



UKAI Midwest Handbook



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KYU & DAN RANKS

A rank represents an individual's personal development and accomplishments in Shotokan Karate-Do. Ranks are EARNED, not purchased or given. Kyu and Dan advancement is based on the United Karate Associations International (UKAI) grading standards, and are awarded based on hard work, discipline, consistency in training, and the improvement of oneself.

Kyu ranks are represented by different colored belts and all Dan ranks are represented by a black belt. Below is a breakdown of the Kyu and Dan ranks, their corresponding belt color, the training duration, and age requirements to achieve each rank. If a student misses too many classes they will be ineligible for rank advancement - NO EXCEPTIONS. Typically a minimum attendance of 20 classes, or 50 percent of the classes in a "session" is required, depending on the dojo.

Rank:	Belt Color:	Minimum Total Training Time:
10b Kyu	White	0
10th Kyu	White with yellow stripe	1.5 months
9b Kyu	Yellow	3 months
9th Kyu	Yellow with black stripe	4.5 months
8b Kyu	Orange	6 months
8th Kyu	Orange with black stripe	7.5 months
7b Kyu	Blue	9 months
7th Kyu	Blue with black stripe	10.5 months
6b Kyu	Green	1 year
6th Kyu	Green with black stripe	1 year 1.5 months
5b Kyu	Purple with white stripe	1 year 3 months
5th Kyu	Purple	1 year 6 months
4th Kyu	Purple with black stripe	1 year 9 months
3rd Kyu	Brown with white stripe	2 years
2nd Kyu	Brown	2 years 3 months
1st Kyu	Brown with black stripe	2 years 6 months
Shodan	1st Degree Black	3 years (min age 12)
Nidan	2nd Degree Black	6 years (min age 14)
Sandan	3rd Degree Black	9 years (min age 18)
Yondan	4th Degree Black	13 years (min age 30)
Godan	5th Degree Black	18 years (min age of 35)
Rokudan	6th Degree Black	25 years (min age 40) (min of 6 years after Godan)
Nanadan	7th Degree Black	30 years (min age 50) (min of 7 years after Rokudan)

Note: Instructors and Evaluating Board have final say on student (karateka) eligibility for all Kyu and Dan rank advancements. Each karateka progresses at different rates and may move through the Kyu ranks faster or slower than the average training time to achieve the appropriate rank.



EVALUATIONS

Evaluation vs Test/Exam

UKAI Midwest conducts “Evaluations.” This term is sometimes viewed as interchangeable with “Test” or “Exam.” However, UKAI Midwest makes a distinction between them. The methodologies and processes outlined below for both testing and evaluations may not be true for all organizations, and some may use a hybrid model. If evaluating or testing with an organization other than UKAI Midwest, please consult that organization’s materials.

The methodologies for tests and evaluations are similar: In both, karateka are asked to demonstrate what the organization and instructor have deemed necessary for rank advancement. This must be completed at a certain level of proficiency for each specific rank. The difference lies in the mentality of the karateka taking the evaluation or test, that of the panel members, and the priority of the results.

A test has an emphasis on achieving the next rank and focuses on whether the karateka passes or fails. The priorities for tests are for the achievement of rank first, and feedback is secondary. Taking a test for feedback does not occur. (Some dojos choose to have pre-testing as a form of feedback.) Often times payment for a Kyu or Dan test is required before it takes place, and the karateka pays for the opportunity to take the test. This is typically not reimbursed if they do not pass, and they pay again if they choose to test again. The emphasis is not on an individual's overall progress, but a display of specific knowledge and skills and whether they are able to produce it at the time of the test. Karateka must be eligible for rank advancement to take a test.

The evaluation model focuses on feedback and continuous improvement. Each and every time a karateka trains, they are evaluated by their instructor and peers. They receive feedback regularly. A formal evaluation with a panel is a means for instructors to view a karateka’s skill sets in many areas at the same time. An evaluation in this manner is a snapshot of where a karateka is in their training at that point in time. The emphasis is on progress made and informing the karateka of what they are doing well and what they need to improve. An evaluation cannot be passed or failed. If, after completing a formal evaluation, a student is deemed ready for their next rank, they will be promoted and will then pay the fees required for that advancement. No payment is required if the karateka does not advance.

Karateka are encouraged to be evaluated formally by a panel whenever they have the opportunity, even if they are not eligible for rank advancement. It is not required, but highly recommended and encouraged, that each karateka that has a Dan rank go through a formal evaluation at least once a year in order to receive feedback. Doing so will ensure that each karateka is training and keeping their own personal progress alive, especially when the shift of focus may turn to helping others achieve their goals and their own rank advancement may be years away.



PROVIDING FEEDBACK

Both feedback and rank advancement are the result of evaluations that signify achievement and progress. It is possible to make progress and improvements, and not be at a level to achieve a new rank. Feedback is a tool used by instructors to inform karateka of progress and shape areas of future focus.

Karateka should always train to perfect their technique, but also understand that achieving perfect technique is not attainable. In the hunt and pursuit of perfection of both technique and self, we find the purpose of our training. No matter what that purpose may be, feedback about our techniques from instructors and peers is a key component in every karateka's journey.

Feedback is a critical piece of evaluations and should be given in a format that is understandable to the karateka. Knowing how detailed the feedback should be for each student based on age and rank is a skill that does not come easily, and should continually be improved in any type of instruction or feedback given.

It is ideal to give karateka both verbal and written feedback. Feedback in any form should include both areas the karateka is excelling in and areas where improvement is needed.

When providing feedback, avoid "I couldn't see anything you need to improve" or "the other panel members already said what I was going to say" remarks. It is your responsibility, as a panel member, to be able to find multiple things each evaluating karateka has done well and those that need improvement. Be cognizant of how much feedback is given-- if too much is given, it is likely the karateka will not retain it.



DETERMINING ADVANCEMENT

Depending on the dojo, every several months there will be an evaluation where all students will attend and perform a demonstration of the techniques they have learned. After an evaluation, it is the responsibility of the evaluating panel to determine if the student has earned their next rank.

The final decision as to whether a karateka is ready to advance to the next rank is made by the Chief Evaluator. If the highest ranking member of the panel is not the Chief Evaluator, both individuals must agree on the final decision.

Evaluators should have a holistic view of the student. Consider the following when determining a student's eligibility for their next rank.

- ❖ Progress made since the student's last evaluation
- ❖ Injuries, disabilities, age, and other factors: A 50 year old and a 15 year old may have very different karate, and be found to be the same rank after an evaluation.
- ❖ Attitude, spirit, intent, and eagerness to endeavor can improve a student's evaluation result. Arrogance, lack of spirit, and poor sportsmanship can weaken a student's result.
- ❖ Consistency in performance: Is the evaluation an accurate reflection of how the student has performed in class since their last advancement?

Exceptional Performance

Kyu is a system to determine how far a karateka has progressed in their martial arts education. UKAI has a striping belt system, wherein students study the same kata for two ranks. If a student is performing exceptionally, they may be eligible to advance two ranks to the next solid belt instead of advancing one rank to a striped belt. Students are typically not permitted to advance two ranks if their current rank is a striped belt.

The difference between going one rank to a stripe belt, and going two ranks to the next solid belt is the level of proficiency. For a stripe belt, the student should know their kata but may not be confident in it and may make several mistakes. A stripe belt will also not be as confident or proficient in kihon, kumite, or optional sections. Students should not be advanced two ranks based on athletic ability alone; They must also have consistent attendance, spirit, and an attitude of eagerness to learn. This is consistent with Funakoshi Sensei's focus on character in the karateka.

Awarding Rank

After advancement has been determined by the evaluation panel, announcement of advancement, and distribution of the new belt and rank certificate should occur. If multiple evaluations from different panels are occurring during the same day, the announcement of advancement should happen for each panel at the same time. Each panel has the option to present the rank and certificate on the same day as the evaluation, or wait until a later date and time (for example during a weekly class, or in the evening during a banquet celebration). When presenting striped ranks, each dojo has the option to present the karateka advancing with a striped belt or wrapping tape around one end of the belt to create the stripe.



EVALUATOR REQUIREMENTS

Below are the requirements of evaluators based on the rank the student is evaluating for. At least two and no more than six evaluators should be present at each evaluation. Karateka 3rd kyu or higher are permitted to be on an evaluation panel to gain experience in evaluation procedures. Panel members must be Shodan or higher to sign a certificate of rank.

For all Dan ranks, there must be at least one panel member who is not a member of the student's home dojo.

After a Dan evaluation in which the karateka is deemed ready to advance, the Dan Registration form should be completed and submitted to the UKAI Midwest Director.

The rank of the panel member is listed as the minimum rank required. When possible, a higher ranked Dan is preferred. If minimum requirements for panel member rank cannot be met in person, digital media may be used to include other panel members.

Rank:	Belt Color:	Panel:
2nd Kyu and below	Brown and below	2 Shodan
1st Kyu	Brown with black stripe	1 Nidan and 1 Shodan
Shodan	1st Degree Black	1 Sandan and 2 or more Nidan
Nidan	2nd Degree Black	1 Yondan and 2 or more Sandan
Sandan	3rd Degree Black	1 Godan and 2 or more Yondan
Yondan	4th Degree Black	1 Rokudan and 2 or more Godan
Godan	5th Degree Black	1 Nanadan and 2 or more Rokudan



HOW TO USE THIS HANDBOOK

At the time of evaluation, turn to each section in the following order for each rank: Kata, Kihon, and then Kumite. Once the required UKAI sections have been completed, go to the optional section of this handbook and complete any/all additional material that your dojo may require for rank advancement.

When determining the correct evaluation materials for a student's next rank, use the sections titled for their next rank and not their current rank. For example, a student who is currently a 3rd kyu and evaluating to advance to 2nd kyu goes through the sections titled "2nd Kyu".

UKAI Required Sections

Kata

- ❖ In order to advance to a rank that would require the student to learn a new kata, students must confidently perform correct technique in their current kata. If students make many technical mistakes, or are technically correct but lack confidence, they should continue with their current kata. See section on exceptional performance for more information.

Kihon

- ❖ The bold text should be read aloud to the students evaluating. It applies to all of the techniques that are individually listed below it.
- ❖ After some techniques there will be a ";" followed by bold text. This is to be read aloud after the completion of the entire set of unbolded text. For example:

STEP FORWARD

Back leg front snap kick stomach level; **turn**

- ❖ Unless specifically stated, a jab punch is executed to the face (jodan) and a reverse punch is executed to the stomach (chudan)
- ❖ Have the karateka performing the evaluation pull back to yame and reset whenever you deem it is necessary.

Kumite

- ❖ Depending on the dojo, there will be different requirements for kumite. Do not have students perform both three step and one step kumite. It is either one or the other depending on the preference of the dojo's Chief Instructor.

Habitual Acts of Physical Violence (HAPV) Escapes

- ❖ Students evaluating for a rank 5b Kyu or below should focus on escapes, students evaluating for a rank 5th Kyu and above should escape, and control.
- ❖ Escapes and controls should not rely on techniques that would be ineffective if the attacker or defender has an adrenaline spike.
- ❖ Members of the evaluating panel may choose to assume the role of attacker to better understand the effectiveness of the defense.



KYU RANK KATA

This page lists the kata's that the karateka must perform at time of evaluation. The katas listed in the far right column are to be performed in order to achieve the rank listed in the left column.

10	White belt with Yellow Stripe	Taikyoku Shodan, by count and with assistance (First Cause)
9B	Yellow	Taikyoku Shodan (First Cause)
9	Yellow Black Stripe	Heian Shodan (Peaceful Mind 1)
8B	Orange	Heian Shodan (Peaceful Mind 1)
8	Orange Black Stripe	Heian Nidan (Peaceful Mind 2)
7B	Blue	Heian Nidan (Peaceful Mind 2)
7	Blue Black Stripe	Heian Sandan (Peaceful Mind 3)
6B	Green	Heian Sandan (Peaceful Mind 3)
6	Green Black Stripe	Heian Yondan (Peaceful Mind 4)
5B	Purple White Stripe	Heian Yondan (Peaceful Mind 4)
5	Purple	Heian Godan (Peaceful Mind 5)
4	Purple Black Stripe	Tekki Shodan (Iron Horse 1)
3	Brown White Stripe	Tekki Nidan (Iron Horse 2)
2	Brown	Class A: Bassai Dai (To Storm a Fortress, Greater), Empi (Flying Swallow), Kanku Dai (Looking to the Sky, Greater), or Hangetsu (Crescent Moon)
1	Brown Black Stripe	Class A: Bassai Dai (To Storm a Fortress, Greater), Empi (Flying Swallow), Kanku Dai (Looking to the Sky, Greater), or Hangetsu (Crescent Moon)



10 KYU (White with Yellow Stripe)

KIHON

From a natural stance, the following techniques are performed ten times in place.

Straight punch stomach level. Alternate arms each punch.

Front snap kick stomach level. Alternate legs each kick.

From a horse stance, the following techniques are performed ten times in place.

Straight punch stomach level. Alternate arms each punch.

From a front stance, the following techniques are performed five times in place.

Jab punch face, reverse punch stomach. Jab on count 1, reverse on count 2; Change lead leg and **Repeat**.

Back leg front snap kick, returning back; Change lead leg and **Repeat**.

The following techniques are performed four times in front stance unless otherwise stated.

STEP FORWARD	Jab punch stomach
STEP BACK	Rising block
STEP FORWARD	Jab punch face
STEP BACK	Outside block
STEP FORWARD	Jab punch stomach
STEP BACK	Inside block
STEP FORWARD	Knife hand block in back stance
STEP BACK	Knife hand block in back stance
STEP FORWARD	Back leg front snap kick stomach level; turn
STEP FORWARD	Back leg front snap kick face level; turn
STEP FORWARD	Back leg round kick stomach level; turn
STEP FORWARD	Back leg round kick face level

The following techniques are performed four times in horse stance.

STEP ACROSS	Side snap kick; turn; Repeat
STEP ACROSS	Side thrust kick; turn; Repeat



9B KYU (Yellow Belt)

KIHON

From a natural stance, the following techniques are performed ten times in place.

Straight punch stomach level. Alternate arms each punch.

Front snap kick stomach level. Alternate legs each kick.

From a horse stance, the following techniques are performed ten times in place.

Straight punch stomach level. Alternate arms each punch.

From a front stance, the following techniques are performed five times in place.

Jab punch face, reverse punch stomach. Jab on count 1, reverse on count 2; Change lead leg and **Repeat**.

Back leg front snap kick, returning back; Change lead leg and **Repeat**.

The following techniques are performed four times in front stance unless otherwise stated.

STEP FORWARD	Jab punch stomach
STEP BACK	Rising block
STEP FORWARD	Jab punch face
STEP BACK	Outside block
STEP FORWARD	Jab punch stomach
STEP BACK	Inside block
STEP FORWARD	Knife hand block in back stance
STEP BACK	Knife hand block in back stance
STEP FORWARD	Back leg front snap kick stomach level; turn
STEP FORWARD	Back leg front snap kick face level; turn
STEP FORWARD	Back leg round kick stomach level; turn
STEP FORWARD	Back leg round kick face level

The following techniques are performed four times in horse stance.

STEP ACROSS	Side snap kick; turn; Repeat
STEP ACROSS	Side thrust kick; turn; Repeat



9 KYU (Yellow with Black Stripe)

KIHON

From a natural stance, the following techniques are performed ten times in place.

Straight punch stomach level. Alternate arms each punch.

Front snap kick stomach level. Alternate legs each kick.

From a horse stance, the following techniques are performed ten times in place.

Straight punch stomach level. Alternate arms each punch.

From a front stance, the following techniques are performed five times in place.

Jab punch face, reverse punch stomach. Jab on count 1, reverse on count 2; Change lead leg and **Repeat**.

Back leg front snap kick, returning back; Change lead leg and **Repeat**.

The following techniques are performed four times in front stance unless otherwise stated.

STEP FORWARD Jab punch stomach

STEP BACK Rising block

STEP FORWARD Jab punch face

STEP BACK Outside block

STEP FORWARD Jab punch stomach

STEP BACK Inside block

STEP FORWARD Knife hand block in back stance

STEP BACK Knife hand block in back stance

STEP FORWARD Back leg front snap kick stomach level; **turn**

STEP FORWARD Back leg front snap kick face level; **turn**

STEP FORWARD Back leg round kick stomach level; **turn**

STEP FORWARD Back leg round kick face level

The following techniques are performed four times in horse stance.

STEP ACROSS Side snap kick; **turn; Repeat**

STEP ACROSS Side thrust kick; **turn; Repeat**



8B KYU (Orange Belt)

KIHON

From feet together, the following techniques are performed ten times in place.

Front snap kick stomach level. Alternate legs each kick.

From a horse stance, the following techniques are performed ten times in place.

Straight punch stomach level. Alternate arms each punch.

From a front stance, the following techniques are performed five times in place by the count. The block is performed on count one, the punch is performed on count two.

Rising block, reverse punch; Change lead leg and **Repeat**.

Outside block, reverse punch; Change lead leg and **Repeat**.

Downward block, reverse punch; Change lead leg and **Repeat**.

The following techniques are performed four times in front stance unless otherwise stated.

STEP FORWARD	Jab punch stomach
STEP BACK	Rising block, on the last one add a reverse punch
STEP FORWARD	Jab punch face
STEP BACK	Outside block, on the last one add a reverse punch
STEP FORWARD	Jab punch stomach
STEP BACK	Inside block, on the last one add a reverse punch
STEP FORWARD	Knife hand block in back stance
STEP BACK	Knife hand block in back stance
STEP FORWARD	Back leg front snap kick stomach level; turn
STEP FORWARD	Back leg front snap kick face level; turn
STEP FORWARD	Back leg round kick stomach level; turn
STEP FORWARD	Back leg round kick face level

The following techniques are performed four times in horse stance.

STEP ACROSS	Side snap kick; turn; Repeat
STEP ACROSS	Side thrust kick; turn; Repeat



8 KYU (Orange with Black Stripe)

KIHON

From feet together, the following techniques are performed ten times in place.

Front snap kick stomach level. Alternate legs each kick.

From a horse stance, the following techniques are performed ten times in place.

Straight punch stomach level. Alternate arms each punch.

From a front stance, the following techniques are performed five times in place by the count. The block is performed on count one, the punch is performed on count two.

Rising block, reverse punch; Change lead leg and **Repeat**.

Outside block, reverse punch; Change lead leg and **Repeat**.

Downward block, reverse punch; Change lead leg and **Repeat**.

The following techniques are performed four times in front stance unless otherwise stated.

- | | |
|--------------|---|
| STEP FORWARD | Jab punch stomach |
| STEP BACK | Rising block, on the last one add a reverse punch |
| STEP FORWARD | Jab punch face |
| STEP BACK | Outside block, on the last one add a reverse punch |
| STEP FORWARD | Jab punch stomach |
| STEP BACK | Inside block, on the last one add a reverse punch |
| STEP FORWARD | Knife hand block in back stance |
| STEP BACK | Knife hand block in back stance |
| STEP FORWARD | Back leg front snap kick stomach level; turn |
| STEP FORWARD | Back leg front snap kick face level; turn |
| STEP FORWARD | Back leg round kick stomach level; turn |
| STEP FORWARD | Back leg round kick face level |

The following techniques are performed four times in horse stance.

- | | |
|-------------|---------------------------------------|
| STEP ACROSS | Side snap kick; turn; Repeat |
| STEP ACROSS | Side thrust kick; turn; Repeat |



7B KYU (Blue Belt)

KIHON

From feet together, the following techniques are performed ten times in place.

Alternate legs for each kick.

Front snap kick stomach level.

Side snap kick stomach level.

From feet together, the following techniques are performed six times in place.

Alternate legs for each kick.

Front snap kick stomach level, step kicking foot down into a front stance

Side snap kick stomach level, step kicking foot down into a horse stance

From a horse stance, the following techniques are performed five times in place.

Straight punch face level, then stomach level. Alternate arms each punch. One count for both techniques.

Change arms for face and stomach punches and **Repeat**.

From a front stance, the following techniques are performed five times in place.

Jab punch face, reverse punch stomach level. One count for both techniques. Change lead leg and **Repeat**.

The following techniques are performed four times in front stance unless otherwise stated.

STEP FORWARD Jab punch stomach

STEP BACK Rising block, reverse punch stomach

STEP FORWARD Jab punch face

STEP BACK Outside block, reverse punch stomach

STEP FORWARD Reverse punch stomach

STEP BACK Inside block, reverse punch stomach

STEP FORWARD Knife hand block in back stance

STEP BACK Knife hand block in back stance, change to front stance reverse punch

STEP FORWARD Back leg front snap kick stomach level; **turn**

STEP FORWARD Back leg front snap kick face level; **turn**

STEP FORWARD Back leg round kick stomach level; **turn**

STEP FORWARD Back leg round kick face level

The following techniques are performed four times in horse stance.

STEP ACROSS Side snap kick; **turn; Repeat**

STEP ACROSS Side thrust kick; **turn; Repeat**



7 KYU (Blue with Black Stripe)

KIHON

From feet together, the following techniques are performed ten times in place.

Alternate legs for each kick.

Front snap kick stomach level.

Side snap kick stomach level.

From feet together, the following techniques are performed six times in place.

Alternate legs for each kick.

Front snap kick stomach level, step kicking foot down into a front stance

Side snap kick stomach level, step kicking foot down into a horse stance

From a horse stance, the following techniques are performed five times in place.

Straight punch face level, then stomach level. Alternate arms each punch. One count for both techniques.

Change arms for face and stomach punches and **Repeat**.

From a front stance, the following techniques are performed five times in place.

Jab punch face, reverse punch stomach level. One count for both techniques. Change lead leg and **Repeat**.

The following techniques are performed four times in front stance unless otherwise stated.

STEP FORWARD Jab punch stomach

STEP BACK Rising block, reverse punch stomach

STEP FORWARD Jab punch face

STEP BACK Outside block, reverse punch stomach

STEP FORWARD Reverse punch stomach

STEP BACK Inside block, reverse punch stomach

STEP FORWARD Knife hand block in back stance

STEP BACK Knife hand block in back stance, change to front stance reverse punch

STEP FORWARD Back leg front snap kick stomach level; **turn**

STEP FORWARD Back leg front snap kick face level; **turn**

STEP FORWARD Back leg round kick stomach level; **turn**

STEP FORWARD Back leg round kick face level

The following techniques are performed four times in horse stance.

STEP ACROSS Side snap kick; **turn; Repeat**

STEP ACROSS Side thrust kick; **turn; Repeat**



6B KYU (Green Belt)

KIHON

From a front stance, the following techniques are performed five times in place.

Jab punch face, reverse punch stomach level. One count for both techniques; Change lead leg and **Repeat**.
Back leg front snap kick stomach level returning back, then front leg front snap kick stomach level; Change lead leg and **Repeat**.

From a feet together stance, the following techniques are performed six times in place.

Alternate legs for each kick.

Side snap kick, return to feet together.

Side snap kick, step down into a horse stance, return to feet together.

Side thrust kick, return to feet together.

Side thrust kick, step down into a horse stance, return to feet together.

The following techniques are performed four times in front stance unless otherwise stated.

STEP FORWARD Jab punch face, reverse punch stomach

STEP BACK Rising block, reverse punch stomach

STEP FORWARD Outside block, reverse punch stomach

STEP BACK Inside block, reverse punch stomach

STEP FORWARD Knife hand block in back stance

STEP BACK Knife hand block in back stance

STEP FORWARD Knife hand block in back stance, change to front stance reverse punch

STEP BACK Knife hand block in back stance, change to front stance reverse punch

STEP FORWARD Back leg front snap kick stomach level; **turn**

STEP FORWARD Back leg front snap kick face level; **turn**

STEP FORWARD Back leg round kick stomach level; **turn**

STEP FORWARD Back leg round kick face level

The following techniques are performed four times in horse stance.

STEP ACROSS Side snap kick; **turn; Repeat**

STEP ACROSS Side thrust kick; **turn; Repeat**

STEP FORWARD Round kick stomach level, remain in horse stance; **turn; Repeat**



6 KYU (Green with Black Stripe)

KIHON

From a front stance, the following techniques are performed five times in place.

Jab punch face, reverse punch stomach level. One count for both techniques; Change lead leg and **Repeat**.
Back leg front snap kick stomach level returning back, then front leg front snap kick stomach level; Change lead leg and **Repeat**.

From a feet together stance, the following techniques are performed six times in place.

Alternate legs for each kick.

Side snap kick, return to feet together.

Side snap kick, step down into a horse stance, return to feet together.

Side thrust kick, return to feet together.

Side thrust kick, step down into a horse stance, return to feet together.

The following techniques are performed four times in front stance unless otherwise stated.

STEP FORWARD Jab punch face, reverse punch stomach

STEP BACK Rising block, reverse punch stomach

STEP FORWARD Outside block, reverse punch stomach

STEP BACK Inside block, reverse punch stomach

STEP FORWARD Knife hand block in back stance

STEP BACK Knife hand block in back stance

STEP FORWARD Knife hand block in back stance, change to front stance reverse punch

STEP BACK Knife hand block in back stance, change to front stance reverse punch

STEP FORWARD Back leg front snap kick stomach level; **turn**

STEP FORWARD Back leg front snap kick face level; **turn**

STEP FORWARD Back leg round kick stomach level; **turn**

STEP FORWARD Back leg round kick face level

The following techniques are performed four times in horse stance.

STEP ACROSS Side snap kick; **turn; Repeat**

STEP ACROSS Side thrust kick; **turn; Repeat**

STEP FORWARD Round kick stomach level, remain in horse stance; **turn; Repeat**



5B KYU (Purple with White Stripe)

KIHON

From a horse stance, the following techniques are performed six times.

Alternate sides for each technique.

Pivot and rotate 45 degrees into front stance and reverse punch, rotate back to center double punch

Pivot and rotate 45 degrees and back leg front kick, rotate back to center after kick

From a feet together stance, the following techniques are performed six times.

Alternate sides for each technique.

Front kick stomach, place foot down in front stance and execute reverse punch.

Back thrust kick.

The following techniques are performed four in front stance unless otherwise stated.

- STEP FORWARD Triple punch: jab punch face, double punch stomach
- STEP BACK Rising block, same arm backfist strike, reverse punch stomach
- STEP FORWARD Jab punch stomach, reverse punch face
- STEP BACK Outside block, same arm jab punch face, reverse punch stomach
- STEP FORWARD Inside block, reverse punch stomach
- STEP BACK Inside block, reverse punch stomach
- STEP FORWARD Knife hand block in back stance, reverse punch in front stance
- STEP BACK Knife hand block in back stance, front leg front kick
- STEP FORWARD Back leg front snap kick stomach level, reverse punch face level; **turn reverse punch**
- STEP FORWARD Back leg front snap kick face level, reverse punch stomach level; **turn reverse punch**
- STEP FORWARD Back leg round kick stomach level; **turn**
- STEP FORWARD Back leg round kick face level

The following techniques are performed four times in horse stance.

- STEP ACROSS Side snap kick; **turn; Repeat**
- STEP ACROSS Side thrust kick; **turn; Repeat**
- STEP FORWARD Round kick stomach level, remain in horse stance; **turn; Repeat**



5 KYU (Purple Belt)

KIHON

From a horse stance, the following techniques are performed six times in place.

Alternate sides each technique.

Pivot and rotate 45 degrees into front stance and reverse punch, rotate back to center double punch.

Pivot and rotate 45 degrees into a front stance and down block, back leg front kick, rotate back to center after kick.

Returning wave kick highest level (tekki shodan leg sweep).

From a feet together stance, the following techniques are performed six times.

Alternate sides each technique.

Front snap kick stomach, place foot down in front stance and execute reverse punch.

From a natural stance, the following techniques are performed six times in place. Each individual kick is completed by the count. Return to natural stance after completing each individual kick.

Alternate sides each technique.

Side snap kick, then back thrust kick

The following techniques are performed four times in front stance unless otherwise stated.

STEP FORWARD Triple punch: jab punch face, double punch stomach

STEP BACK Rising block, backfist strike, reverse punch stomach

STEP FORWARD Jab punch stomach, reverse punch face

STEP BACK Outside block, jab punch face, reverse punch stomach

STEP FORWARD Inside block, reverse punch stomach

STEP BACK Inside block, front leg front kick

STEP FORWARD Knife hand block in back stance, reverse punch in front stance

STEP BACK Knife hand block in back stance, front leg front kick, reverse punch in front stance

STEP FORWARD Back leg front snap kick stomach level, Reverse punch face level; **turn reverse punch**

STEP FORWARD Front leg front snap kick stomach level, step in front snap kick face level; **turn reverse punch**

STEP FORWARD Back leg round kick stomach level; **turn**

STEP FORWARD Back leg round kick face level

The following techniques are performed three times in horse stance.

STEP ACROSS Side snap kick; **turn; Repeat**

STEP ACROSS Side thrust kick; **turn; Repeat**

STEP FORWARD Round kick stomach level, remain in horse stance; **turn; Repeat**



4 KYU (Purple with Black Stripe)

KIHON

From a horse stance, the following techniques are performed six times in place.

Alternate sides each technique.

Pivot and rotate 45 degrees into front stance and reverse punch, rotate back to center double punch.

Returning wave kick highest level (tekki shodan leg sweep).

Step out into a front stance and at the same time execute a reverse punch. In place from this position, complete six of the following combinations.

Back leg front snap kick stomach returning back, reverse punch face; Alternate lead leg and **Repeat**.

Back leg front snap kick stomach level, outside block, reverse punch face level; Alternate lead leg and **Repeat**.

From a natural stance, the following techniques are performed six times in place. Each individual kick is completed by the count. Return to natural stance after completing each kick.

Alternate sides each technique.

Side Snap Kick, then side thrust kick, then back thrust kick.

The following techniques are performed four times in front stance unless otherwise stated.

STEP FORWARD Triple punch: jab punch face, double punch stomach

STEP BACK Rising block, backfist strike, reverse punch stomach

STEP FORWARD Outside block, elbow strike in horse stance, reverse punch in front stance

STEP BACK Inside block, front leg front snap kick, reverse punch

STEP FORWARD Knife hand block back stance, reverse punch in front stance

STEP BACK Knife hand block back stance, front leg front snap kick, reverse punch in front stance

STEP FORWARD Front leg front snap kick stomach level, step in front snap kick face level; **turn reverse punch**

STEP FORWARD Back leg front snap kick face level, step in front snap kick stomach level; **turn reverse punch**

STEP FORWARD Back leg round kick stomach level, reverse punch; **turn reverse punch**

STEP FORWARD Back leg round kick stomach level, backfist strike, reverse punch stomach level; **turn backfist strike, reverse punch**

The following techniques are performed three times in horse stance.

STEP ACROSS Side snap kick, immediately step across same leg side thrust kick; **turn; Repeat**

STEP FORWARD Round Kick stomach level; **turn; Repeat**



3 KYU (Brown with White Stripe)

KIHON

Step out into a front stance and at the same time execute a reverse punch. In place from this position, complete six of the following combinations

Move the front foot back to feet together, then step out with opposite leg into front stance reverse punch stomach. Back leg front snap kick stomach level returning back, lead arm outside block, reverse punch; Change lead leg and Repeat.

From free stance, the following techniques are performed six times in place. Return to free stance before executing each combination.

Front leg front snap kick, rear leg front snap kick, reverse punch in front stance.

From a horse stance, the following techniques are performed six times in place. Return to horse stance after executing each combination. Alternate sides each combination

Side Snap Kick rechamber, then side thrust kick.

Back Thrust Kick in position.

The following techniques are performed four times in front stance unless otherwise stated.

- STEP FORWARD Triple punch: jab punch face, double punch stomach
- STEP BACK Rising block, backfist strike, reverse punch stomach
- STEP FORWARD Outside block, elbow strike in horse stance, reverse punch in front stance
- STEP BACK Inside block, front leg front snap kick, reverse punch
- STEP FORWARD Back leg front snap kick stomach, step in Jab punch; **turn reverse punch; Repeat**
- STEP FORWARD Back leg front snap kick face level, reverse punch.
- STEP BACK Knife hand block back stance, front leg front kick, reverse punch in front stance.
- STEP FORWARD Front leg front snap kick, back leg round kick, reverse punch; **turn backfist strike, reverse punch**
- STEP FORWARD Back leg crescent kick; **turn**
- STEP FORWARD Back leg round kick stomach level, backfist strike, reverse punch; **turn backfist strike reverse punch**
- STEP FORWARD Back leg round kick, continue rotation into back thrust kick **turn; Repeat**
- STEP BACK Into cat stance, knife hand block then front leg front snap kick

The following techniques are performed four times in free stance unless otherwise stated.

Return to cover position after completion of each combination.

- SHIFT FORWARD Jab punch face, reverse punch; **turn; Repeat**
- STEP FORWARD Jab punch face, reverse punch
- SHUFFLE STEP Reverse punch; **turn; Repeat**
- SLIDE FORWARD Knife hand block in back stance, step forward knife hand block; **turn reverse punch**
- STEP FORWARD Back leg front thrust kick; **turn**
- STEP FORWARD Back leg round kick, continue rotation into back thrust kick, **turn; Repeat**
- STEP FORWARD Front leg front snap kick, back leg front snap kick; **turn**
- SHUFFLE STEP Front leg front kick stomach, back leg front kick face; **turn; Repeat**

The following techniques are performed three times in horse stance.

- STEP ACROSS Side snap kick, rotate 180 degrees, side thrust kick; **turn; Repeat.**
- STEP ACROSS Round kick, immediately step across into second round kick; **turn; Repeat**
- STEP FORWARD Round kick, immediately step forward into second round kick; **turn; Repeat**

Kicking in position from free stance, three times on each side.

Back leg front kick, same leg side thrust kick



2 KYU (Brown Belt)

KIHON

Step out into a front stance and at the same time execute a reverse punch. In place from this position, complete six of the following combinations

Back leg front snap kick stomach level returning back, lead arm outside block, jab punch face, reverse punch stomach; Change lead leg and **Repeat**.

Move the front foot back to feet together, then step out with opposite leg front snap kick.

Move the front foot back to feet together, then step out with opposite leg into front stance same time jab punch face, and then in position reverse punch stomach.

From a natural stance, the following techniques are performed six times in place. Return to natural stance before executing each combination.

Step back 45 degrees strait arm knife hand block (tate shuto), reverse punch.

The following techniques are performed four times in front stance unless otherwise stated.

- STEP FORWARD Triple punch: jab punch face, double punch stomach; **turn reverse punch.**
- STEP FORWARD Rising block, backfist strike, reverse punch stomach; **turn reverse punch.**
- STEP FORWARD Outside block, elbow strike in horse stance, backfist strike, reverse punch in front stance
- STEP BACK Inside block, front leg front snap kick, reverse punch.
- STEP FORWARD Back leg front snap kick stomach, step in Jab punch, reverse punch; **turn reverse punch; Repeat**
- STEP FORWARD Back leg front snap kick face level, jab punch, reverse punch; **turn reverse punch**
- STEP FORWARD Knife hand block back stance, front leg front kick, reverse punch in front stance.
- STEP BACK Knife hand block in back stance, front leg round kick, reverse punch in front stance
- STEP FORWARD Front leg front snap kick, back leg round kick, backfist strike, reverse punch; **turn backfist strike, reverse punch**
- STEP FORWARD Back leg crescent kick, reverse punch; **turn**
- STEP FORWARD Back leg round kick, continue rotation into back thrust kick, reverse punch; **turn; Repeat**
- STEP BACK Into cat stance, knife hand block then front leg front snap kick

The following techniques are performed four times in free stance unless otherwise stated. Return to cover position after completion of each combination.

- SHIFT FORWARD Jab punch face, reverse punch; **turn, Repeat.**
- STEP FORWARD Jab punch face, reverse punch; **turn**
- SHUFFLE STEP Reverse punch; **turn; Repeat.**
- STEP BACK Outside block, same arm knife hand block in back stance
- STEP FORWARD Front leg front snap kick, back leg front snap kick, reverse punch; **turn**
- STEP FORWARD Back leg front thrust kick, same leg sweep; **turn**
- STEP FORWARD Round kick stomach level, reverse punch; **turn backfist strike, reverse punch**
- SLIDE FORWARD Knife hand block in back stance, step forward knife hand block, reverse punch in front stance; **turn reverse punch**
- STEP FORWARD Front leg front snap kick, then step forward round kick, reverse punch; **turn backfist strike, reverse punch**
- STEP FORWARD Back leg round kick, continue rotation into back thrust kick, reverse punch; **turn; Repeat**
- STEP FORWARD Back leg front snap kick, same leg round kick; **turn**
- SHUFFLE STEP Front leg front kick stomach, back leg front kick face; **turn; Repeat**

The following techniques are performed three times in horse stance.

- STEP ACROSS Side snap kick, rotate 180 degrees, side thrust kick; **turn; Repeat**
- STEP ACROSS Back thrust kick; **turn; Repeat**
- STEP ACROSS Reverse round kick; **turn; Repeat**

Kicking in position from free stance, three times on each side.

Back leg front kick, same leg side thrust kick, same leg back thrust kick.



1 KYU (Brown with Black Stripe)

KIHON

Step out into a front stance and at the same time execute a reverse punch. In place from this position, complete six of the following combinations.

Back leg front snap kick stomach level returning back, lead arm outside block, jab punch, reverse punch, down block; Change lead leg and **Repeat**.

Move the front foot back to feet together, then step out with opposite leg front snap kick, reverse punch.

Move the front foot back to feet together same time jab punch, then step out with opposite leg into front stance same time jab punch face, and then in position reverse punch stomach.

The following techniques are performed four times in Front Stance unless otherwise stated.

- STEP FORWARD Triple punch: jab punch face, double punch stomach; **turn reverse punch**
- STEP FORWARD Rising block, backfist strike, reverse punch stomach, downward block; **turn reverse punch**
- STEP FORWARD Outside block, elbow strike horse stance, backfist strike, reverse punch in front stance
- STEP BACK Inside block, front leg front kick, jab punch, reverse punch
- STEP FORWARD Back leg front snap kick stomach, step in Jab punch, reverse punch; **turn reverse punch; Repeat**
- STEP FORWARD Back leg front snap kick face level, Jab Punch, reverse punch; **turn reverse punch**
- STEP FORWARD Knife hand block in back stance, front leg front kick, reverse punch in front stance
- STEP BACK Knife hand block in back stance, front leg round kick, backfist, reverse punch in front stance
- STEP FORWARD Front leg front snap kick, back leg round kick, backfist strike, reverse punch; **turn backfist strike, reverse punch**
- STEP FORWARD Back leg crescent kick, reverse punch, downward block; **turn**
- STEP FORWARD Front leg front snap kick, back leg round kick, continue rotation into back thrust kick, backfist strike, reverse punch; **turn backfist strike, reverse punch**
- STEP BACK Into cat stance, knife hand block then front leg front snap kick, reverse punch stomach

The following techniques are performed four times in Free Stance unless otherwise stated. Return to cover position after completion of each combination.

- SHIFT FORWARD Jab punch face, shuffle step forward, reverse punch; **turn; Repeat**
- STEP FORWARD Jab punch face, shuffle step forward, reverse punch; **turn**
- STEP BACK Outside block, same arm knife hand block, reverse punch
- STEP FORWARD Front leg front snap kick, back leg front snap kick, step in jab punch, reverse punch; **turn; Repeat**
- STEP FORWARD Back leg front thrust kick, same leg sweep, reverse punch; **turn**
- STEP FORWARD Round kick stomach level, backfist strike, reverse punch; **turn backfist strike, reverse punch**
- SLIDE FORWARD Knife hand block in back stance, step forward knife hand block, front leg front snap kick, reverse punch in front stance; **turn reverse punch**
- STEP FORWARD Back leg round kick, continue rotation into back thrust kick, backfist strike, reverse punch; **turn; Repeat**
- STEP FORWARD Back leg front snap kick, same leg round kick, same leg side thrust kick; **turn; Repeat**

The following techniques are performed three times in horse stance.

- STEP ACROSS Side snap kick, rotate 180 degrees, side thrust kick; **turn; Repeat**
- STEP ACROSS Back thrust kick; **turn; Repeat**
- STEP ACROSS Reverse round kick; **turn; Repeat**

Kicking in position from free stance, three times on each side.

Back leg front kick, same leg side thrust kick, same leg back thrust kick, same leg front kick.



KYU KUMITE

Sanban Kumite (Three-Step)

Attacker will begin with left leg forward in front stance and the defense side from natural stance. Defender is responsible for adjusting the distance. On instructor's count, attacker will step forward a total of three times performing the attack while defense will step back and perform the block. On the third count, defense side will block and immediately counter with a reverse punch. Both sides kiai on the third count.

10 - 9	Attacker: Step in jab punch to face	Defender: Step back rising block
8B - 7B	Attacker: Step in jab punch to face Attacker: Step in jab punch to stomach	Defender: Step back rising block Defender: Step back outside block

Ippon Kumite (One-Step)

Attacker will begin with left leg forward in front stance and the defense side from natural stance. Defender is responsible for adjusting the distance. Each technique is performed twice with the attack side alternating lead leg for each listed technique. Attacker must announce the technique and target, and wait for the defender to acknowledge before beginning.

10 - 9B	Attacker: Step in jab punch to face	Defender: Shift or pivot, rising block & reverse punch
9 - 8B	Attacker: Step in jab punch to face Attacker: Step in jab punch to stomach	Defender: Shift or pivot, rising block & reverse punch Defender: Shift or pivot, outside block & reverse punch
8 - 7B	Attacker: Step in jab punch to face Attacker: Step in jab punch to stomach Attacker: Step in front kick to stomach	Defender: Shift or pivot, rising block & reverse punch Defender: Shift or pivot, outside block & reverse punch Defender: Shift or pivot, down block & reverse punch
7 - 6B	Attacker: Step forward jab punch face jab punch stomach front snap kick round kick Defender: Shift or pivot, block & counter	
6 - 3	Attacker: Step forward jab punch face jab punch stomach front snap kick round kick side thrust kick Defender: Shift or pivot, block & counter	
2 - 1	Attacker: Step forward jab punch face jab punch stomach front snap kick round kick side thrust kick spinning back thrust kick Defender: Shift or pivot, block & counter	



KYU HAPV Self Defense Applications

Appropriate Self Defense counter techniques must be demonstrated during this portion of the evaluation. Defenses must be performed against one of the Habitual Acts of Physical Violence (HAPV).

Karateka evaluating for 10 - 5b Kyu, the defender must demonstrate an appropriate and effective escape and remove themselves from the control of the attacker. Use of strikes to reset OODA cycle and assist in the escape may be necessary.

Karateka evaluating for 5 Kyu - Dan Ranks, the defender must escape the hold in the same manner as the 10 - 5b Kyu, and then gain control over the attacker through joint locks, chokes, strangulations, and throws. Safety for both the attacker and defender is important and all means of escape and control should be applied without getting to the point of needing to tap out.

Escapes Only	10/9B/9	<ul style="list-style-type: none"> • Two handed grab on a single wrist from the front • Two handed grab on each wrist from the front
	8B/8	<ul style="list-style-type: none"> • Two handed lapel grab from the front • Single handed grab on one wrist from the front: same side and cross
	7B/7	<ul style="list-style-type: none"> • Single hand lapel grab from the front • Bear hug from behind: over and under arms
	6B/6	<ul style="list-style-type: none"> • Single hand lapel grab from behind • Bear hug from the front: over and under arms
	5B	<ul style="list-style-type: none"> • Two handed grab on each wrist from behind • Side head lock • Front tackle • Front guillotine
Escapes and Control	5	<ul style="list-style-type: none"> • Two handed grab on a single wrist from the front • Two handed grab on each wrist from the front
	4	<ul style="list-style-type: none"> • Two handed lapel grab from the front • Single handed grab on one wrist from the front: same side and cross
	3	<ul style="list-style-type: none"> • Single hand lapel grab from the front • Bear hug from behind: over and under arms
	2	<ul style="list-style-type: none"> • Single hand lapel grab from behind • Bear hug from the front: over and under arms
	1	<ul style="list-style-type: none"> • Two handed grab on each wrist from behind • Side head lock • Front tackle • Front guillotine



DAN RANKS (Black Belt)

United Karate Associations International DAN Rank Requirements and Syllabus

In the following pages you will find guidelines and requirements for Dan examinations. It is expected that students will actively understand and study the information here as an aid to their progress. The instructor staff is committed to following the syllabus and helping you reach your goals.

Guidelines

Karateka are expected to progress at a pace commensurate with their ability and desire. The instructor staff will test the limits of their ability and desire continually. Keep in mind good karate takes a long time to develop, and each karateka's journey will be unique.

The minimum time and training guidelines are as follows

Shodan	6 months consecutive training after 1st kyu.
Nidan	2 years after achieving Shodan, 18 months of which must be consecutive training.
Sandan	3 years consecutive training after achieving Nidan.
Yondan	4 years consecutive training after achieving Sandan.
Godan	5 years consecutive training after achieving Yondan.

(Please remember that these are guidelines and that UKAI instructors have the final say on rank advancement eligibility.)

On a higher level, Funakoshi Sensei based the first five Dan ranks on the five levels of spiritual maturity common to Oriental religions. He fashioned them after the five consciousness levels an individual evolves through Zen Buddhism, and Shintoism. According to Funakoshi, Shodan indicates that one has acquired a strong foundation of basics and physical senses. To acquire Nidan, one has to achieve an understanding of combinations and how to strategically apply them to life. Sandan requires one to achieve a calm, strong mind in conjunction with a presence of relaxation in the shoulders. Yondan emphasizes oneness of mind and body as related to techniques. Godan emphasizes impeccable execution in technique and moral character. With these guidelines in place it is up to the practitioner to endeavor to live up to these standards.

Grading: The grading is done as a professional degree, such as an attorney who must pass a bar exam. Each of the sections are examined until the candidate passes all sections. The parts of the evaluation are:

1. Kata of Examinee's choice
2. Kata of Examiners choice
3. Kihon
4. Ippon Kumite (One - Step)
5. HAPV Self Defense
6. Jiyu Kumite (Free Sparring)
7. Written Thesis Paper and Oral Report (Thesis defense).

Any parts that are passed will not be completed again at the reevaluation.

Note: The following sections are a guideline only. Instructors may change the requirements and material in the sections to best fit the students ability. Much of the Dan examination is about how well a karateka can adapt mentally to any verbal commands and perform under pressure.



SHODAN

General

The candidate can be examined on ANY PART of the syllabus, and must show strong spirit and determination during the exam, as well as proper control and etiquette. Techniques that are not effective WILL NOT COUNT at this level.

Kata

The karateka is expected to be proficient in all of the Class A Kata:

CLASS A: Tekki Nidan, Bassai Dai, Kanku Dai, Hangetsu, and Empi

A *minimum* of 2 kata from the above will be assigned by an instructor during training. The assignment of kata will be a process beginning with the attainment of 3rd kyu. From the katas assigned, the Shodan Evaluation will consist of a demonstration of one Tokui (favorite) Kata. Additionally, the karateka is responsible for knowing and having good understanding of all the Heian katas as well as Tekki Shodan. From these six katas, one will be selected by the exam panel at time of evaluation to be demonstrated.

Afterwards, a demonstration of bunkai (applications) from any of the kata's *may* be requested. With a partner, demonstrate first slowly with verbal explanation of the technique, rules of combat & vital points employed; then repeat at full (but safe) speed. A similar demonstration of one other kata may be chosen and requested by the exam panel.

Kihon

Completion of the Dan Rank Kihon outlined in the kihon section of this handbook. Note that the panel may chose to have the karateka complete techniques and combinations that are not present in this section. It is up to each individual to apply their understanding of mechanics to combinations that may be new to them.

Ippon Kumite

Completion of the Dan Rank Ippon Kumite outlined in the Kumite section of this handbook. Defender must block effectively and have significant leg work. Leg work is defined as the proper understanding and use of shifting, posture and stance, kicking, sweeping, or knee techniques. Applications like a Choke, Takedown, or Arm Bar should be included.

HAPV Self Defense

Completion of all of the Escapes and Controls listed in the HAPV Self Defense section of this handbook. During this portion of the exam the examinee will be given situations, which they must successfully navigate. Success is determined upon the following factors; escape the hold and counter effectively (reverse positions by using joint locking, strangling, throwing or striking).

Jiyu Kumite

A minimum of two rounds of free sparring kumite. Elder students may be exempt from free sparring at the exam board's discretion.

Thesis

After discussion with a senior instructor, a thesis topic will be selected from the those available on the Shodan Thesis page in this handbook. A written thesis paper will be submitted to Chief Instructors and evaluation panel members a minimum of four weeks before the evaluation. An oral report and discussion of the thesis will be conducted at the time of the evaluation by the panel members. Questions may be asked pertaining to any content found in the thesis paper. It is expected that students will actively refer to the information in this handbook as an aid to their reports. Specific details are found on the Shodan Thesis page.



NIDAN

General

The candidate can be examined on ANY PART of the syllabus, and must show strong spirit and determination during the exam, as well as proper control and etiquette. Techniques that are not effective WILL NOT COUNT at this level.

Kata

The karateka is expected to be proficient in all of the Class A and B Katas:

CLASS A: Tekki Nidan, Bassai Dai, Hangetsu, Kanku Dai, Empi

CLASS B: Tekki Sandan, Jion, Jitte, Gankaku

A *minimum* of 2 kata from the above will be assigned by an instructor during training. From the kata's assigned, the Nidan Evaluation will consist of a demonstration of one Tokui (favorite) Kata from the CLASS B list. From the CLASS A kata list, one will be selected by the exam panel at time of evaluation to be demonstrated. Additionally, the karateka is responsible for knowing and having good understanding of all the Heian katas as well as Tekki Shodan. From these six katas, one will be selected by the exam panel at time of evaluation to be demonstrated.

Afterwards, a demonstration of bunkai (applications) from any of the kata's *may* be requested. With a partner, demonstrate first slowly with verbal explanation of the technique, rules of combat & vital points employed; then repeat at full (but safe) speed. A similar demonstration of one other kata may be chosen and requested by the exam panel.

Kihon

Completion of the Dan Rank Kihon outlined in the kihon section of this handbook at an advanced level. Note that the panel may chose to have the karateka complete techniques and combinations that are not present in this section. It is up to each individual to apply their understanding of mechanics to combinations that may be new to them.

Ippon Kumite

Completion of the Dan Rank Ippon Kumite outlined in the Kumite section of this handbook. Defender must block effectively and have significant leg work. Leg work is defined as the proper understanding and use of shifting, posture and stance, kicking, sweeping, or knee techniques. Applications like a Choke, Takedown, or Arm Bar should be included.

HAPV Self Defense

Completion of all of the Escapes and Controls listed in the HAPV Self Defense section of this handbook. During this portion of the exam the examinee will be given situations, which they must successfully navigate. Success is determined upon the following factors; escape the hold and counter effectively (reverse positions by using joint locking, strangling, throwing or striking).

Jiyu Kumite

Karateka must fight individual one rank lower, one same rank or higher, and one rank higher. Elder students may be exempt from free sparring at the exam board's discretion.

Thesis

After discussion with a senior instructor, a thesis topic will be selected from the those available on the Nidan Thesis page in this handbook. A written thesis paper will be submitted to Chief Instructors and evaluation panel members a minimum of four weeks before the evaluation. An oral report and discussion of the thesis will be conducted at the time of the evaluation by the panel members. Questions may be asked pertaining to any content found in the thesis paper. It is expected that students will actively refer to the information in this handbook as an aid to their reports. Specific details are found on the Nidan Thesis page.



SANDAN

General

The candidate can be examined on ANY PART of the syllabus, and must show strong spirit and determination during the exam, as well as proper control and etiquette. Techniques that are not effective WILL NOT COUNT at this level.

Kata

The karateka is expected to be proficient in all of the Class A, B, and C Katas:

CLASS A: Tekki Nidan, Bassai Dai, Hangetsu, Kanku Dai, Empi

CLASS B: Tekki Sandan, Jion, Jitte, Gankaku

CLASS C: Sochin, Chinte, Nijushiho, Bassai Sho, Kanku Sho

A *minimum* of 2 kata from the above will be assigned by an instructor during training. From the kata's assigned, the Sandan Evaluation will consist of a demonstration of one Tokui (favorite) Kata from the CLASS C list. One kata from the CLASS B and A list will be selected by the exam panel at the time of evaluation to be demonstrated. Additionally, the karateka is responsible for knowing and having good understanding of all the Heian katas as well as Tekki Shodan. From these katas, one will be selected by the exam panel at time of evaluation to be demonstrated.

Afterwards, a demonstration of bunkai (applications) from any of the kata's *may* be requested. With a partner, demonstrate first slowly with verbal explanation of the technique, rules of combat & vital points employed; then repeat at full (but safe) speed. A similar demonstration of one other kata may be chosen and requested by the exam panel.

Kihon

Completion of the Dan Rank Kihon outlined in the kihon section of this handbook at an advanced level. Note that the panel may chose to have the karateka complete techniques and combinations that are not present in this section. It is up to each individual to apply their understanding of mechanics to combinations that may be new to them.

Ippon Kumite

Not a requirement to be completed for the rank of Sandan.

HAPV Self Defense

Completion of all of the Escapes and Controls listed in the HAPV Self Defense section of this handbook. During this portion of the exam the examinee will be given situations, which they must successfully navigate. Success is determined upon the following factors; escape the hold and counter effectively (reverse positions by using joint locking, strangling, throwing or striking).

Jiyu Kumite

Karateka must fight one lower level, one same level or higher and one, one level higher if available. Elder students may be exempt from free sparring at the exam board's discretion

Thesis

After discussion with a senior instructor, a thesis topic will be selected from the those available on the Sandan Thesis page in this handbook. A written thesis paper will be submitted to Chief Instructors and evaluation panel members a minimum of four weeks before the evaluation. An oral report and discussion of the thesis will be conducted at the time of the evaluation by the panel members. Questions may be asked pertaining to any content found in the thesis paper. It is expected that students will actively refer to the information in this handbook as an aid to their reports. Specific details are found on the Sandan Thesis page.



General

At this level candidates are examined in their understanding of essential basic principles of combat and must be prepared to demonstrate and explain those particular principles as demanded by the examiners. This is a teaching rank, therefore candidates must show the skills required to teach Shotokan principles and Kyusho techniques correctly.

Kata

Any 2 kata from the following list may be performed for demonstration purposes and should include bunkai breakdowns of 3 sections each.

CLASS A: Tekki Nidan, Bassai Dai, Hangetsu, Kanku Dai, Empi

CLASS B: Tekki Sandan, Jion, Jitte, Gankaku

CLASS C: Sochin, Chinte, Nijushiho, Bassai Sho, Kanku Sho

CLASS D: Gojushiho Dai, Gojushiho Sho, Unsu, Aragaki Seisan

OTHER: Wankan, Meikyo, Jiin, Hyakyuhachi Ho

The examination tests understanding of the core principles. Using the kata of your choice, examples of the 5 levels of Bunkai-Jitsu are to be demonstrated with a partner – slowly then at full speed. Suitable care must be exhibited for your models safety but effectiveness must be clear.

Kihon

At this rank it is unnecessary to demonstrate Kihon as they should be acceptable as the candidate has already achieved Sandan. However, the examiners may ask to see Kihon at the ability level of the candidate.

Ippon Kumite

Not a requirement to be completed for the rank of Yondan.

HAPV Self Defense

Completion of all of the Escapes and Controls listed in the HAPV Self Defense section of this handbook. During this portion of the exam the examinee will be given situations, which they must successfully navigate. Success is determined upon the following factors; escape the hold and counter effectively (reverse positions by using joint locking, strangling, throwing or striking).

Jiyu Kumite

Not a requirement to be completed for the rank of Yondan

Thesis

After discussion with a senior instructor, a thesis topic will be selected from the those available on the Yondan Thesis page in this handbook. A written thesis paper will be submitted to Chief Instructors and evaluation panel members a minimum of four weeks before the evaluation. An oral report and discussion of the thesis will be conducted at the time of the evaluation by the panel members. Questions may be asked pertaining to any content found in the thesis paper. It is expected that students will actively refer to the information in this handbook as an aid to their reports. Specific details are found on the Yondan Thesis page.



General

Karateka must show the skills required to teach Shotokan principles and Kyusho techniques correctly. This is a teaching rank. Those evaluating should show an understanding of “Heavy Hands” and “Fajing” methods. The examinee must demonstrate the ability to use any techniques freely and smoothly, and in an effective manner, no matter if the technique is a lock, a throw, a choke or a strike. Command of the principles must be understood, plus the ability to verbalize and demonstrate them. The use of the principles of combat and must be clearly shown to feature in all the candidates techniques and they should be fully assimilated at this level.

Kata

Any 2 kata from the following list may be performed for demonstration purposes and should include bunkai breakdowns of 3 sections each.

CLASS A: Tekki Nidan, Bassai Dai, Hangetsu, Kanku Dai, Empi

CLASS B: Tekki Sandan, Jion, Jitte, Gankaku

CLASS C: Sochin, Chinte, Nijushiho, Bassai Sho, Kanku Sho

CLASS D: Gojushiho Dai, Gojushiho Sho, Unsu, Aragaki Seisan

OTHER: Wankan, Meikyo, Jiin, Hyakyuhachi Ho

The examination tests understanding of the core principles. Using the kata of your choice, examples of the 5 levels of Bunkai-Jitsu are to be demonstrated with a partner – slowly then at full speed. Suitable care must be exhibited for your models safety but effectiveness must be clear.

Kihon

At this rank it is unnecessary to demonstrate Kihon as they should be acceptable, as the candidate has already achieved 3rd Dan. However, the examiners may ask to see Kihon techniques which will be determined by the skill level of the candidate.

Ippon Kumite

Not a requirement to be completed for the rank of Godan.

HAPV Self Defense

Completion of all of the Escapes and Controls listed in the HAPV Self Defense section of this handbook. During this portion of the exam the examinee will be given situations, which they must successfully navigate. Success is determined upon the following factors; escape the hold and counter effectively (reverse positions by using joint locking, strangling, throwing or striking).

Jiyu Kumite

Not a requirement to be completed for the rank of Godan

Thesis

After discussion with a senior instructor, a thesis topic will be selected from the those available on the Godan Thesis page in this handbook. A written thesis paper will be submitted to Chief Instructors and evaluation panel members a minimum of four weeks before the evaluation. An oral report and discussion of the thesis will be conducted at the time of the evaluation by the panel members. Questions may be asked pertaining to any content found in the thesis paper. It is expected that students will actively refer to the information in this handbook as an aid to their reports. Specific details are found on the Godan Thesis page.



DAN RANK KIHON (Black Belt)

The following techniques are performed three times in Front Stance unless otherwise stated.

- STEP FORWARD Triple punch: Jab punch face, double punch stomach; **turn reverse punch**
- STEP FORWARD Rising block, Backfist strike, Reverse punch stomach, downward block; **turn reverse punch.**
- STEP FORWARD Outside block, elbow strike in horse stance, backfist strike, back to front stance reverse punch.
- STEP BACK Inside block, front leg front snap kick, jab punch, reverse punch.
- STEP FORWARD Back leg front snap kick stomach, step in Jab punch, reverse punch; **turn reverse punch; Repeat**
- STEP FORWARD Back leg front snap kick face level, Jab Punch, reverse punch; **turn reverse punch; Repeat**
- STEP FORWARD Knife hand block in back stance, front leg front snap kick, jab, reverse punch in front stance.
- STEP BACK Knife hand block in back stance, front leg round kick, backfist, reverse punch in front stance.
- STEP FORWARD Back leg round kick, backfist strike, reverse punch; **turn backfist strike, reverse punch.**
- STEP FORWARD Front leg front snap kick, back leg round kick, backfist strike, Reverse Punch; **turn backfist strike, reverse punch.**

- STEP FORWARD Reverse punch, back leg returning front snap kick, outside block, jab punch face, reverse punch stomach, down block; **turn backfist strike, reverse punch; Repeat**
- STEP FORWARD Back leg crescent kick, reverse punch, downward block; **turn; Repeat**
- STEP FORWARD Front leg front snap kick, back leg round kick, continue rotation into back thrust kick, backfist strike, reverse punch; **turn backfist strike, reverse punch; Repeat**

- SHIFT FORWARD From natural stance shift forward to the right to a 45 degree angle into sanchin stance, round block, palm heel strike with right hand; Repeat on other side. Come across the floor.
- STEP BACK Knife hand block in cat stance, front leg front snap kick, reverse palm heel strike.

The following techniques are performed three times in Horse Stance.

- STEP ACROSS Side snap kick, rotate 180 degrees, side thrust kick; **turn; Repeat**
- STEP ACROSS Reverse round kick, immediately step across same leg back thrust kick; **turn; Repeat**

The following techniques are performed three times in Free Stance.

- STEP FORWARD Round punch face, same hand Jab punch face, reverse palm heel strike face
- STEP BACK Outside block, same arm knife hand block, reverse palm heel strike
- STEP FORWARD Front leg front kick, back leg front kick, step in Jab punch, Reverse punch; **turn; Repeat**
- SHIFT FORWARD Jab punch, reverse punch, lead arm hook punch, front leg returning wave kick sweep, reverse elbow strike; **turn; Repeat**

- STEP FORWARD Back leg front thrust kick, same leg sweep, reverse punch; **turn; Repeat**
- STEP FORWARD Jab punch, reverse punch, pivot on front foot and execute lead arm hook punch at 45 degree angle, reverse palm heel; return to center; **turn; Repeat**

- SLIDE FORWARD Knife hand block in back stance, step forward knife hand block, front leg front snap kick, reverse punch in front stance.
- STEP BACK Knife hand block cat stance, front leg round kick, reverse palm heel strike.
- SHUFFLE STEP Front leg reverse round kick, reverse punch; **turn**
- STEP FORWARD Back leg round kick, backfist strike, Reverse punch; **turn backfist strike, reverse punch; Repeat**
- STEP FORWARD Front leg front thrust kick, step forward leg sweep, reverse punch; **turn; Repeat**
- STEP FORWARD Back leg round kick, continue rotation spinning back round kick; **turn**
- STEP FORWARD Back leg round kick, continue rotation back thrust kick, backfist strike, reverse punch; **turn**
- STEP FORWARD Back leg front snap kick, same leg round kick, same leg side thrust kick; **turn**
- STEP FORWARD Back leg front snap kick, same leg round kick, same leg side thrust kick, reverse punch; **turn backfist, reverse punch.**

The following techniques are performed in position from free stance. Repeat on both sides.

- Move the front foot back to feet together same time jab punch face, then front snap kick with opposite leg, step out into front stance same time jab punch face, and then in position reverse punch stomach.
- Back leg front kick, same leg side thrust kick, same leg back thrust kick, same leg round kick.



Ippon Kumite (One-Step)

Attacker will begin with left leg forward in front stance and the defense side from natural stance. Defender is responsible for adjusting the distance. Each technique is performed twice with the attack side alternating lead leg for each listed technique. Attacker must announce the technique and target, and wait for the defender to acknowledge before beginning.

Attacker: Step forward

- ❖ Jab punch face
- ❖ Jab punch stomach
- ❖ Front snap kick
- ❖ Round kick
- ❖ Side thrust kick
- ❖ Spinning back thrust kick

Defender: Shift or pivot, block & counter

Self Defense: Habitual Acts of Physical Violence Self Defence (HAPV)

The defender must escape the hold and then gain control over the attacker through joint locks, chokes, strangulations, and throws. Safety for both the attacker and defender is important. All means of escape and control should be applied without injury or need for tap out..

- ❖ Two handed grab on a single wrist from the front
- ❖ Two handed grab on each wrist from the front
- ❖ Two handed lapel grab from the front
- ❖ Same side single handed grab on one wrist from the front
- ❖ Cross handed grab on one wrist from the front
- ❖ Single hand lapel grab from the front
- ❖ Bear hug from behind: over the arms
- ❖ Bear hug from behind: under the arms
- ❖ Single hand lapel grab from behind
- ❖ Bear hug from the front: over the arms
- ❖ Bear hug from the front: under the arms
- ❖ Two handed grab on each wrist from behind
- ❖ Side head lock
- ❖ Front guillotine
- ❖ Front tackle (non-charging, start from arms length away)



SHODAN THESIS

A Candidate evaluating for Shodan may choose from the following topics for their written report.

- A. A specific technique or group of techniques
- B. A specific stance or group of stances
- C. A specific sparring drill
- D. Kata
- E. Martial art theory (ex. mushin, dojo kun, sen no sen, go no sen, zanshin, etc.)
- F. A full length paper on the topic: "What being a Black Belt means to me."

If choosing (A) or (B) the paper must include:

1. Explanation of muscles/groups used (kinesiology)
2. Explanation of how the technique/stance is performed.
3. Explanation of how the technique is used.
4. Examples of where technique/stance is found in kata.

If choosing (C) the paper must include:

1. How the drill is performed
2. Why the drill is used
3. Benefits of the drill
4. At what level is the drill appropriate
5. How to incorporate the drill into self defense/jiyu kumite training

If choosing (D) the paper must include:

1. Analysis of 3 different moves from any one Heian Kata or Tekki Shodan
2. What kyusho points / structures are attacked
3. Any variations of bunkai or kata move
4. Keep in mind that the examiners may also ask for bunkai analysis of the examinees favorite kata during that portion of the exam.

If Choosing (E) the paper must include:

1. What the theory is and explain it in non martial terms
2. What does the particular theory do for you or mean to you in your training
3. How would it or does it relate to others
4. What are the benefits of it to yourself and to others
5. How and When is it taught to yourself and others

If Choosing (F) the paper must include:

1. Your personal perspective of what it means to be a Black Belt drawing on your journey from where you started to where you are now.
2. Three to five examples/themes that help to support your reasoning
3. One paragraph on what your plans are after you achieve the rank of Shodan. What will change? What will stay the same?
4. Include how the time training and preparing for your black belt has changed you as an individual physically or mentally. Also note if you have seen any effect inside or outside of the dojo.

All papers must include a bibliography of the sources used to write the paper.

LENGTH: 2-3 pages (12pt font, double spaced)



NIDAN THESIS

Candidate evaluating for Nidan may choose from the following topics for their report:

- A. One specific technique or group of techniques
- B. One specific stance or group of stances
- C. One specific sparring drill/s
- D. Kata

If choosing (A.) or (B.) the paper must include:

1. Explanation of muscles/groups used (kinesiology)
2. Explanation of how the technique/stance is performed.
3. Explanation of how the technique is used.
4. Examples of where technique/stance is found in kata.

If choosing (C.) the paper must include:

1. How the drill is performed
2. Why the drill is used
3. Benefits of the drill
4. At what level is the drill appropriate
5. How to incorporate the drill into self-defense/ jiyu kumite training

If choosing (D.) the paper must include:

1. Analysis of 3 different moves from any one Class A or B kata
2. What kyusho points / structures are attacked
3. Classify the bunkai into one of the five levels of bunkai jitsu
4. Any variations of bunkai or kata move

All papers must include a bibliography of the sources used to write the paper.

LENGTH: 3-5 pages



SANDAN THESIS

This paper will be technical in nature and in addition, the candidate evaluating for Sandan must write about their chosen kata in their report.

The technical portion of this report must fulfill these requirements:

1. A description of the body action/reaction of a particular technique
2. Proper biomechanics and kinesiology including muscles and joints
3. Accurate description of total body alignment during the technique in all phases (begin, middle, end)
4. Description of a drill which incorporates the technique

The kata portion of the report must include the following:

1. A brief description of the kata chosen from Groups A, B, or C.
2. Analysis of 4 different moves/sequences including at least 2 levels of bunkai jitsu
3. Description of what structures / kyusho points are attacked / manipulated
4. Any variations of that bunkai or kata move or series of moves
5. Must include at least one continuous series of moves from that particular kata.

The examination examines understanding of the core principles. Using the kata of your choice, examples of at least 3 levels of Bunkai Jutsu are to be demonstrated with a partner – slowly then at full speed. Suitable care must be exhibited for your models safety but effectiveness must be clear.

All papers must include a bibliography of the sources used to write the paper.

LENGTH: 5-9 pages



YONDAN & GODAN THESIS

This paper will be technical in nature.

The technical portion of this report must fulfill these requirements:

1. A description of the body action/reaction of a particular technique
2. Proper biomechanics and kinesiology including muscles and joints
3. Accurate description of total body alignment during the technique in all phases (begin, middle, end)
4. Description of a drill which incorporates the technique
5. The proper time to introduce this technique to students as well as common pitfalls associated with teaching this technique or body action.

ORAL

Candidate will be able to explain and demonstrate the following information.

KATA and/or KUMITE

Examiners may ask for any 2 kata for demonstration purposes and the oral presentation should include bunkai breakdowns of 3 sections each. Examiners may also ask for a sparring drill/s that would be relevant to the information in their paper.

The examination tests understanding of core principles. Using the kata of your choice, examples of at least 3 levels of Bunkai Jutsu are to be demonstrated with a partner – slowly then at full speed. Suitable care must be exhibited for your models safety but effectiveness must be clear. The examinee must demonstrate the ability to use the techniques freely and smoothly, and obviously in an effective manner, whether the waza is a lock, a throw, a choke or a strike.

At this level candidates are examined for their understanding of essential basic principles of combat and must be prepared to demonstrate and explain those particular principles as demanded by the examiners. This is a teaching rank, therefore candidates must show the skills required to teach Shotokan principles and Koryu techniques correctly. Command of the principles must be understood, plus the ability to verbalize and demonstrate them.

- A. A brief description of the katas chosen from Groups A, B, C, or D.
- B. Analysis of the 3 different moves per kata including at least 3 levels of bunkai jitsu
- C. Description of what structures / kyusho points are attacked / manipulated
- D. Any variations of that bunkai or kata move or series of moves
- E. Must include at least one continuous series of moves from each kata

Must include a section on how to teach one or more of the underlying principles to kyu ranks

All papers must include a bibliography of the sources used to write the paper.

LENGTH: ~10 pages