



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

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

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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, 10TH DAN
SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION**

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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.

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Introduction

SKIF-USA was established in 1998 under the direct guidance of Soke Hirokazu Kanazawa, 10th 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 arm is higher than your right arm. This helps to train both sides of the body as opposed to always crossing only one arm 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.

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

9th and 8th KYU EXAMINATION

Standards

9th 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.

8th Kyu

Kihon requires, in addition to the 9th *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 9th *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 9TH 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 9th 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 – 7TH Kyu
HEIAN SANDAN – 6TH Kyu

KYU NO KUMITE

7TH KYU – SANBON KUMITE NO. 1 AND NO. 2
(LEFT SIDE ONLY)
6TH 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 7th kyu candidates)

Heian Sandan (for 6th 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*.

7th Kyu left side only.

6th Kyu left and right sides.

5TH and 4TH KYU EXAMINATION REQUIREMENTS

Standards

5th 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 5th 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 5th 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

5TH KYU – HEIAN YONDAN

4TH KYU – HEIAN GODAN

KYU NO KUMITE

KIHON NO KUMITE

5TH KYU – KIHON IPPON KUMITE:

2 JODAN – 2 CHUDAN – 2 MAE GERI

Right side only

4TH 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 5th kyu candidates)
- Heian Godan* (for 4th kyu candidates)

KUMITE (sparring) for 5th and 4th *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 5th and 4th *kyu*:

2 jodan (high-level step-in punch)

2 chudan (mid-level step-in punch)

2 mae geri (front kick)

Add for 4th *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**

3RD 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 4th 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 *kiai* 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 *kiai* 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 *kiai* 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 *kiai* 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)

2nd and 1st KYU EXAMINATION REQUIREMENTS

Standards

2nd Kyu

Kihon In addition to standards set for 3rd *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

2ND KYU – LEFT SIDE ONLY

1ST 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 2nd kyu and moves up, down and side-to-side for 1st 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 2nd 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 2nd and 1st 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 (1st 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 **(2ND 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, TEKKEI 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 **(3rd 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 (4th 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 (5TH 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 (6TH 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 **(7TH 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.

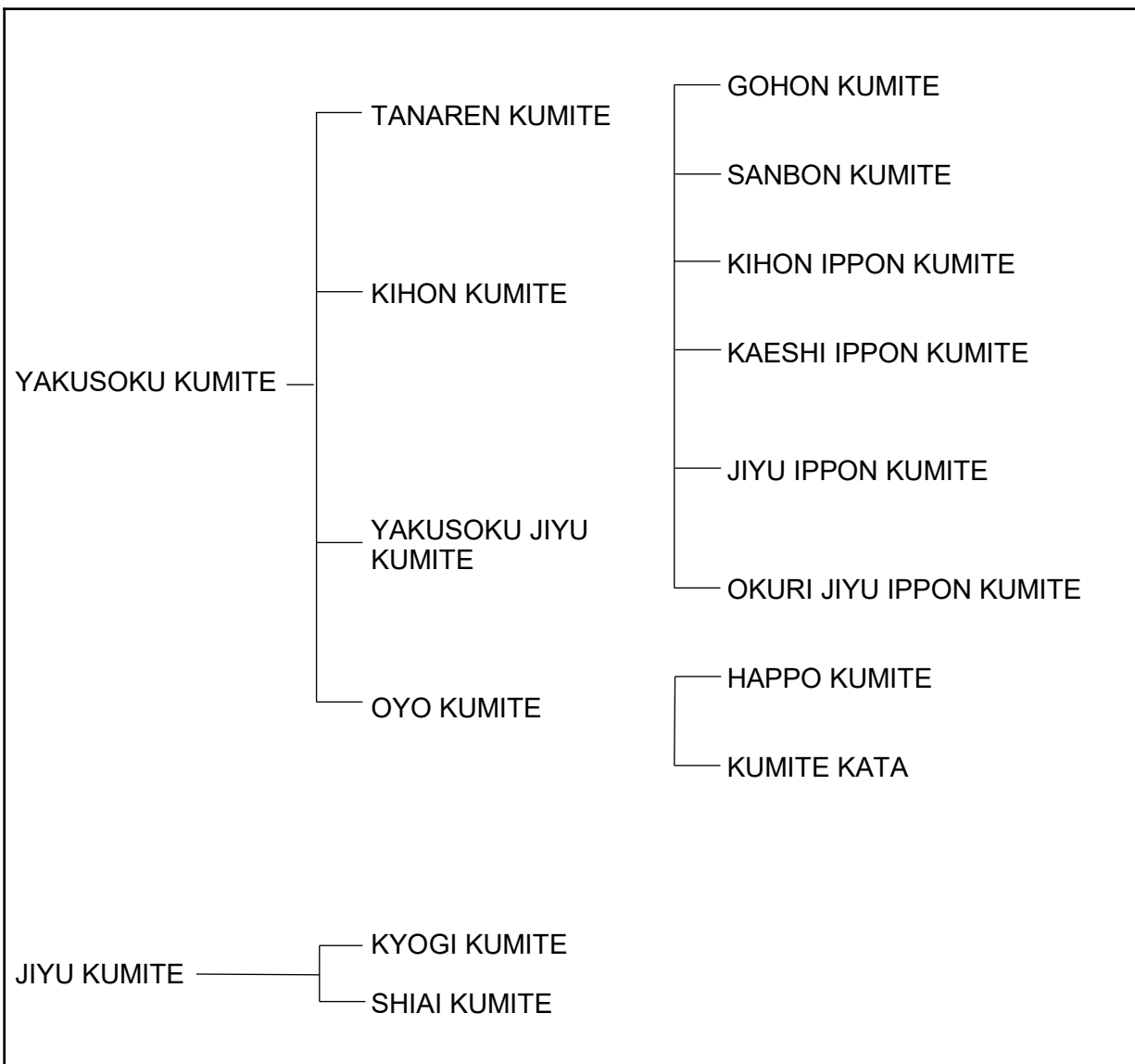
EXAMINER WILL SELECT ATTACKS AND DEFENSE.

(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 your 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>Ich</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.

