

EXAMINATION REQUIREMENTS

These examination requirements specify the range of knowledge required to successfully pass an exam for particular belt grade. The examiner may request from the applicant to perform not only the techniques for the applied grade, **BUT ALSO FROM ANY LOWER GRADE.**

The examiner may as well specify additional techniques and actions, if they are required to better evaluate the knowledge and abilities of the applicant. These techniques and actions must be in compliance with the general requirements specified further in this document.

Up to 5th kyu, two grades can be achieved in one examination. The candidate must first pass the exam for the lower grade, then may continue with the higher grade exam (e.g. first 8th kyu, the 7th kyu). The time requirement since the last successful exam for the higher grade must be fulfilled.

GENERAL EXPECTATIONS

BEGINNER: 8TH AND 7TH KYU

The candidate must have basic idea about the stands, blocks, punches and kicks from the Gekisai katas, as well as the basic Kenkyukai drills. However, flawless execution is not expected and some degree of insecurity in shifts and techniques is expected.

PRE-INTERMEDIATE: 6TH AND 5TH KYU

Shifts have to be adequately confident, but imperfections are allowed. The scope of techniques goes beyond the Gekisai katas, focuses on Sandan-uke-barai drill parts, free-fighting stance (Shizen-tai, ST) movements, and more advanced Kenkyukai drills. Basic understanding of the Gekisai kata bunkai is expected.

INTERMEDIATE: 4TH AND 3RD KYU

Wide range of kihon techniques, confident movements, fast and strong techniques, combinations of multiple techniques from higher katas. Basic ukemi waza (falling), hanpon stepping, steady Sandan-uke-barai (SUB) and other advanced Kenkyukai drills. Confident performance of the Gekisai katas including bunkai, knowledge of the Sanchin kata and initial kaishu kata (Saifa, Seiyunchin) is required.

Only minor imperfections are allowed.

ADVANCED: 2ND AND 1ST KYU

The candidate shows their determination in progressing towards the black belt. The range of techniques covers all the Goju-ryu katas plus some basic techniques from the sport karate. Expected is almost flawless technique in kihon and kihon-ido, confident kata performance, understanding of both kihon (omote) and ura bunkai of the Gekisai katas and knowledge of the breathing kata (Sanchin, Tensho) and initial kaishu kata up to Shisochin (including basic bunkai).

TERMINOLOGY

Kihon	- techniques are performed in place
Kihon Ido	- techniques are performed during moving forwards / backwards using prescribed basic stance(s) and footwork
Dachi	- stance
Enbusen	- the “blueprint” of kata, i.e. which side to turn to, what stance, order of techniques
Bunkai	- application of the kata (or its parts)
Tori	- attacker
Uke	- defender
HD	- heiko dachi
UHD	- uchi hachiji dachi
SD	- sanchin dachi
ZD	- zenkutsu dachi
SHD	- shiko dachi
NAD	- neko ashi dachi
KKD	- kokutsu dachi
ST	- shizen tai (natural fighting stance)
SUB	- Sandan-uke-barai drill

8TH KYU

Requirements: min. 3 months of training

Belt: white with yellow stripe

KIHON:

(all in HD or UHD)

1. Choku tsuki (jodan/chudan/gedan)
2. Shomen uraken uchi
3. Hiji ate

4. Kin geri
5. Hiza geri

6. Jodan uke
7. Kake uke
8. Harai uke

KIHON-IDO:

Mae & Ushiro Ayumi-ashi:

1. Sanchin dachi
2. Zenkutsu dachi
3. Shiko dachi

KUMITE:

1. Drill #1
2. Drill #2

7TH KYU

Requirements: min. 3 months of training since the last successful exam

Belt: yellow

KIHON:

(All inHD if not stated otherwise)

1. Teisho tsuki
2. Yokomen shuto uchi
3. Awase tsuki
4. ZD Gyaku-zuki

5. Mae geri
6. Ashi barai *(from Gekisai kata)*

7. Soto uke
8. Yoko uke
9. Mawashi uke + Teisho yama zuki

KIHON-IDO:

1. SD mae ayumi-ashi + jun-tsuki jodan / ushiro ayumi-ashi + jodan uke
2. ZD mae ayumi-ashi + jun-tsuki chudan / ushiro ayumi-ashi + yoko uke
3. SHD mae ayumi-ashi + jun-tsuki chudan / ushiro ayumi-ashi + harai uke
4. ZD mae ayumi-ashi + mae-geri chudan + hiji-ate / mawate

KUMITE:

1. Drill #3
2. Drill #4
3. Tori: HD choku-tsuki jodan; Uke: HD age uke
4. Tori: HD choku-tsuki chudan; Uke: HD yoko uke

KATA:

1. Gekisai-Dai Ichi (enbusen)

6TH KYU

Requirements: min. 4 months of training since the last successful exam

Belt: yellow with orange stripe(s)

KIHON:

1. HD ura-zuki
2. HD tate-zuki
3. HD gedan yoko geri
4. HD joge uke
5. ST step out into ZD jodan kizami-tsuki
6. ST step out into ZD chudan gyaku-zuki
7. ST gedan mawashi-geri hineri

KIHON-IDO:

1. NAD ayumi-ashi (mae & ushiro)
2. NAD suri-ashi (mae & ushiro)
3. NAD tai-sabaki (45 degrees)
4. NAD ushiro ayumi-ashi via SHD
5. ST suri-ashi mae & ushiro
6. ST yose-ashi mae & ushiro
7. ST ayumi-ashi mae geri, mawate

KUMITE:

1. Drill #5 (open-close)
2. Sandan uke barai #1
3. Ippon kumite against jodan/chudan/gedan jun-zuki
4. Gekisai bunkai #1 - #5

KATA:

1. Gekisai-Dai Ichi + kihon bunkai
2. Gekisai-Dai Ni (enbusen)

5TH KYU

Requirements: min. 4 months of training since the last successful exam

Belt: orange

KIHON

1. HD Empi-waza (elbow techniques)
2. HD kakuto uke
3. HD ushiro geri
4. HD kansetsu geri
5. ST step out into ZD + jodan kizami-tsuki + chudan gyaku-zuki
6. ST chudan mawashi-geri hineri

KIHON-IDO

1. NAD mae & ushiro ayumi-ashi + kake uke
2. NAD mae suri-ashi + chudan gyaku-zuki / ushiro suri-ashi + kake uke
3. ST mae suri-ashi + jodan kizami tsuki / mawate
4. ST mae yose-ashi into ZD + jodan kizami-tsuki + chudan gyaku-zuki, pull the front foot back to ST / mawate

KUMITE

1. Sandan uke barai #1
2. Ippon kumite against jodan/chudan/gedan jun-zuki
3. Gekisai bunkai #1 - #10

KATA

1. Gekisai-Dai Ichi
2. Gekisai-Dai Ni
3. Sanchin (enbusen)

4TH KYU

Requirements: min. 4 months of training since the last successful exam

Belt: green

KIHON

1. Tsuki-waza: age tsuki, kagi tsuki, tate tsuki, ura tsuki (all in HD)
2. HD sukui uke
3. HD cho uke
4. ST mawashi geri hineri
5. SHD sayu uraken uchi
6. HD jodan uke, then jodan tsuki (double hip rotation)
7. Ukemi-waza (basic fall-breaking)

KIHON-IDO

1. NAD tai-sabaki (45 degrees) + kansetsu-geri
2. SD step into ZD with mae geri, age empi uchi, gyaku tsuki, pull front feet to NAD, kansetsu geri (kizami), step to SD / mawate
(Sanseru kata combination)
3. ST ayumi-ashi mawashi geri (hineri) / mawate
4. SD ayumi-ashi jodan tsuki, hanpon step in SD + chudan tsuki / mawate
5. SD ushiro ayumi-ashi jodan uke, immediately next SD step with kake (or hiki) uke / mawate

KUMITE

1. Sandan uke barai #2 (mae geri as 3rd technique)
2. Tori: SD ayumi-ashi jodan tsuki, hanpon step chudan tsuki
Uke: SD ushiro ayumi-ashi jodan uke, next step kake/hiki uke
3. Tori: ST hineri mawashi geri
Uke: ST mae suri-ashi + cho uke (may continue with throwing the Tori)
4. Gekisai bunkai #1 - #10

KATA

1. Sanchin
2. Gekisai-Dai Ichi
3. Gekisai-Dai Ni
4. Saifa (embusen)

3RD KYU

Requirements: min. 4 months of training since the last successful exam

Belt: blue

KIHON

1. HD furi uchi
2. HD gammen shuto uchi
3. ST step out into ZD + haito uchi (gyaku)
4. ST step out into ZD + yokomen shuto uchi (kizami)
5. ST hineri yoko geri
6. HD step back into KKD + kaishu harai uke, ura uke, gammen shuto uchi, mae geri, then pull the kicking leg back into SHD + kagi tsuki, sayu uraken uchi (Seipai kata combination)

KIHON-IDO

1. SD suri-ashi into SHD + kake uke, san-ren tsuki, osae uke, kansetsu geri (hineri), step forward into SD kamae /mawate (Seisan kata combination)
2. ST ayumi-ashi + ashi barai, jun tsuki jodan / mawate
3. SD ayumi-ashi + chudan tsuki, hanpon step in SHD + gedan tsuki / mawate
4. SD ushiro ayumi-ashi kake uke, immediately next step back into SHD, harai uke / mawate

KUMITE

1. Sandan uke barai #3 (Uke blocks and then always punches gyaku)
2. Tori: SD ayumi-ashi chudan tsuki, hanpon step into SHD gedan tsuki
Uke: SD ushiro ayumi-ashi kake uke, next step into SHD harai uke
3. Tori: ST hineri mae geri
Uke: ST suri-ashi + sukui uke (gyaku), continue with throwing the Tori
4. Saifa bunkai

KATA

1. Sanchin
2. Tensho (enbusen)
3. Saifa
4. Seiyunchin (enbusen)

2ND KYU

Requirements: min. 6 months of training since the last successful exam

Belt: brown

KIHON

1. HD osae uke
2. HD step back into ZD + juji uke
3. ST irimi kizami tsuki / irimi oi tsuki
4. ST mikazuki geri (hineri)
5. ST kizami mae geri

KIHON-IDO

1. ST ayumi-ashi + ashi barai, ushiro geri / mawate
2. SD ayumi-ashi + joge uke, awase tsuki / mawate
3. SD step into SHD + gedan tsuki, hanpon step to SD + jodan tsuki / mawate
4. SD step back into SHD + harai uke, immediately next step back to SD + jodan uke / mawate

KUMITE

1. Sandan uke barai #1 - #3
2. Tori: HD into SD + jodan/chudan tsuki
Uke: HD back into SD + jodan/yoko uke, jodan tsuki
3. Tori: ST hineri mae geri
Uke: HD tai sabaki into NAD + morote harai uke, mae geri, step into SD/ST + oi hand ura uke + gyaku hand jodan tsuki
4. Seiyunchin bunkai

KATA

1. Sanchin
2. Tensho
3. Seiyunchin
4. Shisochin (embusen)

1ST KYU

Requirements: min. 6 months of training since the last successful exam

Belt: brown

KIHON

1. HD kuri uke
2. HD yama uke
3. ST ura mawashi geri (hineri)
4. ST kizami yoko geri
5. NAD tai-sabaki + kuri uke, kansetsu geri
(Kururunfa kata combination)

KIHON-IDO

1. ST ushiro mawashi geri / mawate
2. SD mae geri into SHD, mawashi empi uchi, uraken uchi, teisho kagi tsuki,
pull back the front foot into SD / mawate
(Suparinpei kata combination)
3. SD ayumi ashi + jodan tsuki, hanpon step to SD + chudan tsuki, hanpon step to SHD +
gedan tsuki / mawate
4. SD ushiro ayumi ashi + jodan uke, immediately next step back in SD, kake/hiki uke,
immediately next step back into SHD, harai uke / mawate

KUMITE

1. Sandan uke barai #1 - #3
2. Tori: attacks randomly with one of: oi-tsuki, suri-ashi mae-ken-tsuki, suri-ashi gyaku-
tsuki, mae-geri, mawashi-geri (kicks either hineri or yose-ashi kizami)
Uke: appropriate defense against the attack
3. Tori: SD ayumi ashi + jodan tsuki, hanpon step to SD + chudan tsuki, hanpon step to SHD
+ gedan tsuki
Uke: SD ushiro ayumi ashi + jodan uke, immediately next step back in SD, kake/hiki uke,
immediately next step back into SHD, harai uke
4. Shisochin bunkai

KATA

1. Sanchin
2. Tensho
3. Seiyunchin
4. Shisochin

1ST DAN

Requirements: min. 12 months of training since the last successful exam

Belt: black

KIHON

Any from the Kihon techniques for 8th to 1st kyu

KIHON-IDO

Any from the Kihon Ido techniques for 8th to 1st kyu

KUMITE

Sandan uke barai #1 - #3

KENKYUKAI IPPON KUMITE:

Both start from HD , except Tori in 6.

1. Tori: SD jodan tsuki
Uke: SD age uke, push down Tori's hand, jodan tsuki
2. T: SD chudan tsuki
U: SD yoko uke, chudan tsuki
3. T: SHD chudan tsuki
U: SHD harai uke, rotate into ZD, gyaku tsuki chudan
4. T: SD chudan tsuki
U: SD gyaku soto uke, suri ashi showmen uraken uchi
5. T: SD chudan tsuki
U: SD gyaku soto uke, step out into ZD oi tsuki chudan
6. T: from ST, mae geri
U: tai sabaki into NAD, harai uke (with help of the other hand), mae geri, step out in SD/ST, oi hand ura uke (with closed fist), simultaneously jodan gyaku tsuki
7. T: SD oi tsuki chudan, gyaku jodan, oi jodan
U: SD kake uke, kake uke (both hands!), shuto uchi, open, pull back into ZD, hiza geri

KATA

1. Sanchin
2. Tensho
3. Seiyunchin
4. Shisochin
5. Sanseru