

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

10th 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/

9th 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/

9th 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/

8th 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/

8th 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/

7th 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/

7th 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/

6th 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

6th 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.

5th 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.

5th 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.

4th 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.

4th 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.

3rd 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.

3rd 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.

2nd 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.

2nd 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. 2nd 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.