

APPENDIX A-3

EXAMINATION GUIDELINES - DAN RANKS

Shodan & Shodan Ho Examination Requirements

Kata:

1. The examinee selects a kata from Group A
2. The examiner selects a kata from Heian to Tekki 1

Kihon - Do everything 4 times by the examiner's count

1. Sanbon-Tzuki (Jodan-Chudan-Chudan 1 one step, 3 punches)
2. Age-Uke, Mayashi-Mae-Geri, Gyaku-Tzuki (stepping back)
3. Soto-Uke, Empi-uchi, Uraken, Gyaku-Tzuki (Zenkutsu Dachi, Kiba Dachi, Zenkutsu Dachi)
4. Shuto-Uke, Mayashi-Mae-Geri, Nukite (stepping back, Kokutsu Dachi)
5. Uchi-Uke, Mayashi-Mae-Geri, Kizami-Tzuki, Gyaku-Tzuki
6. Mae-Geri (Chudan-Jodan, 1 count 2 steps)
7. Mawashi-Geri (Chudan-Jodan, 1 count 2 steps)
8. Yoko-Geri-Keage (Kiba Dachi)
9. Yoko-Geri-Kekomi (Kiba Dachi)
10. Mayashi Yoko-Kekomi, then step forward Mawashi-Geri, Gyaku-Tzuki
11. Mayashi Mawashi-Geri, Oi-Tzuki (Jodan)
12. In Zenkutsu Dachi, perform Mae-Geri, Yoko-Geri-Kekomi then back to Zenkutsu Dachi (stationary, 4 times each leg)

Kumite:

Jiu-kumite (against a brown belt, a Shodan, and a Nidan)

Nidan & Nidan Ho Examination Requirements

Kata

1. The examinee selects a kata from Group A, B, or C
2. The examiner must select a kata from Group A or B plus one kata from Heian 2-5 or Tekki Shodan

Kihon - Do everything 4 times by the examiner's count

1. In Jiu-Dachi, Kizami-Tzuki, Oi-Tzuki, Oi-Tzuki (Jodan)
2. In Jiu-Dachi, Kizami-Tzuki, then stepping 2 times Mae-Geri, Oi-Tzuki
3. In Kiba Dachi, stepping to side Yoko-Geri-Keage, turn 180 degrees and execute Yoko-Geri-Kekomi (with back leg).
4. In Jiu-Dachi, stepping back Age-Uke then step forward Mawashi-Geri, Uraken, Oi-Tzuki (Jodan)
5. In Zenkutsu Dachi, perform Mae-Geri, Yoko-Geri Keage, Ushiro-Geri, then back to Zenkutsu Dachi (stationary 4 times each leg)

Kumite:

1. Jiu Kumite
2. Offensive and Defensive techniques against different opponents.

Sandan Examination Requirements

Kata:

1. The examinee selects a kata from Group A, B, or C
2. The examiner selects a kata from Group A or B plus one kata from Heian 2-5 or Tekki Shodan

Kihon:

1. The examinee explains 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 performed correctly.

Kumite

1. Jiu-kumite against a Shodan
2. Jiu-kumite against a stronger opponent

Yondan Examination Requirements

Kata:

1. The examinee selects a kata from Group A, B, or C
2. The examiner selects a kata from Group A, B, or C

Kihon:

1. The examinee explains a selected combination technique's important points.
2. The examinee explains the important points in the performance of the selected combination techniques.

Kumite:

1. Jiu-ippou-kumite
2. Jiu-kumite
3. Explain the correct timing from offensive as well defensive point of view while doing jiu-kumite.

Technical Research

1. Select a technical subject and teach it to a group of students.
2. Turn in a technical paper no less the 500 words on a special subject, and explain the content of the paper.

Godan Examination Requirements

Kata:

1. Examinee selects a kata from Group A, B, or C
2. Examiner selects a kata from Group A, B, or C
(Kata must be different in principle than the kata selected by the examinee, such as shorin versus shorei)
3. Research on some special area should be completed. The examinee will be able to explain, demonstrate, as well as instruct the prepared subject. The subject must be physiological.

Rokudan Examination Requirements

- 1.** Research on some special area should be completed. The examinee will be able to explain, demonstrate, as well as instruct the prepared subject. The subject can be psychological or physiological.
- 2.** Examinee selects a kata from Group A, B, or C
- 3.** Examiner selects a kata from Group A, B, or C
(Kata must be different in principle than the kata selected by the examinee, such as shorin versus shorei)

Kata Groups

The examiner and examinee will select from the katas below:

| <u>Rank</u> | <u>Examinee</u> | <u>Examiner</u> |
|--------------------|------------------------|------------------------|
| Shodan | Group A | Heian or Tekki |
| Nidan | Group A – B - C | Group A - B |
| Sandan | Group A - B - C | Group A - B |
| Yondan | Group A - B - C | Group A - B - C |

| <u>Group A</u> | <u>Group B</u> | <u>Group C</u> |
|-----------------------|-----------------------|-----------------------|
| Tekki 2 | Tekki 3 | Kanku Sho |
| Bassai Dai | Jion | Sochin |
| Kanku Dai | Gankaku | Chinte |
| Hangetsu | Jitte | Nijushiho |
| Empi | Bassai Sho | Unsu |