**

#### **DAN NO KATA**

**SENTEI (1): CANDIDATE'S CHOICE: BASSAI DAI, KANKU DAI, JION, ENPI, JITTE**

**SENTEI (1): CANDIDATE'S CHOICE: (suggested: TEKKI SANDAN, CHINTE, JI'IN, NIJUSHIHO**

#### **DAN NO KUMITE**

**KAESHI IPPON KUMITE**

**JIYU KUMITE**

For all black belt gradings, the examinee must present all records of previous gradings up to and including the examinee's present level, the dates on which those gradings were taken, and with whom (i.e. passports). Failure to do so may result in the examinee being rejected for testing. An examinee must have trained a minimum of 3 years and attended a minimum of 3 courses/seminars since Ni-dan test.

## ***Training***

### ***Kihon*** (basics)

Step forward into left *fudo dachi* (rooted stance) with *gedan barai* (low sweeping block) and execute the following sequence with a *kiai* on the final technique of each set:

- 5 *chudan oi zuki* (middle lunge punch), moving in *fudo dachi*
- 5 *chudan san bon zuki*, in *fudo dachi* stance, shift to *zenkutsu dachi* (front stance) on the second punch and back to *fudo dachi* on the third punch, going backward.

Step forward into *jiyu no kamae* (free-style guard) and execute the following sequence with a *kiai* on the final technique of each set (perform 3 on each side of the body):

- 3 *jodan kizami zuki* (high lead-hand punch), then step back with the lead leg to outside 90° into *zenkutsu dachi* with a right *chudan tate shuto uke* (middle vertical knife-hand block) and *chudan gyaku zuki* (middle reverse punch) in *zenkutsu dachi*; *kiai*. Recover to *jiyu gamae*.
- 3 pivot the rear foot 45° to the left and execute *kizami zuki*, *chudan gyaku zuki*, *jodan mawashi geri*, *jodan uraken uchi*, *chudan gyaku zuki*, *kiai*. Shift forward on the *uraken uchi* and last *gyaku zuki*. Recover to *jiyu na gamae*.

Turn forward into *zenkutsu dachi* with *gedan barai*, then fighting stance and execute the following kicking combination in place, using the same leg, with a *kiai* on the final technique of each set:

- 3 *mae geri* (front kick), *yoko geri* (side kick), *ushiro geri* (back kick), and *mawashi geri* (round house kick) then switch stance and repeat. Three times with each leg.

*Kime Waza* (focus technique): Stepping out into *zenkutsu dachi* stance, execute *kizami zuki* (jab) or *gyaku zuki* (reverse punch) against moving target (examiner's pencil). Sharply focus each punch with 1" of the target. Show correct punch related to distance.

**Kata** (forms)

Sentei (Candidate chooses one of the following)

*Bassai Dai*

*Kanku Dai*

*Jion*

*Empi*

*Jitte*

Sentei (Candidate's choice, the following are suggested):

*Sochin*

*Tekki Sandan,*

*Chinte*

*Ji'in*

*Nijushiho*

**Kumite** (sparring)

*Kaeshi ippon kumite* (exchange 1-step sparring: both sides starting in *hachiji dachi*  
(natural stance) attacker becomes defender)

*Jiyu kumite* (free-style sparring)

## **YONDAN EXAMINATION REQUIREMENTS (4<sup>th</sup> DEGREE BLACK BELT)**

### ***Standards***

This is the level at which the karate practitioner has acquired the ability to skillfully teach all aspects of karate to students of lower levels. This is the first formal instructor grade.

### ***Requirements***

**ALL YONDAN GRADING IS DONE BY KANCHO, SHUSEKI SHIHAN, OR DESIGNEE.**

**APPLICATION FOR GRADING SHOULD BE SUBMITTED TO THE SKIF-USA BOARD OF DIRECTORS THROUGH SKIF-USA HEADQUARTERS AND SHOULD INCLUDE A 3-4 PAGE PAPER ON THE APPLICANT'S RESEARCH IN KARATE-DO.**

**THE APPLICANT SHOULD BE ABLE TO DEMONSTRATE HIS/HER RESEARCH.**

**AT THE TIME OF THE GRADING THE EXAMINER WILL INFORM YOU AS TO THE EXACT MOVEMENTS, TECHNIQUES, KATA, AND/OR KUMITE YOU WILL NEED TO EXECUTE.**

**CANDIDATE SHOULD BE PREPARED TO DEMONSTRATE:**

**STANCES**

**KATA OF CANDIDATE'S CHOICE WITH BUNKAI - MUST SELECT FROM 26 KATAS, NIJUS HACHI, OR GANKAKU SHO**

**KUMITE - CANDIDATE WILL BE REQUIRED TO DEMONSTRATE JIYU IPPON KUMITE.**

**EXAMINER WILL SELECT ATTACKS AND DEFENSE.**

**(CANDIDATES OVER 60 CAN CHOOSE EITHER KIHON IPPON KUMITE OR JIYU IPPON KUMITE.)**

**For all black belt gradings, the examinee must present all records of previous gradings up to and including the examinee's present level and the dates on which those gradings were taken and with whom (i.e. passports). Failure to do so may result in the examinee being rejected for testing. An examinee must have trained a minimum of 4 years and attended a minimum of 4 courses/ seminars since Sandan test.**

## **GODAN EXAMINATION REQUIREMENTS (5<sup>TH</sup> DEGREE BLACK BELT)**

### ***Standards***

This is the level at which the karate practitioner and the instructor has acquired an even greater ability to properly teach all aspects of karate to students of all levels. This is an advanced instructor grade.

### ***Requirements***

**ALL GODAN GRADING MUST BE DONE BY KANCHO, SHUSEKI SHIHAN, OR DESIGNEE.**

**APPLICATION FOR GRADING MUST BE SUBMITTED TO SKIF-USA BOARD OF DIRECTORS FOR APPROVAL. SKIF-USA WILL THEN SUBMIT THE APPLICATION TO SKIF GHQ FOR APPROVAL. THE APPLICANT MUST ALLOW A MINIMUM OF ONE MONTH FOR THIS APPROVAL.**

**AT THE TIME OF THE GRADING, KANCHO OR SHUSEKI SHIHAN WILL INFORM YOU AS TO THE EXACT MOVEMENTS, TECHNIQUES, KATA, AND/OR KUMITE YOU WILL NEED TO EXECUTE.**

**CANDIDATE SHOULD BE PREPARED TO DEMONSTRATE:**

**STANCES**

**KATA OF CANDIDATE'S CHOICE WITH BUNKAI - MUST SELECT FROM 26 KATAS, NIJUS HACHI, OR GANKAKU SHO**

**KUMITE—CANDIDATE WILL BE REQUIRED TO DEMONSTRATE JIYU IPPON KUMITE.**

**EXAMINER WILL SELECT ATTACKS AND DEFENSE.**

**(CANDIDATES OVER 60 CAN CHOOSE EITHER KIHON IPPON KUMITE OR JIYU IPPON KUMITE.)**

**For all black belt gradings, the examinee must present all records of previous gradings up to and including the examinee's present level and the dates on which those gradings were taken and with whom (i.e. passports). Failure to do so may result in the examinee being rejected for testing. An examinee must have trained a minimum of 5 years and attended a minimum of 5 courses/seminars since Yondan test.**

## **ROKUDAN EXAMINATION REQUIREMENTS (6<sup>TH</sup> DEGREE BLACK BELT)**

### ***Standards***

This is the level at which the karate practitioner and the instructor has acquired an even greater ability to properly teach all aspects of karate to students of all levels. This is an advanced instructor grade.

**ALL ROKUDAN GRADING AND ABOVE MUST BE DONE BY KANCHO AND SHUSEKI SHIHAN.**

**APPLICATION FOR GRADING MUST BE SUBMITTED TO SKIF-USA BOARD OF DIRECTORS FOR APPROVAL. SKIF-USA WILL THEN SUBMIT THE APPLICATION TO SKIF GHQ FOR APPROVAL. APPLICANT MUST ALLOW A MINIMUM OF ONE MONTH FOR THIS APPROVAL.**

**AT THE TIME OF THE GRADING, KANCHO WILL INFORM YOU AS TO THE EXACT MOVEMENTS, TECHNIQUES, KATA, AND/OR KUMITE YOU WILL NEED TO EXECUTE.**

**CANDIDATE SHOULD BE PREPARED TO DEMONSTRATE:**

**STANCES**

**KATA OF CANDIDATE'S CHOICE WITH BUNKAI - MUST SELECT FROM 26 KATAS, NIJUS HACHI, OR GANKAKU SHO**

**KUMITE—CANDIDATE WILL BE REQUIRED TO DEMONSTRATE JIYU IPPON KUMITE.**

**EXAMINER WILL SELECT ATTACKS AND DEFENSE.**

**(CANDIDATES OVER 60 CAN CHOOSE EITHER KIHON IPPON KUMITE OR JIYU IPPON KUMITE.)**

**For all black belt gradings, the examinee must present all records of previous gradings up to and including the examinee's present level, the dates on which those gradings were taken, and with whom (i.e. passports). Failure to do so may result in the examinee being rejected for testing. An examinee must have trained a minimum of 6 years and attended a minimum of 6 courses/seminars since Godan test.**

## **SHICHIDAN EXAMINATION REQUIREMENTS (7<sup>TH</sup> DEGREE BLACK BELT)**

### ***Standards***

This is the level at which the karate practitioner and the instructor has acquired an even greater ability to properly teach all aspects of karate to students of all levels. This is an advanced instructor grade.

**ALL SHICHIDAN GRADING MUST BE DONE BY KANCHO AND SHUSEKI SHIHAN AT AN SKIF INTERNATIONAL EVENT (INTERNATIONAL TRAINING YEARLY IN JAPAN OR WORLD KARATE CHAMPIONSHIPS.)**

**APPLICATION FOR GRADING MUST BE SUBMITTED TO SKIF-USA BOARD OF DIRECTORS FOR APPROVAL. SKIF-USA WILL THEN SUBMIT THE APPLICATION TO SKIF GHQ FOR APPROVAL. THE APPLICANT MUST ALLOW A MINIMUM OF ONE MONTH FOR THIS APPROVAL.**

**AT THE TIME OF THE GRADING, KANCHO WILL INFORM YOU AS TO THE EXACT MOVEMENTS, TECHNIQUES, KATA, AND/OR KUMITE YOU WILL NEED TO EXECUTE.**

**CANDIDATE SHOULD BE PREPARED TO DEMONSTRATE:**

**STANCES**

**KATA OF CANDIDATE'S CHOICE WITH BUNKAI - MUST SELECT FROM 26 KATAS, NIJUS HACHI, OR GANKAKU SHO**

**KUMITE—CANDIDATE WILL BE REQUIRED TO DEMONSTRATE JIYU IPPON KUMITE.**

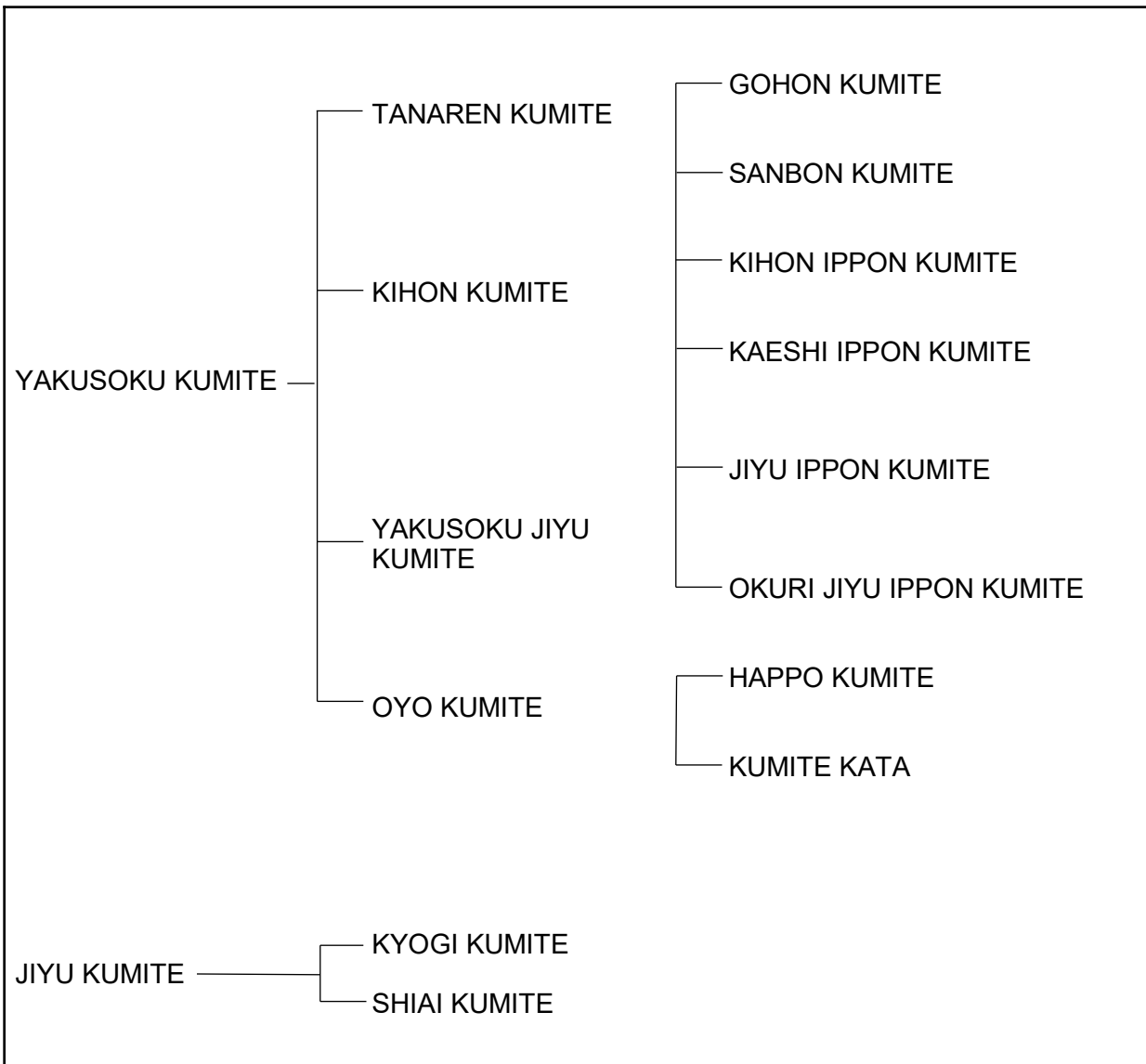
**EXAMINER WILL SELECT ATTACKS AND DEFENSE.**

**(CANDIDATES OVER 60 CAN CHOOSE EITHER KIHON IPPON KUMITE OR JIYU IPPON KUMITE.)**

**For all black belt gradings, the examinee must present all records of previous gradings up to and including the examinee's present level, the dates on which those gradings were taken, and with whom (i.e. passports). Failure to do so may result in the examinee being rejected for testing. An examinee must have trained a minimum of 7 years and attended a minimum of 7 courses/seminars since Rokudan test.**

## KUMITE SYLLABUS

### *Styles of Kumite*



**PLEASE REFER TO “KARATE FIGHTING TECHNIQUES: THE COMPLETE KUMITE”  
BOOK BY HIROKAZU KANAZAWA FOR EXPLANATION OF ALL TECHNIQUES.**

## DOJO ETIQUETTE

### **Basic Etiquette**

- Attend classes regularly
- Be on time for training
- Obey all instructions given by the sensei
- Be sincere in your efforts in classes
- Always show good spirit and a positive attitude
- Help the *kohai* (junior students) whenever possible
- Listen attentively to the sensei
- Show respect for the others
- Bow before resting
- Bow before *kumite*
- Bow at the beginning and end of each *kata*
- Acknowledge response with “oss”
- Refer to you instructors as Sensei
- Refer to black belts as *Sempai*

### **When Entering the Dojo**

- Bow
- Bow to the sensei
- Bow to the black belt members

### **When You Are Late**

- Bow before entering the training area (dojo)
- Sit in *Seiza* (formal position) at the side of the floor by the entrance; bow toward *shomen* (front) and wait for permission from the sensei to join the class
- Join the class and take your position according to your rank

### **When Leaving Early**

- Obtain Sensei’s permission before the class starts
- When it is time to leave, move to the entrance. Bow to Sensei and wait for his or her acknowledgement, meditate, bow again, then leave.

### **Formal Bow In**

- Students should line up right to left with lower ranks falling in on the seniors’ left.
- For students who are unable to sit in “seiza” style due to bad knees or other reasons, it is acceptable to stand and bow in the rearmost row and to the left.

## ***Dress Regulations***

A plain white regulation karate-*gi* is to be worn while training. A SKIF badge or Kancho's special calligraphy may be affixed to the left chest area.

Sleeves and pants must be long enough to cover the elbows and knees.

The *obi* (belt) should be tied low around the hips in a square knot. The label end of the belt should be on the right side after the belt has been tied.

## ***Counting in Japanese***

1	<i>Ichi</i>	6	<i>Roku</i>
2	<i>Ni</i>	7	<i>Shichi</i>
3	<i>San</i>	8	<i>Hachi</i>
4	<i>Shi</i>	9	<i>Ku</i>
5	<i>Go</i>	10	<i>Ju</i>

## **APPENDIX 1**

### **TRANSFERRING OF EQUAL DAN RANKS FROM A RECOGNIZED ORGANIZATION**

SKIF will recognize and allow transfer of dan ranks from other legitimate Shotokan Karate-Do associations with a verifiable lineage accepted by SKIF Japan GHQ (i.e. JKA, ISKF and ITKF). Applicant's rank certification documents will be sent to GHQ for review. GHQ will determine rank to be transferred. Applicants will be expected to train, learn and demonstrate a working knowledge of the SKIF curriculum. Once the appropriate amount of experience has been completed SKIF HQ will evaluate, grade and issue certification. (NOTE: The Technical Committee will set a required time period on a case by case basis. [i.e. 1—2 years.]) Examinee will grade with Kancho, Shuseki Shihan or Designee. They will award the SKIF Dan which matches examinee's ability. SKIF may allow the applicant to test higher ranks in a shorter period of time (1-2 years) if applicant shows enough advancement in curriculum understanding. All testing policies apply thereafter. Applicant will be required to pay all testing and registration fees.

## **APPENDIX 2**

### **DAN RANKING FOR NON-RECOGNIZED ORGANIZATIONS**

Within one year of joining SKIF and SKIF-USA an applicant must test to confirm his/her rank with SKIF. SKIF GHQ will recommend grading. In advance of testing the examinee must send copies of all Dan certificates to SKIF-USA to be reviewed by SKIF. GHQ will recommend which dan rank they would like applicant to test. In most cases, examinee will test to confirm his/her current rank (maximum rank allowed is Sandan). If testing is successful, applicant must register the prior rank and the rank awarded. Applicant is required to pay all testing and registration fees.

## **APPENDIX 3**

### **DAN RANKING FOR NEW DOJO CHIEF INSTRUCTORS**

Within one year of a new dojo being accepted into SKIF and SKIF-USA, the Chief Instructor must test to confirm his/her rank or apply for transfer of dan rank, if applicable.

## **APPENDIX 4**

### **REGISTRATION OF DAN RANKS**

All dan ranks must be registered with SKIF-GHQ within eighteen month of testing. Acceptance of dan rank registered after that time will be at the discretion of SKIF-GHQ. All testing and registration fees must be paid for before dan ranks can be recognized.

## **APPENDIX 5**

### **DAN TESTS THAT ARE NOT COMPLETE**

It is possible that a dan examinee does not pass all three areas being tested on the dan exam; Kihon, Kumite, Kata. The candidate will be asked to retest those areas not passed. Students who fail any part of the Dan grading must wait a minimum of 6 months to 1 year before retaking the examination. Time period to be determined by the examiner. Those areas passed will not be retested. Retesting can be done by Kancho, Shuseki Shihan or Designee.

