

# EXAMINATION REQUIREMENTS

11/2018

These examination requirements (a.k.a. curriculum) 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.

## GENERAL REQUIREMENTS

### BEGINNER: 8<sup>TH</sup> AND 7<sup>TH</sup> KYU

The candidate must have basic idea about the stands, blocks, punches and kicks, but flawless execution is not expected. Some insecurity in shifts and techniques is expected, especially by children.

### PRE-INTERMEDIATE: 6<sup>TH</sup> AND 5<sup>TH</sup> KYU

Shifts have to be adequately confident, some imperfections are allowed. In kihon-ido, combinations of two technics (block + attack, 2 subsequent attacks). In kumite, the candidate must be able to adapt his/her distance from the opponent.

### INTERMEDIATE: 4<sup>TH</sup> AND 3<sup>RD</sup> KYU

Confident movements, fast and strong techniques, combinations of 3 techniques, minor imperfections allowed. Kihon bunkai of Gekisai-Dai katas.

### ADVANCED: 2<sup>ND</sup> AND 1<sup>ST</sup> KYU

Almost flawless technique in kihon and kihon-ido, confident kata performance, understanding of both kihon (omote) and ura bunkai of GD-katas.

## TERMINOLOGY

Kihon	- techniques are performed in place
Kihon Ido	- techniques are performed during moving forwards / backwards using prescribed basic stance(s) and footwork
Oyo Ido	- techniques are performed during moving forwards / backwards using shizen tai (fighting stance) and prescribed footwork
Tori	- attacker
Uke	- defender
HD	- heiko dachi
UHD	- uchi hachiji dachi
SD	- sanchin dachi
ZD	- zenkutsu dachi
SHD	- shiko dachi
NAD	- neko ashi dachi
KD	- kokutsu dachi
ST	- shizen tai (natural fighting stance)

## 8<sup>TH</sup> KYU

Requirements: min. 3 months of training

Belt: white with yellow stripe

### KIHON:

(all in HD)

1. Choku tsuki (jodan/chudan/gedan)
2. Age empi uchi
3. Shomen-uraken uchi
4. Kin geri
5. Mae geri
6. Age uke
7. Yoko uke
8. Harai uke

### KIHON-IDO:

Ayumi-ashi:

1. SD
2. SD + Oi-tsuki/Age-uke (forwards/backwards)
3. ZD
4. ZD + Oi-tsuki/Yoko-uke

### KUMITE:

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

## 7<sup>TH</sup> KYU

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

Belt: yellow

### KIHON:

*(All in Heiko-dachi, if not stated otherwise)*

1. Tate tsuki
2. Ura tsuki
3. Yokomen shuto uchi
4. Awase tsuki
5. Gedan sokuto geri,
6. Ashi barai *(from Gekisai kata)*
7. Soto-uke
8. Kaishu yoko-uke
9. Kake-uke
10. Gyaku-tsuki in ZD

### KIHON-IDO:

1. Sanchin-dachi ayumi-ashi + Gyaku-tsuki
2. Zenkutsu-dachi ayumi-ashi + Gyaku-tsuki
3. Shiko-dachi ayumi-ashi + Oi-tsuki / Harai-uke
4. Shizen-tai (natural fighting stance) ayumi-ashi + Mae-geri, mawate

### KUMITE:

1. Tori: HD choku-tsuki jodan + chudan + gedan; Uke: HD age-uke + yoko-uke + harai-uke
2. Tori: SD ayumi-ashi + oi-tsuki jodan (chudan); Uke: SD ayumi-ashi ushiro + age (yoko) uke
3. Tori: ZD ayumi-ashi + oi-tsuki jodan (chudan); Uke: ZD ayumi-ashi ushiro + age (yoko) uke
4. Drill: "under" drill

### KATA:

1. Gekisai-dai ichi

## 6<sup>TH</sup> KYU

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

Belt: yellow with orange stripe(s)

### KIHON:

1. Teisho tsuki, Gammen shuto uchi, yokomen & sayu uraken uchi
2. Gedan yoko-geri, Mawashi-geri, Mae fumikomi
3. Nagashi-uke, Mawashi-uke + teisho yama-tsuki
4. ST/NAD step-out into ZD + kizami-tsuki, pull-back into initial stance
5. ST/NAD step-out into ZD + gyaku-tsuki, pull-back into initial stance

### KIHON-IDO:

1. NAD ayumi-ashi + yoko-uke, ushiro + kake-uke
2. ST suri-ashi + kizami-tsuki (mawate)
3. ST ayumi-ashi + ashi-barai + oi-tsuki into ZD
4. ST yose-ashi + gyaku-tsuki
5. ST tai-sabaki + kake-uke/nagashi-uke

### KUMITE:

1. Sandan uke barai 1
2. Tori: ST into ZD + mae ken tsuki jodan; Uke: ST back step into ZD + age uke + gyaku tsuki
3. Tori: ST mawashi-geri hineri; Uke: ST suri-ashi forwards + cho-uke
4. Drill: "over" drill

### KATA:

1. Gekisai-dai ichi

### BUNKAI:

1. Kihon-bunkai Gekisai-dai ichi

## 5<sup>TH</sup> KYU

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

Belt: orange

### KIHON

1. Empi-waza (elbow techniques)
2. Teisho-tsuki
3. Ushiro-geri
4. NAD kansetsu-geri
5. ST tai-sabaki + kake/nagashi-uke + gyaku-tsuki

### KIHON-IDO

1. NAD suri-ashi + kake-uke + gyaku-tsuki / ushiro suri-ashi + nagashi-uke + gyaku-tsuki
2. ZD ayumi-ashi + mae-geri + oi-tsuki; mawate
3. SD ayumi-ashi into SHD, mawashi-empi-uchi + shomen-uraken-uchi + harai-otoshi-uke + gyaku-tsuki, pull-back into SD / mawate
4. ST suri-ashi gyaku-tsuki / mae-ken-tsuki / mae-ken-tsuki + gyaku-tsuki (mawate)
5. ST ayumi-ashi hineri chudan-yoko-geri

### KUMITE

1. Sandan uke barai 2 (Uke does counter-attack with gyaku-tsuki)
2. Tori: NAD into ZD + oi/mae-ken-tsuki; Uke: HD into NAD + block of choice (kake/nagashi/harai/...) + kizami mae-geri or gyaku-tsuki;
3. Tori: ST ayumi-ashi into ZD + oi-tsuki; Uke: ST tai-sabaki + mawashi-uke application of choice
4. Drill: „under“ drill, „over“ drill

### KATA

1. Gekisai-Dai Ni

### BUNKAI

1. Kihon bunkai Gekisai-Dai Ni

## 4<sup>TH</sup> KYU

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

Belt: green

### KIHON

1. Joge-uke
2. Kakuto-uke
3. Age-tsuki
4. Kagi-tsuki
5. NAD into ZD + haito-uchi
6. NAD kansetsu-geri + into ZD gyaku-tsuki
7. ST hineri ura-mawashi-geri

### KIHON-IDO

1. NAD ayumi-ashi with mae-geri into ZD + age-empi-uchi + gyaku-tsuki, pull the front foot back into NAD + kansetsu-geri / mawate
2. ZD yose-ashi kizami-yoko-geri + gyaku-tsuki / mawate
3. SD suri-ashi (ushiro) into SHD + kake-uke + san-ren-tsuki, (ushiro-)ayumi-ashi into SD
4. ST yose-ashi mae-ken-tsuki + gyaku-tsuki
5. ST yose-ashi + mae-/mawashi-/yoko-geri
6. ST suri-ashi gyaku-tsuki + mawashi-geri hineri

### KUMITE

1. Sandan uke barai 3 (as #2, Tori blocks Uke's counter/attack and repeats the his attack technique)
2. Tori: ST yose-/ayumi-ashi oi-/mae-ken-tsuki (alternate the attack); Uke: ST (ushiro) tai/sabaki + kakuto-/nagashi-uke + gyaku/tsuki
3. Tori: ST yose-ashi + kizami mae-geri / ayumi-ashi + hineri mae-geri; Uke: ST yoko tai-sabaki into KD + harai-uke, rotation into ZD + gyaku-tsuki
4. Drill: „open-close“

### KATA

1. Sanchin

### BUNKAI

1. Ura (oyo) bunkai Gekisai-Dai Ichi

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

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

Belt: blue

### KIHON

1. Furi-uchi
2. Juji-uke
3. Sukui-uke
4. ST kizami mae-geri + gyaku-tsuki
5. ST kizami yoko-geri
6. ST ushiro-geri

### KIHON-IDO

1. SHD kamae, ayumi-ashi + kansetsu-geri + age-tsuki + uraken-uchi + gedan tetsui-uchi
2. NAD mae-geri + kansetsu-geri + gyaku-tsuki, ayumi-ashi into NAD / mawate
3. ST suri-ashi mae-ken-tsuki, suri-ashi + gyaku-tsuki
4. ST suri-ashi + gyaku-tsuki, hineri mawashi-geri
5. ST suri-ashi + gyaku-tsuki, suri-ashi kizami mawashi-geri
6. ST yose-ashi + kizami mawashi-geri, suri-ashi + gyaku-tsuki

### KUMITE

1. Tori: ST ayumi-ashi into ZD + oi-tsuki; Uke: ST tai-sabaki + kake-uke, ashi-barai, drop into SHD + gedan tsuki
2. Tori: ST hineri mae-geri; Uke: ST ushiro ayumi-ashi + juji-uke, yose-ashi + tripping
3. Tori: ST hineri mawashi-geri; Uke: suri-ashi + cho-uke, kneebar takedown (or tripping)

### KATA

1. Sanchin
2. Tensho

### BUNKAI

1. Ura (oyo) bunkai Gekisai-Dai Ni
2. Ura renzoku bunkai Gekisai-Dai Ichi



## 2<sup>ND</sup> KYU

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

Belt: brown

### KIHON

1. NAD mae-geri + kansetsu-geri + gedan-sokuto-geri
2. ST irimi mae-ken-tsuki / irimi oi-tsuki
3. ST kizami ura-mawashi-geri
4. ST kizami mae-geri + kizami yoko-geri

### KIHON-IDO

1. SD ayumi-ashi joge-uke + morote yama-tsuki
2. SD ayumi-ashi into SHD oi-tsuki + kizami yoko-geri, pull the kicking leg into SD / mawate
3. ST suri-ashi gyaku-tsuki, yose-ashi mae-ken-tsuki, suri-ashi gyaku-tsuki
4. ST yose-ashi ura-mawashi-geri, suri-ashi gyaku-tsuki
5. ST ayumi-ashi ashi-barai + ushiro-geri
6. ST ushiro-mawashi-geri

### KUMITE

1. Tori: suri-ashi gyaku-tsuki / ayumi-ashi oi-tsuki (alternating attack);  
Uke: ST irimi mae-ken-tsuki / irimi oi-tsuki
2. Tori: single attack according to the instruction of the examiner (tsuki, geri);  
Uke: appropriate defense

### KATA

1. Sanchin
2. Tensho
3. Saifa

### BUNKAI

1. Kihon bunkai Tensho
2. Ura renzoku bunkai Gekisai-Dai Ichi
3. Ura renzoku bunkai Gekisai-Dai Ni

# 1<sup>ST</sup> KYU

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

Belt: brown

## KIHON

1. NAD tai-sabaki kuri-uke, kansetsu-geri
2. ST kizami ura-mawashi-geri, gyaku-tsuki
3. ST gyaku-tsuki, kizami mawashi-geri

## KIHON-IDO

1. SD ayumi-ashi age-uke + gyaku-tsuki + hineri mae-geri / age-uke + gyaku-tsuki + kizami mae-geri
2. ST ayumi-ashi oi-tsuki, suri-ashi gyaku-tsuki
3. ST suri-ashi mae-ken-tsuki, ashi-barai, into SHD gedan san ren tsuki
4. ST suri-ashi gyaku-tsuki, hineri mae-geri, yose-ashi yoko-geri (or ura-mawashi-geri)
5. ST hineri ura-mawashi-geri, suri-ashi gyaku-tsuki

## KUMITE

1. 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

## KATA

1. Sanchin
2. Tensho
3. Saifa

## BUNKAI

1. Kihon bunkai Saifa
2. Ura renzoku bunkai Gekisai-Dai Ichi
3. Ura renzoku bunkai Gekisai-Dai Ni