

**RESEARCH PAPER CRITERIA
FOR
YONDAN EXAMINATIONS**

INTRODUCTION

All students testing for Yondan are required to submit and have approved a research paper into some aspect of Shotokan karate training. These criteria will assist you in selecting, researching, and writing your paper.

PURPOSE:

Yondan is a rank geared explicitly to teaching. Part of the test is to confirm your understanding of techniques and concepts related to the teaching of Shotokan karate. Yondan candidates are required to investigate either a technique or concept of Shotokan, illustrate his/her ability to examine, evaluate, and incorporate these ideas into his/her training and teaching.

The Yondan candidate is required to research and generate a written document to be presented to the technical committee for approval.

SUBJECTS TO RESEARCH:

Traditionally, these papers have been geared to the research and explanation of specific karate techniques. For example, an analysis of the body dynamics behind the front kick. However, over the years, it has become acceptable to research more general concepts of Shotokan karate. An example of this would be a research paper into the idea of karate training for the autistic child, techniques to help the ADD student to focus, training techniques to assist youth in understanding body coordination, or an exploration of general trends in Shotokan teaching techniques.

Once you have settled on a subject to research, you must present an outline of your inquiry to the technical committee for approval. It is suggested that you retain a technical committee advisor to help direct your research.

RESEARCH TECHNIQUE:

Standard academic research techniques should be used for your paper. The paper should include the examination of others' research and the evaluation of this information to arrive at a uniquely new conclusion. The goal is to illustrate your ability to understand and incorporate outside concepts into your daily teaching and training in a way that is uniquely you. Papers that appear to be a mere restatement of others' writing will be rejected.

ORGANIZATION:

Your paper should be organized in a standard academic format. This format would include the following sections:

Introduction: This should be an explanation of the paper's purpose and how you will explain, illustrate, or demonstrate the premise of the research.

Body: This is the main section of the paper, discussing the major concepts of the paper's subject. It should be systematically laid out and include documentation supporting the candidate's ideas as discovered during the research phase of this process.

Conclusion: This section is to summarize your unique understanding of the subject presented. Briefly state how you have proved your concept.

Bibliography: This section lists the sources of your research. Please use a standard academic format for this section. A quick internet search will illustrate how to format this section.

FORMAT:

Your paper should be typed, preferably on a computer, so that the document may be shared via email. Handwritten papers will not be accepted. Use a standard font (Times, Times New Roman, Arial, or similar font). A 12 point font is recommended. Double-space lines. Japanese words should be italicized. Place your name and page number on each page. This identification can be made in a header or footer style of your choice.

QUOTATIONS:

Any direct quotes from another author should have quotation marks at the beginning and end of the quote. The source and author should be listed in your bibliography. Parentheses after the quote may be used to specify which reference is being quoted if the author has more than one book being sourced. Although you may not directly quote an author, the author's idea should be recognized in parentheses.

NOTE:

This paper should represent the thoughts of the candidate on the chosen subject. Plagiarism is strictly prohibited and will be grounds for the rejection of your paper.

PROOFREADING:

Please have your paper proofread and edited before submission to the technical committee. Poorly written documents with numerous errors will be returned for rewriting.

ON A FINAL NOTE:

It is not the purpose of the board to make candidates into academic researchers. However, your ideas must be clearly presented with supporting material referenced. Take time to understand your subject thoroughly; discover what others have to say about your topic; and come to your own conclusions about your subject's meaning and significancs.