

AJKA-I Karate Association Examination Requirements



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Reason for Karate Examination

1. The Karate examination is for the student as well as for the instructor, so they can both see the direction the examinee is going, which will reveal where the necessary correction can be made.
2. The student's behavior before, during and after the examination must be taken into consideration and the grade must reflect accordingly.
3. The student should never forget that the perfection of Karate-Do is a lifetime pursuit and that the examination only part of this long road.

**Practice as much as you can
and this way, one day you will
understand
the meaning of Karate-do (Sensei Nakayama)**

Honorary Rank: a ceremoniously awarded rank as a result of one's service and support of the development of Karate, either directly or indirectly.

HONORARY RANKING STANDARDS

Shodan: Has provided indirect support of karate at the local community level.

Nidan: Has provided direct support of karate at the local community level.

Sandan: Has provided indirect support of karate at the national level.

Yondan: Has provided direct support of karate at the national level, or may be a local dignitary or leader who has provided indirect support.

Godan: Has provided indirect support of karate as a national dignitary or leader in such areas as social, educational and financial, or may be a local dignitary or leader who has provided direct support.

Rokudan: Direct support of karate by a national leader.

Shichidan: Indirect support of karate by a national sovereign or top leader or highest official.

Hachidan: Direct support of karate by a national sovereign or top leader or highest official.

Kudan: Indirect support of karate by an international leader or internationally respected figure.

Judan: Direct support of karate by an international leader or internationally respected figure.

Length of training for Dan examination

- **Shodan:**
2-years or 3 months after 1-kyu exam
Recommended: Minimum 3-years

- **Nidan:**
1-year after Shodan
Recommended: Minimum 3-years after Shodan

- **Sandan:**
2-years after Nidan
Recommended: 4-years after Nidan

- **Yondan:**
3-years after Sandan
Recommended: 4-years after Sandan

- **Godan:**
4-years after Yondan
Recommended: 5-years after Yondan

Kyu Examination Requirements

8.Kyu (Yellow belt)

These is the level where the examinee can perform and apply the simplest techniques externally.

7-6-5-4. Kyu (Orange-Green-Blue-Purple):

These levels requires an increased stage of technical and mental skills performed with gradually increased intensity.

3-2-1 Kyu (Brown belt)

Student must have the ability to perform above basic techniques effectively while also starting to show an internal mental expression of Karate.

1st Dan Black belt

At this level an examinee should be able to perform and apply basic techniques with force (focus) and perform basic combinations effectively.

2nd Dan (Black belt)

The examinee should be able to perform all basic techniques as well as combination techniques and be able to make Compensation for the individual's body limitation(s).

3rd Dan (Black belt)

The individual must understand the principles behind basic techniques. Apply and perform techniques under different circumstances.

4th Dan (Black belt)

The examinee should thoroughly understand as well as be able to teach others of the principles of body movements, techniques and application. Student should present a paper on teaching of a specific Karate subject.

5th Dan (Black belt)

Research in some special area should be completed. Examinee will be able to explain and demonstrate the subject.

6th Dan (Black belt)

Contribution to Karate through physical and mental aspects should be taken in to consideration to the benefits of others.

7th Dan (Black belt)

An individual must have completed and apply it in practical instructional process

8-Kyu Exam requirements

(Do everything 4 times by examiner count)

Kihon

1. Oi-zuki (Jodan)
2. Age-uke (Stepping back)
3. Oi-zuki (Chudan)
4. Ude*uke (Stepping back)
5. Shuto-uke
6. Mae-geri (Chudan)
7. Mae-geri (Jodan)

Kata

1. Heian Shodan (Heian #1)

Kumite

2. Sonbon Kumite (Jodan)
3. Sonbon Kumite (Chudan)

7-Kyu Exam requirements

Kihon

1. Oi-zuki (Jodan)
2. Age-uke-gyaku-zuki (Stepping back)
3. Oi-zuki (Chudan)
4. Ude-uke-gyaku-zuki (Stepping back)
5. Shuto-uke-Gyaku-zuki (Foreword and back)
(Kokutsu-dachi)-(zenkutsu-dachi)
6. Mae-geri (Chudan)
7. Mae-geri (Jodan)
8. Yoko-geri-kiage(kiba-dachi)

Kata

1. Heian Nidan (Heian #2)
(Plus another previously preformed Kata)

Kumite

2. Sonbon Kumite (Jodan Chudan)

6-Kyu Exam requirements

Kihon

1. Oi-zuki (Jodan)
2. Age-uke-gyaku-zuki (Stepping back)
3. Oi-zuki (Chudan)
4. Ude-uke-gyaku-zuki (Stepping back)
5. Shuto-uke-gyaku-zuki (Foreword and back)
(Kokutsu-Zenkutsu-dachi)
6. Mae-geri (Chudan)
7. Mae-geri (Jodan)
8. Yoko-geri-kiage
9. Yoko-geri-kekomi

Kata

1. Heian Sandan (Heian #3)
(Plus another previously preformed Kata)

Kumite

1. Ippon Kumite
(Jodan Chudan)

5-Kyu Exam Requirement

Kihon

1. Oi-zuki Jodan
2. Age-uke-gyaku-zuki (Stepping back)
3. Oi-zuki Chudan
4. Ude-uke-Empi-uchi (Stepping back)
(Zenkutsu-dachi & Kiba-dachi)
5. Uchi-ude-uke-gyaku-zuki (Stepping back)
6. Shuto-uke-Kizami-Mae-geri-gyaka-tzuki
(Kokutsu-dachi & Zenkutsu-dachi)
7. Mae-geri (Chudan)
8. Mae-geri (Jodan)
9. Yoko-geri-Kiage (Kiba-dachi)
10. Yoko-geri-kekomi (Kiba-dachi)

Kata

1. Heian Yondan (Heian#4)
(Plus another previously preformed Kata)

Kumite

2. Ippon-Kumite
(Jodan-Chudan-Oi-zuki, Mia-Geri & Yoko-Kekomi)

4-Kyu Exam requirements

A: Kihon

(Plus an other previously preformed Kata

- 1, Oi-zuki (Jodan)
- 2, Age-uke-Gyaku-zuki (Stepping back)
- 3, Oi-zuki Chudan
- 4, Ude-uke-Empi-uchi
(Zenkutsu-Kiba-dachi)
- 5, Uchi-Ude-Uke-Kizami-zuki-Gyaku-zuki
- 6, Shuto-uke-Kizami-Mae-geri-Gyaka-Tzuki
- 7, Mae-geri (Chudan)
- 8, Mae-geri (Jodan)
- 9, Yoko-geri-Kiage (Kiba-dachi)
- 10, Yoko-geri-Kekomi (Kiba-dachi)
- 11, Mawashi-geri
- 12, Mawashi-geri-Gyaku-zuki

B: Kata

- 1, Hein Godan (Hein#5)
(Plus another previously preformed Kata)

C: Kumite

- 1, Ippon Kumite

(Oi-zuki Jodan, Chudan)

(Mae-geri Chudan)

(Yoko-geri-kekomi Chudan)

3-Kyu Exam requirements

A: Kihon

- 1, Oi-zuki Jodan
- 2, Age-uke-gyaku-zuki (Stepping back)
- 3, Oi-zuki Chudan
- 4, Ude-uke-Empi-uchi
(Zenkutsu, Kiba-dachi)
- 5, Ude-uke Kizami-zuki-Gyaku-zuki
- 6, Uchi-Ude-uke Kizami-zuki-Gyaku-zuki
- 7, Shuto-uke-Kizami-geri-Gjaku-zuki
(Kokutsu-dachi Zenkutsu-dachi)
- 8, Mae-geri (Chudan)
- 9, Mae-geri (Jodan)
- 10, Mawashi-geri
- 11, Mawashi-geri-gyaku-zuki
- 12, Yoko-geri-Kiage
- 13, Yoko-geri-Kekomi

B: Kata

- 1, Tekki Shodan
(Plus another previously preformed Kata)

C: Kumite

- 1, Ippon Kumite
(Oi-zuki Jodan, Chudan)
(Mae-geri Chudan)
(Yoko-geri-Kekomi Chudan)

2-Kyu Exam requirements

A: Kihon

- 1, Oi-zuki Jodan
- 2, Age-uke-gyaku-zuki
- 3, Oi-zuki Chudan
- 4, Ude-uke-Empi-uchi Gyaku-zuki
(Zenkutsu-dachi-Kiba-dachi-Zenkutsu-dachi)
- 5, Ude-uke Kizami-zuki-Gyaku-zuki
- 6, Uchi-ude-uke Kizami-zuki-Gyaku-zuki
- 7, Shuto-uke Kizami-geri-Nikute
(Kokutsu-dachi Zenkutsu-dachi)
- 8, Mae-geri (Chudan)
- 9, Mae-geri (Jodan)
- 10, Mawashi-geri
- 11, Mawashi-geri-gyaku-zuki
- 12, Yoko-geri Kiage
- 13, Yoko-geri Kekomi

B: Kata

- 1, Bassi-Dai
(Plus another previously preformed Kata)

C: Kumite

- 1, Ippon Kumite
(Oi-zuki Jodan, Chudan)
(Mae-geri Chudan)
(Yoko-geri Chudan)
Ushiro-geri)

1-Kyu Exam requirements

A: Kihon

- 1, Sonbon-zuki (Jodan-Chudan-Chudan)
(1 step 3 punch)
- 2, Age-uke-gyaku-zuki
- 3, ude-uke-Empi-uchi-uraken-gyaku-zuki
(Zenkutsu-dachi-Kiba-dachi-Zenkutsu-dachi)
- 4, Shuto-uke-Kizami-Mae-geri-Nikute
(Kokutsu-dachi)
- 6, Mae-geri (Chudan)
- 7, Mae-geri (Jodan)
- 8, Mae-geri-Chudan-Jodan (one count 2 steppes)
- 9, Mawashi-geri
- 10, Mawashi-geri-Gyaku-zuki
- 11, Yoko-geri-Kiage
- 12, Yoko-geri-Kekomomi

B: Kata

- 1, Bassai Dai
(Plus another previously preformed Kata)

C: Kumite

- 1, Jiu-ippon Kumite
(Offence: Jodan-Chudan-Mae-geri-Yoko-geri-Ushiro-geri)

Sho-Dan Exam Requirement

A: Kata

- 1, The examiner selects a Kata from Hein to Tekki 1**
- 2, The examine select a Kata from group A**

B: Kihon

- 1, Sonbon –zuki (Jodan-Chudan-Chudan 1 one step 3 punch)**
- 2, Aga-uke-Kizami-geri-Gyaku-zuki**
- 3, Ude-uke-Empi-uchi-uraken-gyaku-zuki
(Zenkutsu-dachi-Kiba-dachi-Zenkutsu-dachi)**
- 4, Shuto-uke Kizami-geri-Nikute
(Kokutsu-dachi)**
- 5, Uchi-Ude-Uke-Kizami-geri-Kizami-zuki-Gyaku-zuki**
- 6, Mae-geri Chudan-Jodan
(One count 2 steppes)**
- 7, Mawashi-geri Chudan-Jodan
(One count 2 steppes)**
- 8, Yoko-geri-kiage (Kiba-dachi)**
- 9, Yoko-geri-kekomi**
- 10, Kizami Yoko-kekomi then step foreword Mawashi-geri Gyaku-zuki**
- 11, Kizami Mawashi-geri Oi-zuki Jodan**
- 12, In Zenkutsu dachi mae-geri Yoko kekomi back to Zenkutsu dachi
(4 times each leg)**

C: Kumite

- 1, Jiu-Kumite (against a brown belt a Shodan and a Nidan)**

Ni-Dan Exam requirement

A: Kata

- 1, The examiner must select a Kata from A or B group plus Hone From Hein 2-5 or Tekki Shodan.**
- 2, The examine select a Kata from A B or C group.**

B: Kihon

- 1, Jiu Dachì, Kizami-zuki, Oi-zuki (twice Jodan)**
- 2, Jiu Dachì, Kizami-zuki the stepping 2 times mae-geri & Oi-zuki**
- 3, In kiba-dachi stepping to side Yoko-kiage turned 180% and Execute Yoko-kekomi**
- 4, Jiu Dachì stepping back Jodan-age-uke-then step forward Mawashi-geri uraken and Oi-zuki Jodan.**
- 5, In Zenkutsu dachi perform Mae-geri/Joko-kiage/ushiro-geri then back to zenkutsu-dachi.**

C: Kumite

- 1, Jiu-Kumite**
- 2, Offensive and defensive techniques against deferent opponents.**

San-Dan Exam requirement

A: Kata

- 1, The examine select a Kata from group A B or C.**
- 2, The examiners select a kata from group A B plus Hein 2 to 5 and Tekki Shodan**

B: Kihon

- 1, The examine explain a combination technique power development concept.**
- 2, Explain from beginning to end the important points of the techniques**
- 3, Explain to a student from beginning to end how the techniques should be preformed correctly.**

C: Jiu Kumite

- 1, Kumite against a Shodan**
- 2, Kumite against a stronger opponent.**

Yon-Dan Exam requirement

A: Kata

- 1, The examine select a kata from group A B or C.**
- 2, The examiner selects a kata from group A B or C.**

B: Kihon

- 1, The examine explain a selected combination techniques important points.**
- 2, The examine explain the important point in the performance of the selected combination techniques.**

C: Kumite

- 1, Jiu Ippon Kumite**
- 2, Jiu Kumite**
- 3, Explain the correct timing from offensive as well defensive point of you doing Jiu Kumite**

D: Technical research

- 1, Select a technical and tech it to a group of students**
- 2, Need to turn in a technical paper no less the 500 words on special Subject, and explain the content of the paper.**

Godan-Examination requirement

- 1, Research some special area should be completed. The Examine will able to explain demonstrate as well as instruct the prepared subject. The subject must be physiological.**
- 2, Examine select a kata from group A, B, or C**
- 3, Examiner selects a kata from group A, B or C
(Kata must be deferent in principle of the kata selected by the examine such as shorin or shorai)**

Rokudan-Examination requirement

- 1, Research some special area should be completed. The examie will able to explain and demonstrate as well as instruct the prepared subject. The subject can be psychological or physiological.**
- 2, Examine select a kata from group A, B, or C.**
- 3, Examiner select a kata from A, B, or C

(kata must be deferent in principle of the kata selected by the examine such as shorin or shorai)**

Kata Groups
(The examiner and examine select from the Kata below)

<u>Rang</u>	<u>Examine</u>	<u>Examiner</u>
Shodan	Group A	Hein or Tekki
Nidan	Group A-B	Group B
Sundan	Group A-B-C	Group A-B
Yondan	Group A-B-C	Group A-B-C
<u>Rang</u>	<u>Examine</u>	<u>Examiner</u>
Shodan	Group A	Hein or Tekki
Nidan	Group A-B	Group B
Sundan	Group A-B-C	Group A-B
Yondan	Group A-B-C	Group A-B-C

Group A	Group B	Group C
Tekki 2	Tekki 3	Kanku-Sho
Bassai Dai	Jion	So-chin
Kanku Dai	Gankaku	Chinte
Hangetsu	Jute	Ni-Jiu-shi-ho
Empi	Bassa-sho	Unsu

