

APPENDIX A-1

EXAMINATION GUIDELINES – KYU RANKS

All beginners start at 9th KYU. Any youth rank requirements will be set by the Regional Instructor and/or Club Instructor

8th KYU: YELLOW BELT

Kihon (basics):

Examiners count: Do everything 4 times

1. Oi Tzuki (Jodan). From front stance, step in punch, face level.
2. Age Uke. Stepping back, rising block.
3. Oi Tzuki Chudan. Stepping forward, punch chest level.
4. Soto Uke, stepping back. Outside chest block.
5. Shuto Uke. Stepping forward, back stance, knife-hand block.
6. Mae Geri, Chudan. Moving forward, front snap kick, chest level.
7. Mae Geri, Jodan. Moving forward, front snap kick, face level.

Kata:

One kata will be presented to the testing panel: Heian Shodan

Kumite – Sanbon (basic three-step sparring):

Examiners Count

1. Sanbon Kumite Jodan. Offense (start from front stance). Step in punch, face level, three times. Defense (start from open natural stance). Step back, rising block, counter (reverse punch) after third attack.
2. Sanbon Kumite Chudan. Offense (start from front stance). Step in punch, chest level, three times. Defense (start from open natural stance). Step back, outside block, counter (reverse punch) after third attack.

Switch roles of offense and defense.

7th KYU: ORANGE BELT

Kihon (basics):

Examiners count: Do everything 4 times

1. Oi Tzuki Jodan. Zenkutsu Dachi.
2. Age Uke, Gyaku Tzuki. Zenkutsu Dachi (stepping back).
3. Oi Tzuki Chudan. Zenkutsu Dachi.
4. Soto Uke, Gyaku Tzuki. Zenkutsu Dachi (stepping back).
5. Shuto Uke, Gyaku Tzuki. Stepping forward & back, Kokutsu Dachi to Zenkutsu Dachi.
6. Mae Geri Chudan. Zenkutsu Dachi.
7. Mae Geri Jodan. Zenkutsu Dachi.
8. Yoko Geri Keage. Kiba Dachi.

Kata:

Two katas will be presented to the testing panel: Heian Nidan and Heian Shodan

Kumite – Sanbon (basic three-step sparring):

Examiners Count

1. Sanbon Kumite Jodan. Offense (start from front stance). Step in punch, face level, three times. Defense (start from open natural stance). Step back, rising block, counter (reverse punch) after third attack.
2. Sanbon Kumite Chudan. Offense (start from front stance). Step in punch, chest level, three times. Defense (start from open natural stance). Step back, outside block, counter (reverse punch) after third attack.

Switch roles of offense and defense.

6th KYU: GREEN BELT

Kihon (basics):

Examiners count: Do everything 4 times

1. Oi Tzuki Jodan. Zenkutsu Dachi.
2. Age Uke, Gyaku Tzuki. Zenkutsu Dachi (stepping back)
3. Oi Tzuki Chudan. Zenkutsu Dachi.
4. Soto Uke, Gyaku Tzuki. Zenkutsu Dachi (stepping back).
5. Shuto Uke, Gyaku Tzuki. Stepping forward & back, Kokutsu Dachi to Zenkutsu Dachi.
6. Mae Geri Chudan. Zenkutsu Dachi.
7. Mae Geri Jodan. Zenkutsu Dachi.
8. Yoko Geri Keage. Kiba Dachi.
9. Yoko Geri Kekomi. Kiba Dachi.

Kata:

Two katas will be presented to the Testing panel: Heian Sandan and Heian Shodan

Kumite - Ippon (basic one-step sparring):

Examiners Count

1. Ippon Kumite Jodan. Offense (start from front stance). Step in punch, face level.
Defense (start from open natural stance). Step back, rising block, counter (reverse punch).
2. Ippon Kumite Chudan. Offense (start from front stance). Step in punch, chest level.
Defense (start from open natural stance). Step back, outside block, counter (reverse punch).

Switch roles of offense and defense.

5th KYU: BLUE BELT

Kihon (basics):

Examiners count: Do everything 4 times

1. Oi Tzuki Jodan. Zenkutsu Dachi.
2. Age Uke, Gyaku Tzuki. Zenkutsu Dachi (stepping back)
3. Oi Tzuki Chudan. Zenkutsu Dachi.
4. Uchi Uke, Gyaku Tzuki (stepping back).
5. Soto Uke (Zenkutsu Dachi), Empi Uchi (Kiba Dachi).
6. Shuto Uke, Mayashi Mae Geri, Gyaku Tzuki (stepping back, Kokutsu Dachi & Zenkutsu Dachi)
7. Mae Geri Chudan. Zenkutsu Dachi.
8. Mae Geri Jodan. Zenkutsu Dachi.
9. Yoko Geri Keage. Kiba Dachi.
10. Yoko Geri Kekomi. Kiba Dachi.

Kata:

Two Katas will be presented to the testing panel: Heian Yondan and Heian Shodan

Kumite - Ippon (basic one step sparring):

Examiners Count:

1. Ippon Kumite: Oi Tzuki Jodan. Offense (start from front stance). Step in punch, face level.
2. Ippon Kumite: Oi Tzuki Chudan. Offense (start from front stance). Step in punch, chest level.
3. Ippon Kumite: Mae Geri Chudan.
4. Ippon Kumite: Yoko Geri Kekomi Chudan.

Switch roles of offense and defense.

4th KYU: PURPLE BELT

Kihon (basics):

Examiners count: Do everything 4 times

1. Oi Tzuki Jodan. Zenkutsu Dachi.
2. Age Uke, Gyaku Tzuki. Zenkutsu Dachi (stepping back)
3. Oi Tzuki Chudan. Zenkutsu Dachi.
4. Uchi Uke, Kizami Tzuki, Gyaku Tzuki (stepping back).
5. Soto Uke (Zenkutsu Dachi), Empi Uchi (Kiba Dachi).
6. Shuto Uke, Mayashi Mae Geri, Gyaku Tzuki (stepping back, Kokutsu Dachi & Zenkutsu Dachi)
7. Mae Geri Chudan. Zenkutsu Dachi.
8. Mae Geri Jodan. Zenkutsu Dachi.
9. Yoko Geri Keage. Kiba Dachi.
10. Yoko Geri Kekomi. Kiba Dachi.
11. Mawashi Geri. Zenkutsu Dachi.
12. Mawashi Geri, Gyaku Tzuki. Zenkutsu Dachi.

Kata:

Two Katas will be presented to testing panel: Heian Godan and Heian Shodan

Kumite - Ippon (basic sparring):

1. Ippon Kumite: Oi Tzuki Jodan. Offense (start from front stance). Step in punch, face level.
2. Ippon Kumite: Oi Tzuki Chudan. Offense (start from front stance). Step in punch, chest level.
3. Ippon Kumite: Mae Geri Chudan.
4. Ippon Kumite: Yoko Geri Kekomi Chudan.

Switch roles of offense and defense.

3rd KYU: BROWN BELT 1 STRIPE

Kihon (basics):

Examiners count: Do everything 4 times

1. Oi Tzuki Jodan. Zenkutsu Dachi.
2. Age Uke, Gyaku Tzuki. Zenkutsu Dachi (stepping back)
3. Oi Tzuki Chudan. Zenkutsu Dachi.
4. Uchi Uke, Kizami Tzuki, Gyaku Tzuki (stepping back).
5. Soto Uke (Zenkutsu Dachi), Empi Uchi (Kiba Dachi). Turn.
6. Soto Uke, Kizami Tzuki, Gyaku Tzuki.
7. Shuto Uke, Mayashi Mae Geri, Gyaku Tzuki (stepping back, Kokutsu Dachi & Zenkutsu Dachi)
8. Mae Geri Chudan. Zenkutsu Dachi.
9. Mae Geri Jodan. Zenkutsu Dachi.
10. Yoko Geri Keage.
11. Yoko Geri Kekomi.
12. Mawashi Geri. Zenkutsu Dachi.
13. Mawashi Geri, Gyaku Tzuki. Zenkutsu Dachi.

Kata:

Three katas will be presented to the testing panel: Tekki Shodan, Heian Yondan and Heian Shodan Kata

Kumite - Ippon (basic sparring):

1. Ippon Kumite: Oi Tzuki Jodan.
2. Ippon Kumite: Oi Tzuki Chudan.
3. Ippon Kumite: Mae Geri Chudan.
4. Ippon Kumite: Yoko Geri Kekomi Chudan.

2nd KYU: BROWN BELT-BLACK 2 STRIPES

Kihon (basics):

Examiners count: Do everything 4 times

1. Oi Tzuki Jodan. Zenkutsu Dachi.
2. Age Uke, Gyaku Tzuki. Zenkutsu Dachi (stepping back)
3. Oi Tzuki Chudan. Zenkutsu Dachi.
4. Uchi Uke, Kizami Tzuki, Gyaku Tzuki (stepping back).
5. Soto Uke (Zenkutsu Dachi), Empi Uchi (Kiba Dachi), Gyaku Tzuki (Zenkutsu Dachi).
Turn.
6. Soto Uke, Kizami Tzuki, Gyaku Tzuki.
7. Shuto Uke, Mayashi Mae Geri, Nukite (stepping back, Kokutsu Dachi & Zenkutsu Dachi)
8. Mae Geri Chudan. Zenkutsu Dachi.
9. Mae Geri Jodan. Zenkutsu Dachi.
10. Yoko Geri Keage.
11. Yoko Geri Kekomi.
12. Mawashi Geri. Zenkutsu Dachi.
13. Mawashi Geri, Gyaku Tzuki. Zenkutsu Dachi.

Kata:

Three katas will be presented to the testing panel: Bassai Dai, Tekki Shodan and Heian Shodan

Kumite - Ippon:

1. Ippon Kumite: Oi Tzuki Jodan.
2. Ippon Kumite: Oi Tzuki Chudan.
3. Ippon Kumite: Mae Geri Chudan.
4. Ippon Kumite: Yoko Geri Kekomi Chudan.
5. Ippon Kumite: Ushiro Geri.

1st Kyu – Brown Belt 3 Stripes

Kihon (basics):

Examiners count: Do everything 4 times

1. Sanbon Tzuki (Jodan-Chudan-Chudan, 1 step 3 punches).
2. Age uke, Gyaku Tzuki (Stepping back).
3. Soto Uke, Empi Uchi, Uraken Uchi, Gyaku Tzuki (Zenkutsu Dachi-Kiba Dachi-Zenkutsu Dachi).
4. Shuto Uke, Mayashi Mae Geri, Nukite (stepping back, Kokutsu Dachi & Zenkutsu Dachi)
5. Mae Geri Chudan. Zenkutsu Dachi.
6. Mae Geri Jodan. Zenkutsu Dachi.
7. Mae Geri (Chudan- Jodan; 1 count, 2 steps).
8. Yoko Geri Keage.
9. Yoko Geri Kekomi.
10. Mawashi Geri. Zenkutsu Dachi.
11. Mawashi Geri, Gyaku Tzuki. Zenkutsu Dachi.

Kata:

Three katas will be presented to the testing panel: Bassai Dai, Tekki Shodan and Heian Shodan

Kumite:

Jiu Ippon Kumite:

(Jodan Oi-zuki, Chudan Oi-Zuki, Mae Geri, Yoko Geri Kekomi, Ushiro Geri)