



Kyu Rank Requirements Beginner to NiDan:

Structured and standardized testing for students from Beginner to Ni Dan

Examination Key

The Following describe the requirement for each Kyu level

Key for Acronyms used:

- F= Technique(s) are done moving **forwards**.
- B= Technique(s) are done moving **back wards**.
- BS= Technique(s) are done moving to **both sides**.
- FS= Technique(s) are done using the **favourite side**.
- SA=Technique(s) are to be executed using the **same side/arm/leg**. (Used in combinations were a block and strikes are used with the same arm.



Examination requirements for 8th Kyu (White belt to Yellow belt)

Tenure: 3 months after 9th Kyu

Kihon:

1. From zenkutsu-dachi with gedan-barai move forward with chudan-oizuki.
 - Step punch at chest level in front stance
2. Move backward with gedan-barai.
 - Downward block
3. Move forward with age-uke.
 - Rising block
4. Move backward Uchi-soto-uke
 - Inside block.
5. Move forward with chudan-Soto-uke.
 - Outside block
6. Change to kokutsu-dachi and move backward with shuto-uke.
 - Knife-hand block
7. Move forward kokutsu-dachi with shuto-uke.
 - Knife-hand block
8. Turn, moving forward with mae-geri from zenkutsu-dachi.
 - Front stance, front snap kick
9. Change to kiba-dachi and move sideways with yoko-geri-keage and return using the other leg to kick.
 - Horse stance, side snap kick

Kata:

- **Shitei Kata:** Heian Shodan (no count)

Kumite:

- Gohon kumite – 5 times attack and defence Jodan, Chudan
(counter attack after 5th attack)
- Start on left or right (examiner's choice)
For jodan and chudan, kamae in gedan barai



Examination requirements for 7th Kyu (Yellow to Orange belt)

Tenure: 3 months after 8th kyu

Kihon:

1. From zenkutsu-dachi with gedan-barai move forward with chudan-oizuki.
 - Step front stance and punch at chest level in front stance
2. Move backward with gedan-barai.
 - Downward block
3. Move forward with age-uke, gyaka zuki.
 - Rising block, reverse punch
4. Move backward Uchi-soto-uke, gyaka zuki
 - Inside block, reverse punch
5. Move forward with chudan-Soto-uke, gyaka zuki
 - Outside block, reverse punch
6. Change to kokutsu-dachi and move backward with shuto-uke.
 - Back stance, knife-hand block
7. Move backward kokutsu-dachi with shuto-uke.
 - Back stance, knife-hand block
8. Moving forward with mae-geri from zenkutsu-dachi.
 - Front stance, front snap kick
9. Moving forward with mawashi-geri from zenkutsu-dachi.
 - Front stance, round house kick
10. Change to kiba-dachi, move sideways with yoko-geri-keage and return using the other leg to kick.
 - Horse stance and side snap kick
11. Change to kiba-dachi, move sideways, yoko-geri-kekomi and return using the other leg to kick.
 - Horse stance and side thrust kick

Kata:

- **Shitei Kata:** Heian Nidan

Kumite:

- Sanbon kumite – 3 times attack and defence
- Jodan, chudan and mae geri
Hands move to the side after the chudan attack and immediately before the mae geri attack



Examination requirements for 6th Kyu (Orange to Green belt)

Tenure: 3months after 7th kyu

Kihon:

1. From zenkutsu-dachi with gedan-barai move forward with chudan-oizuki.
 - Step front stance and punch at chest level in front stance
2. Move backward with gedan-barai.
 - Downward Block
3. Move forward with age-uke, gyaku zuki.
 - Rising Block, reverse punch
4. Move backward Uchi-soto-uke, gyaku zuki.
 - Inside Block, reverse punch
5. Move forward with chudan-Soto-uke, gyaku zuki.
 - Outside Block, reverse punch
6. Change to kokutsu-dachi and move backward with shuto-uke.
 - Back stance and Knife-hand block
7. Move forwards kokutsu-dachi with shuto-uke.
 - Back stance and Knife-hand block
8. Turn, moving forward with mae-geri from zenkutsu-dachi.
 - Front Snap Kick
9. Change to kiba-dachi and move sideways with yoko-geri-keage and return using the other leg to kick.
 - Horse stance with Side Snap Kick
10. Kiba-dachi and move sideways with yoko-geri-Kekomi and return using the other leg to kick.
 - Horse stance with Side Thrust Kick

Kata:

- **Shitei Kata:** Heian Sandan

Kumite:

- Sanbon Kumite is optional (examiners choice)
- Kihon ippon kumite – single attack and defence
- Jodan x 1
- Chudan x 1
- Mae geri x 1
- Left hand side only, counter with gyaku zuki



Examination requirements for 5th Kyu (Green To Blue belt)

Tenure: 3 months after 6th kyu

Kihon:

1. From zenkutsu-dachi with gedan-barai move forward with chudan-oizuki.
2. Move backward with gedan-barai to Gyaku zuki.
3. Move forward with age-uke to Gyaku zuki.
4. Move backward Uchi-soto-uke to Gyaku zuki.
5. Move forward with chudan-Soto-uke to Gyaku zuki.
6. Change to kokutsu-dachi and move backward with shuto-uke.
7. Move forwards kokutsu-dachi with shuto-uke.
8. Turn, moving forward with mae-geri from zenkutsu-dachi.
9. Turn around with zenkutsu-dachi, Mawashi geri moving forwards.
10. Change to kiba-dachi and move sideways with yoko-geri-keage and return using the other leg to kick. The same for yoko-geri-kekomi.
11. Kiba-dachi and move sideways with yoko-geri-Kekomi and return using the other leg to kick.

Kata:

- **Shitei Kata:** Heian Yondan

Kumite:

- Sanbon Kumite is optional (examiners choice)
- Kihon ippon kumite – single attack and defence
- Jodan x 1
- Chudan x 1
- Mae geri x 1
- Left & right hand side – examiner's choice
Counters must be a zuki or uchi or keri (keri means kick) The same counter may not be demonstrated twice in a row



Examination requirements for 4th Kyu (Blue to Purple belt)

Tenure: 6 months after 5th kyu

Kihon:

1. From zenkutsu-dachi with gedan-barai move forward with chudan-oizuki.
2. Move backward with gedan-barai to Gyaku zuki.
3. Move forward with age-uke to Gyaku zuki.
4. Move backward Uchi-soto-uke to Gyaku zuki.
5. Move forward with chudan-Soto-uke to Gyaku zuki shift to Kiba dachi Empi uchi.
6. Change to kokutsu-dachi and move backward with shuto-uke shift to Zenkutsu Nukite.
7. Move forwards kokutsu-dachi with shuto-uke shift to zenkutsu Nukite.
8. Turn, moving forward with mae-geri from zenkutsu-dachi.
9. Turn around with zenkutsu-dachi, Mawashi geri moving forwards.
10. Change to kiba-dachi and move sideways with yoko-geri-keage and return using the other leg to kick. The same for yoko-geri-kekomi.
11. Kiba-dachi and move sideways with yoko-geri-Kekomi and return using the other leg to kick.

Kata:

- **Shitei Kata:** Heian Godan

Kumite:

- Kihon ippon kumite – single attack and defence
- Jodan x1
- Chudan x1
- Mae geri x1
- Mawashi geri x1
- Yoko geri kekomi x1
- Left and right hand side – examiner's choice
Counters must be a zuki or uchi or keri
The same counter may not be demonstrated twice in a row
- Spirit and focus with Kiai



Examination requirements for 3rd Kyu (Purple to First Brown belt)

Tenure: 6 months after 4th kyu

Kihon:

1. From zenkutsu-dachi with gedan-barai move forward with Sanbon Zuki.
2. Move backward with gedan-barai to Gyaku zuki.
3. Move forward with age-uke to Gyaku zuki.
4. Move backward Uchi-soto-uke/Kizami zuki to Gyaku zuki.
5. Move forward with chudan-Soto-uke to Gyaku zuki shift to Kiba dachi Empi uchi.
6. Change to kokutsu-dachi and move backward with shuto-uke shift to Zenkutsu Nukite.
7. Move forwards kokutsu-dachi with shuto-uke shift to zenkutsu Nukite.
8. Turn, moving forward with mae-geri from zenkutsu-dachi.
9. Turn, Moving forwards Ren-Geri (Jodan/Chudan, Chudan/Jodan mae geri)
10. Turn around with zenkutsu-dachi, Mawashi geri moving forwards.
11. Change to kiba-dachi and move sideways with yoko-geri-keage and return using the other leg to kick. The same for yoko-geri-kekomi.
12. Kiba-dachi and move sideways with yoko-geri-Kekomi and return using the other leg to kick.
13. GYAKU ZUKI (Idomokuhyo: punching at different points by examiner's direction)

Kata:

- **Shitei Kata:** Tekki Shodan

Kumite:

- Kihon Ippon Kumite – single attack and defence
- Jodan x2
- Chudan x2
- Mae geri x2
- Mawashi geri x2
- Yoko geri kekomi x2
- Left and right hand side – examiner's choice
Counters must be a zuki or uchi or keri
The same counter may not be demonstrated twice in a row
- Must demonstrate two different blocks



Examination requirements for 2th Kyu (First Brown To Second Brown belt)

Tenure: 6 months after 3rd kyu

Kihon:

1. From zenkutsu-dachi with gedan-barai move forward with Oi zuki
2. Turn and move forwards zenkutsu dachi with Sanbon Zuki.
3. Move backward with gedan-barai to Gyaku zuki.
4. Move forward with age-uke to Gyaku zuki.
5. Move backward Uchi-soto-uke/Kizami zuki to Gyaku zuki.
6. Move forward with chudan-Soto-uke to Gyaku zuki shift to Kiba dachi Empi uchi to Uraken uke.
7. Change to kokutsu-dachi and move backward with shuto-uke shift to Zenkutsu Nukite.
8. Move forwards kokutsu-dachi with shuto-uke shift to zenkutsu Nukite.
9. Turn, moving forward with mae-geri from zenkutsu-dachi.
10. Turn, Moving forwards Ren-Geri (Jodan/Chudan, Chudan/Jodan mae geri)
11. Turn Moving forwards Ren-Geri (Mae Geri/Mawashi geri, Mawashi geri/Mae geri)
12. Turn around with zenkutsu-dachi, Mawashi geri moving forwards.
13. Change to kiba-dachi and move sideways with yoko-geri-keage and return using the other leg to kick. The same for yoko-geri-kekomi.
14. Kiba-dachi and move sideways with yoko-geri-Kekomi and return using the other leg to kick.
15. GYAKU ZUKI (Idomokuhyo: punching at different points by examiner's direction)

Kata:

- **Sentei Kata:** Bassai Dai
- **Shitei Kata:** Instructor may select any Kata from Heian Shodan to Tekki Shodan

Turning Techniques: Refer to appendix

Kumite:

- Jiyu ippon kumite – Free single attack and defence
- Jodan x2
- Chudan x2
- Mae geri x2
- Mawashi geri x2
- Yoko geri kekomi x2
- Ushiro geri x2
- Kizami zuki x2
- Gyaku zuki x2
- Counters must be a zuki or uchi or keri
The same counter may not be demonstrated twice in a row
- Demonstrate dynamic kumite, stepping in, good timing (sen no sen), Gyaku zuki ok if close



Examination requirements for 1th Kyu (Second Brown To Third Brown belt)

Tenure: 6 months after 2nd Kyu

Kihon:

1. From Kamae position move forward with Kizami Zuki to Sanbon Zuki.
2. Move backward with gedan-barai/Uraken to Gyaku zuki.
3. Move forward with age-uke to Gyaku zuki.
4. Move backward Uchi-soto-uke/Kizami zuki to Gyaku zuki.
5. Move forward with chudan-Soto-uke to Gyaku zuki shift to Kiba dachi Empi uchi to Uraken uke.
6. Change to kokutsu-dachi and move backward with shuto-uke, Kizami Mae geri, shift to Zenkutsu Nukite.
7. Move forwards kokutsu-dachi with shuto-uke , Kizami Mae Geri, shift to zenkutsu Nukite.
8. Moving forward with mae-geri from zenkutsu-dachi.
9. Turn, Moving forwards Ren-Geri (Jodan/Chudan, Chudan/Jodan mae geri)
10. Turn Moving forwards Ren-Geri (Mae Geri/Mawashi geri, Mawashi geri/Mae geri)
11. Turn around with zenkutsu-dachi, Mawashi geri moving forwards.
12. Change to kiba-dachi and move sideways with yoko-geri-keage change legs and pivot, Yoko Kekomi. Three times each way.
13. GYAKU ZUKI (Idomokuhyo: punching at different points by examiner's direction)

Kata:

- **Shitei Kata:** Bassai Dai, Jion, Empi or Kanku Dai
- **Sentei Kata:** Instructor may select any Kata from Heian Shodan to Tekki Shodan (if student does not do Bassai that is also an option for instructor to select)

Turning Techniques: Refer to appendix

Kumite:

- Jiyu ippon kumite – Free single attack and defence
- Jodan x2
- Chudan x2
- Mae geri x2
- Mawashi geri x2
- Yoko geri kekomi x2
- Ushiro geri x2
- Kizami zuki x2
- Gyaku zuki x2
- Counters must be a zuki or uchi or keri
The same counter may not be demonstrated twice in a row
- Demonstrate dynamic kumite, stepping in, good timing (sen no sen), Gyaku zuki ok if close

Dan Exams

First Dan Black Belt - 1st Kyu to Shodan

Note:

- ↑ moving forward
- ↓ moving backwards
- ↔ repeat the technique

Kihon:

Karate-ka to demonstrate each technique 5 times - own count

From zenkutsu dachi – gedan barai

1. ↑ Sanbon Zuki (jodan, chudan, chudan)
2. ↑ Sanbon Gyaku Zuki (spinning first gyaku zuki, then jodan, chudan)
3. ↓ Age uke, tate uraken, gyaku zuki (age uke and vertical uraken with same arm)
4. ↑ Soto uke, empi in kiba dachi TO SIDE, spinning uraken, gyaku zuki in zenkutsu dachi TO FRONT
5. ↓ Uchi uke, kizami zuki, gyaku zuki, mawashi empi

Change stance to kokutsu dachi

6. ↑ Spinning shuto uke, kizami geri, nukite (nukite in zenkutsu dachi)

Change stance to zenkutsu dachi – gedan barai

Karate-ka to demonstrate each technique 3 times - own count

7. ↑↑ ↔ Mae geri, mawashi geri, gyaku zuki
8. ↑↑ ↔ Mae geri, yoko geri keage, gyaku zuki
9. ↑ Step mawashi gari, yoko geri kekomi, Gyaku zu

Change stance to zenkutsu dachi, facing the examiner (shomen kamae)

9. ↑ Mae geri, mawashi geri (same leg, to front)
10. ↑ Mawashi geri, kekomi geri (same leg, to front)

Turning Techniques: Refer to appendix

Kata

Shitei kata (compulsory kata):

Examiner's choice from Heian1–5 Tekki Sho-dan

Sentei kata (free choice kata)

Examinee chooses from: Bassai-dai, Kanku-dai, Enpi, Jion

Kumite

Examiner's choice: Jiyu ippon kumite – Free single attack and defence OR Jiyu kumite – Free sparring

Jodan	x 2
Chudan	x2
Mae geri	x2
Mawashi geri	x2
Yoko geri kekomi	x2
Ushiro geri	x2
Kizami zuki	x2
Gyaku zuki	x2

Counters must be a zuki, uchi and keri

The same counter may not be demonstrated twice in a row

Second Dan Black Belt - Shodan to Nidan

Note: ↑ moving forward
 ↓ moving backwards
 → moving to the side
 ↔ repeat the technique

Karate-ka to demonstrate each technique 5 times - own count

Kihon

From Jiyu Ni Kamae

1. ↑→↑ Sanbon oi zuki gyaku zuki spinning gyaku zuki
2. ↑ Age uke, soto uke, gedan barai, uchi uke, mae geri gyakuzuki, all with the same hand
3. ↑ Sanbon geri: kizami mae geri, mae geri, mawashi geri, (the mae geri leg is placed back and then kicks mawashi geri moving forward. Mae geri and mawashi geri with same leg)
4. ↓↑ Age uke (stepping back), then moving forward with mawashi geri and (step through) uraken and oi zuki
5. ↓ Uchi uke, Kizami zuki Kokutsu, Gyaku zuki (Zenkutsu) (F)
6. ↑ Step mawashi gari, yoko geri kekomi, Gyaku zu

Change stance to fudo dachi gedan barai

7. ↑ Oizuki
8. ↓ Sanbon zuki: (chudan, jodan, chudan)
9. ↑ Spinning uraken gyaku zuki, spinning back with gedan barai, step mae geri oizuki

Change stance to zenkutsu dachi facing the examiners' table (shomen)

Karate-ka to demonstrate each technique 3 times - own count

10. ↑→↓ mae geri to the front ↑ yoko geri kekomi to the side → ushiro geri to the back ↓
 **This combination is to be demonstrated on the same leg and repeated on the other leg.

Turning Techniques: Refer to appendix

Kata :

Sentei kata (free kata) - 2 sentei kata

Shitei kata (compulsory kata) Examiner's choice from:

Heian 1 – 5
Tekki Shodan, Tekki Nidan,
Bassai Dai, Enpi, Kanku-dai, Jion, Jitte

The following four kata are discretionary – candidates should possess only a working knowledge thereof:

Gankaku, Kanku Sho

Kumite:

This is a fighting examination, candidate must demonstrate hard fighting spirit while controlling the kumite. Kumite must have intensity

Jiyu kumite

Third Dan Black Belt - Nidan to Sandan

Note: ↑ moving forwards
 ↓ moving backwards
 → moving to the side
 ↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon:

From fudo dachi – gedan barai

- 1.↑ Sanbon zuki

Change stance to Jiyu Ni Kame

2. ↑↑↔ Change step oi zuki, spinning gyaku zuki
3. ↓↑↔ Oi zuki, gyaku zuki forwards, pivot 45 degrees to the back with gyaku zuki, spinning (back turn) with uraken and gyaku zuki to front
4. ↑↓ Oi zuki, forward, shift back gedan barai (same hand) and gyaku zuki

Change to zenkutsu dachi gedan barai – facing the examiner’s table (shomen)

Karate-ka to demonstrate each technique 3 times - own count

5. ↑ mae geri, gyaku zuki.
 → yoko geri keage, gyaku zuki
 ↑ mawashi geri, gyaku zuki.
 ↓ ushiro geri, gyaku zuki
6. ↑→↓↑ mae geri to the front ↑, yoko geri to the side →, ushiro geri to the back ↓, mawashi geri to the front ↑

This combination is to be demonstrated on the same leg and repeated on the other leg.

7. The turning technique (Refer to appendix)

Kata:

Sentei kata (free choice): 2 sentei kata

The following 14 kata are shitei (compulsory) and the examiner may choose any one or more:

Heian 1 – 5	Bassai Dai	Hangetsu
Tekki Shodan	Kanku-dai Jitte	
Tekki Nidan	Enpi	
Tekki Sandan	Jion	

The following six kata are discretionary – candidates should possess only a working knowledge thereof:

Bassai Sho	Nijushiho	Kanku Sho
Chinte	Sochin	Gankaku

Kumite:

Jiyu kumite

Appendix

Examination Time Requirements

1. Minimum time between Exams for Beginner -10th Kyu = 2 months
2. Minimum time between Exams for 10th -9th Kyu =2 months
3. Minimum time between Exams for 10th -9th Kyu = 3 months
4. Minimum time between Exams for 9th-8th Kyu =3 months
5. Minimum time between Exams for 8th -7th Kyu =3 months
6. Minimum time between Exams for 7th -6th Kyu =3 months
7. Minimum time between Exams for 6th -5th Kyu=3months
8. Minimum time between Exams for 5th -4th Kyu=6 months
9. Minimum time between Exams for 4th -3rd Kyu=6 months
10. Minimum time between Exams for 3rd -2nd Kyu=6 months
11. Minimum time between Exams for 2nd - 1st Kyu =6 months

Turning Techniques:

1. Begin from gedan barai with left arm and left leg in front. Step forwards oi zuki in zenkutsu dachi.
2. Spin forwards 360 degrees anti-clockwise into gedan barai, landing with left leg in front in zenkutsu dachi, then right gyaku zuki.
3. Step backwards spinning 360 degrees clockwise pivoting on the back (right) foot into right uchi uke, landing in zenkutsu dachi with right leg in front.
4. Spin backwards 180 degrees clockwise into gedan barai, landing with right leg in front in zenkutsu dachi, then left gyaku zuki x kiai! (you are now facing in the opposite direction from the beginning).

Repeat the sequence, which is the mirror image of the above.

1. Continue from left gyaku zuki in right zenkutsu dachi. Step forwards oi zuki in zenkutsu dachi.
2. Spin forwards 360 degrees clockwise into gedan barai, landing with right leg forward in zenkutsu dachi, then left gyaku zuki.
3. Step backwards spinning 360 degrees anti-clockwise pivoting on the back (left) foot into uchi uke, landing in zenkutsu dachi with left leg in front.
4. Spin backwards 180 degrees anti-clockwise into gedan barai, landing with left leg in front in zenkutsu dachi, then right gyaku zuki x kiai! (you are now facing in the original starting direction).