

## TRAINING AND EXAM REQUIREMENTS FOR STUDENTS' UP TO 14 OF AGE

### **10<sup>th</sup> KYU (white belt)**

The required training period: 3 months

- Knowledge of Dojo etiquette
- Ability to count to 10 in Japanese

#### **Stances**

- Fudo-Dachi (basic)
- Uchi-Hachiji-Dachi (front stance)
- Kumite-No-Kamae (fighting stance)

#### **Strikes**

- SEIKEN-AGO-UCHI from the front stance
  - individually: left, right
- SEIKEN-AGO-UCHI from the fighting stance.
  - individually: left, right/right, left,

#### **Kicks**

- KIN-GERI from the basic stance
- HIZA-GERI-CHUDAN from the basic stance
- Forward MEA-CHUSOKU-KE AGE-JODAN from the fighting stance

**Ability \*/is not a part of examination/**

### **9<sup>th</sup> KYU Junior (white belt with a red epaulette)**

The required training period: 3 months

#### **Moving in the fighting stance**

- Fumi-Ashi
- Kosar

#### **Strikes**

- SEIKEN-CHUDAN-UCHI from the fighting stance
  - individually: left/right
  - double: left, right, /right, left,
  - triple: left, right, left, /right, left, right,

#### **Kicks**

- Kin-Geri from the fighting stance
  - forward
  - lunge
- Hiza-Geri-Chudan from the fighting stance
  - forward
  - lunge

**Ability \*/is not a part of examination/**

## **9<sup>th</sup> KYU Senior (white belt with 2 red epaulettes)**

The required training period: 3 months

### **Moving in the fighting stance**

- Okuri-Ashi
- Step to the side

### **Strikes**

- Seiken-Chudan-Uchi from the fighting stance
  - individually with a forward step
  - individually with a step back
  - double with a forward step
  - double with a step back
  - triple with steps forward
  - triple with steps back

### **Kicks**

- SOTO-MAWASHI-KE AGE-JODAN
  - lunge
  - with a forward step
- UCHI-MAWASHI-KE AGE-JODAN
  - lunge
  - with a forward step
- MAE-GERI-CHUDAN
  - lunge
  - with a forward step

**Ability \* /is not a part of examination/**

## **8<sup>th</sup> KYU Junior (white belt with 3 red epaulettes)**

The required training period: 3 months

### **Stances**

- Musubi-Dachi
- Zenkutsu-Dachi in motion

### **Classic strikes**

- Seiken-Tsuki into 3 zones, in the front stance
- Seiken-Tsuki-Chudan/Jodan, Gyaku/Oi
  - forward in Zenkutsu-Dachi
- Uraken-Sayu-Ganmen-Uchi, in front stance
- Uraken-Ganmen-Uchi, in front stance

### **Strikes**

- Seiken Chudan-Uchi from the fighting stance
  - single left/right, right left, with a step to the side
  - double left/right, right/left with a step to the side
  - triple left/right/left, right/left, right with a step to the side

### **Kicks**

- Hiza-Geri-Chudan in Fumi-Ashi
- Kin-Geri in Fumi-Ashi
- Mae-Geri-Chudan in Fumi-Ashi
- MAE-GERI-JODAN
  - lunge
  - with a forward step

### **Fight combinations /are not part examination/**

- Front Seiken-Chudan-Uchi strike with a Hiza-Geri-Chudan kick
- Front Seiken-Chudan-Uchi strike with a Mae-Geri-Chudan kick
- Front Seiken-Jodan-Uchi strike with a Kin-Geri kick.

### **Task-based Kumite**

- Shadow fighting

**Ability** \* /is not a part of examination/

## **8<sup>th</sup> KYU Senior (blue belt)**

The required training period: 3 months

- Knowledge of the Dojo oath
- Ability to tie a belt

### **Strikes**

- SEIKEN-CHUDAN-SHITA-UCHI (a hook with guard to the body)
  - in the front stance
  - from the fighting stance
  - in Fumi-Ashi
  - in Okuri-Ashi
- SEIKEN-CHUDAN-FURI-UCHI (a hook with a guard to the body)
  - in the front stance
  - from the fighting stance
  - in Fumi-Ashi
  - in Okuri-Ashi

### **Kicks**

- Mae-Geri-Jodan
  - Fumi-Ashi
- MAWASHI-GERI-GEDAN from the fighting stance
  - Lunge on the spot
  - Forward on the spot
- MAWASHI-GERI-CHUDAN from the fighting stance
  - Lunge on the spot
  - Forward on the spot

### **Combinations /are not part examination/**

- Seiken-Chudan-Uchi with Soto-Mawashi-Ke Age
- Seiken-Chudan-Uchi with Uchi-Mawashi-Ke Age
- Seiken-Chudan-Uchi with Mae-Geri-Chudan
- Seiken-Chudan-Furi-Uchi with Hiza-Geri-Chudan

### **Task-based Kumite**

- Shadow fighting

### **Ability \* /is not a part of examination/**

## **7<sup>th</sup> KYU Junior (blue belt with a red epaulette)**

The required training period: 3-4 months

### **Kicks**

- Mawashi-Geri-Gedan
  - Fumi-Ashi
- Mawashi-Geri-Chudan
  - Fumi-Ashi
- MAWASHI-GERI-JODAN
  - Forward
- USHIRO-GERI-CHUDAN from the basic stance, right/left

### **Classic blocks**

- SEIKEN-JODAN-UKE, in the front stance
- SEIKEN-UCHI-UKE, in the front stance
- SEIKEN-SOTO-UKE in the front stance
- SEIKEN-GEDAN-BARAI, in the front stance

### **Task-based Kumite**

- Shadow fighting

**Ability \* /is not a part of examination/**

## **7<sup>th</sup> KYU Senior (blue belt with 2 red epaulettes)**

The required training period: 5 months

### **Classic blocks**

- Seiken-Jodan-Uke in Zenkutsu-Dachi with a forward step
- Seiken-Uchi-Uke in Zenkutsu-Dachi with a forward step
- Seiken-Gedan-Barai in Zenkutsu-Dachi with a forward step
- Seiken-Soto-Uke in Zenkutsu-Dachi with a step back

### **Kicks**

- Ushiro-Geri-Chudan from the fighting stance, with a turn

### **Formal choreographies**

- Kihon-Kata-Sono-Ichi (1)

### **Fight combinations**

- Front Seiken-Chudan-Uchi with Mawashi-Geri-Jodan in Fumi-Ashi
- Front Seiken-Chudan-Uchi and Mawashi-Geri-Gedan in Fumi-Ashi
- Mae-Geri-Chudan with Mawashi-Geri-Jodan in Fumi-Ashi

### **Defences /are not part of examination/**

- Kinds of defence against Mawashi-Geri-Gedan
- Kinds of defence against Mawashi-Geri-Chudan
- Kinds of defence against Mawashi-Geri-Jodan
- Kinds of defence against Ushiro-Geri-Chudan

### **Task-based Kumite**

- Shadow fighting

**Ability \* /is not a part of examination/**

**6<sup>th</sup> KYU Junior (blue belt with 3 red epaulettes)**

The required training period: 4 months

**Stances**

- Kiba-Dachi

**Classic strikes /are not part of examination/**

- Jun-Tsuki
- Seiken-Sanbon-Tsuki

**Kicks**

- YOKO-GERI-GEDAN from the basic stance

**Fight combinations**

- Front Shita-Chudan-Uchi with Hiza-Geri-Chudan in Fumi-Ashi
- Back Shita-Chudan-Uchi with Hiza-Geri-Chudan in Fumi-Ashi
- Mawashi-Geri-Jodan with Ushiro-Geri-Chudan
- Mae-Geri-Chudan, Mawashi-Geri-Jodan and Ushiro-Geri-Chudan

**Formal choreographies**

- Kihon-Kata -Sono-Ni (2)

**Ability \* /is not a part of examination/**

**Task-based Kumite \* \***

- Shadow fighting

**Strength**

- Moving around the hall along with kicks to the Jodan area

**6<sup>th</sup> KYU Senior (yellow belt)**

The required training period: 5 months

**Classic strikes /are not part of examination/**

- Tate-Ken, in the front stance
- Tettsui-Oroshi-Uchi, in the front stance
- Tettsui-Yoko-Uchi, in the front stance
- Tetsui-Hizo-Uchi, in the front stance

**Kicks**

- YOKO-GERI-CHUDAN from the basic stance,

**Formal choreographies**

- Kihon-Kata-Sono-San (3)

**Fight combinations**

- Front Seiken-Chudan-Uchi, back Seiken-Shita-Uchi-Chudan and front Seiken-Shita-Uchi-Chudan
- Back Seiken-Chudan-Uchi, front Seiken-Shita-Uchi-Chudan and back Seiken-Shita-Uchi-Chudan

**Ability \* /is not a part of examination/**

**Strength**

- Moving around the hall along with kicks to the Jodan area

### **Task-based Kumite \* \***

- Shadow fighting
- Fight with an instructor or a task-based fight with a partner 2 x 1.5 min.

### **5<sup>th</sup> KYU Junior (yellow belt with a red epaulette)**

The required training period: 4 months

#### **Stances**

- Kokutsu-Dachi in motion

#### **Classic strikes**

- Shuto-Sakotsu-Uchi, in the front stance
- Shuto-Sakotsu-Uchi-Komi, in the front stance
- Shuto-Hizo Uchi, in the front stance

#### **Blocks**

- SHUTO-UKE with guard up

#### **Kicks**

- Yoko-Geri-Chudan in motion

#### **Fight combinations**

- Back Seiken-Chudan-Uchi, front Seiken-Shita-Uchi-Chudan and back Hiza-Geri-Chudan

#### **Strength**

- Moving around the hall along with kicks to the Jodan area

#### **Ability \* /is not a part of examination/**

### **Task-based Kumite \* \***

- Shadow fighting
- A fight task with a partner 2 x 1.5 min.

### **5<sup>th</sup> KYU Senior (orange belt)**

The required training period: 4-5 months

#### **Classic strikes /are not part of examination/**

- Seiken-Chudan-Shita-Uchi, hook to the body, from the front stance

#### **Positions**

- Kake-Dachi
- Sanchin-Dachi, in motion

#### **Kicks**

- YOKO-GERI-JODAN, from the basic stance

#### **Fight combinations**

- Back Seiken-Chudan-Uchi, front Seiken-Shita-Uchi-Chudan and back Mawashi-GERI-Gedan

#### **Formal choreographies**

- Kihon-Kata-Sono-Yon (4)

### **Task-based Kumite \* \***

- Shadow fighting
- Fight with a partner 3 x 1.5 min.

## **4<sup>th</sup> KYU Junior (orange belt with a red epaulette)**

The required training period: 4-5 months

**Stances** /are not a part examination/

- Han-Zenkutsu-Dachi
- Han-Kiba-Dachi

**Kicks**

- MAE-HIZA-GERI-GEDAN
  - forward
  - lunge
- SOTO-MAWASHI-HIZA-GERI, forward

**Fight combinations**

- Back Seiken-Chudan-Uchi, front Seiken-Shita-Uchi-Chudan and back Mawashi-Geri-Jodan.

**Formal choreographies**

- Kihon-Kata-Sono-Go (5)

**Ability \* /is not a part of examination/**

**Task Kumite \* \***

- A task-based fight with a partner 3 x 1.5 min.

## **4<sup>th</sup> KYU Senior (green belt)**

The required training period: 9 months

**Classic strikes /are not part of examination/**

- Morote Tsuki
  - to one zone
  - to Jodan and Chudan zones
- Seiken-Chudan-Furi-Uchi from the front stance

**Takes down** /are not part of examination/

- Tensho
- Haito

**Kicks**

- USHIRO-KAKE-GERI-JODAN

**Fight combinations**

- Front Back Seiken-Chudan-Uchi, back Mawashi-Geri-Gedan, forward Hiza-Geri-Chudan

**Formal choreographies**

- Kihon-Kata-Sono-Roku (6) /is not a part of examination/
- Kumite-No-Kata-Sono-Ichi (1)

**Fight breathing**

- Ibuki-Sankai

**Ability \* /is not a part of examination/**

**Task-based Kumite \* \***

- Task-based fight with a partner 4 x 1.5 min.

### **3<sup>rd</sup> KYU Junior (green belt with a red epaulette)**

The required training period: 9 months

#### **Stances /is not a part of examination/**

- Neko-Ashi-Dachi

#### **Classic strikes**

- SEIKEN-JODAN-MAWASHI-UCHI, in the front stance

#### **Kicks**

- UCHI-OROSHI-KAKATO-GERI-JODAN, forward
- SOTO-OROSHI-KAKATO-GERI-JODAN, forward
- UCHI-MAWASHI-GERI, forward

#### **Fight combinations**

- Front Seiken-Shita-Uchi-Chudan, back Hiza-Geri-Chudan, forward Mawashi-Geri-Gedan,

#### **Formal choreographies**

- Kihon-Kata-Sono-Shichi (7)

#### **Ability \* /is not a part of examination/**

#### **Task-based Kumite \* \***

- Task-based fight with a partner 4 x 1.5 min.

### **3<sup>rd</sup> KYU Senior (green belt with 2 red epaulettes)**

The required training period: 9 months

#### **Classic strikes**

- Shuto-Uchi-Uchi, in the front stance
- Kaiten-Tettsui-Yoko-Uchi, from the Han-Kiba-Dachi
- Gedan-Tettsui-Uchi, in the front stance

#### **Fight combinations**

- Front Seiken-Chudan-Uchi, back Mawashi-Geri-Gedan, forward Mawashi-Geri-Jodan

#### **Formal choreographies**

- Kumite-No-Kata-Sono-Ni (2)

#### **Ability \* /is not a part of examination/**

#### **Task-based Kumite \* \***

- Task-based fight with a partner 4 x 1.5 min.

## **2<sup>nd</sup> KYU Junior (green belt with 3 red epaulettes)**

The required training period: 12 months

**Classic strikes** /are not part of examination/

- Hiji-Age-Uchi, in the front stance
- Hiji-Jodan-Ate, in the front stance

**Kicks**

- KAKATO-GERI-GEDAN
  - From the basic stance
  - From the forward position
  - Fumi-Ashi

**Formal choreographies with weapons**

- Tonfa-Kihon-Sono-Ichi
- Bo-Kihon-Sono-Ichi

**Fight combinations**

- Front Seiken-Shita-Uchi-Chudan, back Hiza-Geri-Chudan, forward Mawashi-Geri-Jodan

**Ability \* /is not a part of examination/**

**Task-based Kumite \* \***

- Task-based fight with a partner 5 x 1.5 min.

## **2<sup>nd</sup> KYU Senior (brown belt)**

The required training period: 12 months

**Formal choreographies**

- Kihon-Kata-Sono-Hachi (8)

**Formal choreographies with weapons**

- Tonfa-Kihon-Sono-Ni
- Bo-Kihon-Sono-Ni

**Kicks**

- USHIRO-MAWASHI-GERI-JODAN

**Ability \* /is not a part of examination/**

**Task-based Kumite \* \***

- Task-based fight with a partner 6 x 1.5 min.

### **FINAL COMMENTS**

1. The notion JUNIOR and SENIOR at a given kyu (e.g. 2<sup>nd</sup> Kyu Senior) refers solely to the degrees collected by students below 14 years of age.
2. Required months, preceding taking an exam, are the minimum periods of candidate's regular trainings during the school year. In case of medium and higher kyu degrees, student's participations in the supplementary specialized classes and in the summer karate camps are taken into account.

\* **Ability.** Performance tests /press-ups, sit-ups, squats, leaps, forward rolls, drops as well as flexibility and speed exercises/are always adapted in the training process to the candidate's age, sex, level of advancement and physical possibilities.

\* \* **Task-based Kumite.** Type and scope of the task-based fight is adapted to the candidate's age, sex and physical possibilities, acting in concert with group's instructor.