

TRAINING AND EXAM REQUIREMENTS FOR TEENAGERS AND ADULTS

10th KYU (white belt)

The required training period: 2 months

- Knowledge of Dojo etiquette
- Ability to tie a belt

Stances

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

Moving in a fighting stance.

- Okuri-Ashi, Fumi-Ashi, Kosar, Step sideways **

Strikes

- SEIKEN-AGO-UCHI from the front stance
 - individually: left, right
- SEIKEN-AGO-UCHI from the fighting stance.
 - individually: left, right/right, left
 - Okuri-Ashi, Fumi-Ashi, with Kosar, with step sideways **
- SEIKEN-CHUDAN-UCHI from the fighting stance
 - individually: left, right/right, left
 - Okuri-Ashi, Fumi-Ashi, with Kosar, with step sideways **
- SEIKEN-JODAN/CHUDAN-UCHI with a block, from the front stance
 - individually: left, right/right, left

Kicks

- KIN-GERI
 - from the basic stance, right/left
 - from the fighting stance, forward/lunge
 - Okuri-Ashi, Fumi-Ashi, with Kosar, with step sideways **
- HIZA-GERI-CHUDAN
 - from the basic stance, right/left
 - from the fighting stance, forward/lunge
 - Okuri-Ashi, Fumi-Ashi, with Kosar, with step sideways **
- MAE-KE AGE-JODAN
 - from the fighting stance, lunge
 - Fumi-Ashi
- UCHI-MAWASHI-KE AGE-JODAN
 - from the fighting stance, lunge
 - Fumi-Ashi
- SOTO-MAWASHI-KE AGE-JODAN
 - from the fighting stance, lunge
 - Fumi-Ashi
- Defence against learnt kicks, with a partner*

Combinations *

- Right Seiken-Ago-Uchi and left kick (one of the selected)
- Left Seiken-Ago-Uchi and right kick (one of the selected)
- Left kick (one of the selected) and right Seiken-Ago-Uchi
- Right kick (one of the selected) and left Seiken-Ago-Uchi.

Ability **

9th KYU (white belt with a blue epaulette)

The required training period: 3 months

- Ability to breathe (Nogare)

Strikes

- SEIKEN-CHUDAN-SHITA-UCHI keeping guard up (hook to the body)
 - from the front stance, right/ left
 - from the fighting stance, individually: left, right/right, left
 - Okuri-Ashi, Fumi-Ashi, with Kosar **
- SEIKEN-JODAN-SHITA-UCHI keeping guard up (hook to the head)
 - from the front stance, right/left
 - from the fighting stance, individually: left, right/right, left
 - Okuri-Ashi, Fumi-Ashi, with Kosar **
- SEIKEN-JODAN/CHUDAN-SHITA-UCHI with a block
 - from the front stance, right/left
- SEIKEN-CHUDAN-FURI-UCHI keeping guard up (hook strike to the body)
 - from the front stance, right/left
 - from the fighting stance, individually: left, right/right, left
 - Okuri-Ashi, Fumi-Ashi, with Kosar **
- SEIKEN-JODAN FURI-UCHI keeping guard up (hook strike to the head)
 - from the front stance, right/left
 - from the fighting stance, individually: left, right/right, left
 - Okuri-Ashi, Fumi-Ashi, with Kosar **
- SEIKEN-JODAN/CHUDAN-FURI-UCHI with a block
 - from the front stance, right/left

Defence against the punches to the body *

- hits, blocks
- recoils
- descents, to the right /to the left

Kicks

- - MAE GERI-CHUDAN/JODAN
 - from the basic stance, right/left
 - from the fighting stance, with forward/lunge leg
 - in the Okuri-Ashi, Fumi-Ashi, with Kosar **
- MAWASHI GERI-CHUDAN
 - from the basic stance, right left
 - from the fighting stance, with forward/lunge leg
 - in the Okuri-Ashi, Fumi-Ashi, with Kosar **
- MAWASHI-GEDAN-GERI
 - from the basic stance, right/left
 - from the fighting stance, with forward/lunge leg
 - in the Okuri-Ashi, Fumi-Ashi, with Kosar **
- Defence against learnt kicks, with a partner*

Combinations *

- Right Seiken-Ago-Uchi and left Mawashi-Geri-Chudan/Gedan
- Left Seiken-Ago-Uchi and right Mawashi-Geri-Chudan/Gedan
- Left Mawashi-Geri-Chudan/Gedan and right Seiken-Ago-Uchi
- Right Mawashi-Geri-Chudan/Chudan and left Seiken-Ago-Uchi
- Seiken-Ago/Chudan-Uchi and Seiken-Chudan-Shita-Uchi
- Seiken-Ago/CHudan-Uchi and Seiken-Furi-Uchi, Chudan /Jodan

Kumite

- Moving (shadow fighting using learnt techniques)

Ability***

8th KYU (blue belt)

The required training period: 3-4 months

Positions

- Musubi-Dachi
- Yoi-Dachi
- Zenkutsu-Dachi**
- Han-Zenkutsu-Dachi**
- Kiba Dachi **
- Han-Kiba-Dachi**

Defence against the strikes to the head *

- Defence against Seiken-Furi-Uchi-Jodan
 - hits, blocks, dodges, folding back
- Defence against the Seiken-Shita-Uchi strikes
 - hits, blocks
 - folding back, descents **

Classic strikes

- Uraken-Ganmen-Uchi in the front stance.

Kicks

- MAWASHI-GERI-JODAN
 - from the basic stance, right/left
 - from the fighting stance, forward/lunge
 - in the Okuri-Ashi, Fumi-Ashi, with Kosar **
- USHIRO-GERI-CHUDAN
 - from the basic stance, right/left
- Defences against Mawashi-Geri-Jodan and Ushiro-Geri-Chudan with the partner*

Fight combinations

- Seiken-Chudan-Uchi, Mawashi-Geri-Jodan and Mawashi-Geri-Gedan
- Seiken-Chudan-Uchi, Mawashi-Geri-Gedan and Mawashi-Geri-Jodan
- Seiken-Chudan-Uchi, Mae-Geri Chudan, Mawashi-Geri-Jodan
- Seiken-Furi-Uchi with Seiken-Shita-Uchi, Chudan/Jodan

Ability***

Task-based Kumite ***

- Moving (shadow fighting)
- Bout with an instructor or with the partner 1 x 2 min.

7th KYU (blue belt with yellow epaulette)

The required training period: 3-4 months

Stances

- Kake-Dachi

Classic strikes

- Uraken-Sayu-Uchi
- Seiken-Chudan-Tsuki
- Tettsui-Yoko-Uchi keeping guard up **
- Tettsui-Oroshi-Uchi
- Tettsui-Hizo-Uchi
- Seiken-Oi/Gyaku-Tsuki in the Zenkutsu-Dachi **

Kicks

- Ushiro-Geri-Chudan with a turn **

Formal choreographies

- Kihon-Kata-Sono-Ichi (1)
- Kihon-Kata-Sono-Ni (2)

Fight combinations

- Seiken-Chudan-Uchi and Ushiro-Geri-Chudan
- Seiken-Chudan-Uchi, Ushiro-Geri-Chudan and Hiza-Geri-Chudan
- Ushiro-Geri-Chudan and Mawashi-Geri-Gedan/Jodan
- Mae-Geri-Chudan and Mawashi-Geri-Jodan and Ushiro-Geri-Chudan

Ability **

Task-based Kumite ****

- Moving (shadow fighting)
- Task-based fight with a partner 2 x 2 min.

6th KYU (yellow belt)

The required training period: 3-4 months

Classic strikes

- Seiken Jodan Tsuki
- Seiken Gedan Tsuki
- Seiken-Sanbon-Tsuki
- Seiken Tate-Ken
- Jun-Tsuki
- Shuto-Sakotsu-Uchi
- Shuto-Sakotsu-Uchi-Komi
- Shuto-Hizo-Uchi

Classic blocks

- SEIKEN-GEDAN-BARAI
 - in the front stance, right/left
 - in the Zenkutsu-Dachi **
- SHOTEI-GEDAN-BARAI with a block
 - in the front stance, right/left
- SEIKEN-SOTO-UKE
 - in the front stance, right/left
 - in the Zenkutsu-Dachi **
- SHUTO-SOTO-UKE keeping guard up
 - in the front stance, right/left

Kicks

- YOKO-GERI-GEDAN
 - from the basic stance, right/left
- YOKO-GERI-CHUDAN
 - from the basic stance, right/left

Formal choreographies

- Kihon-Kata-Sono-San (3)

Ability ***

Task-based Kumite ****

- Moving (shadow fighting)
- Task-based fight with a partner 3 x 2 min

5th KYU (orange belt)

The required training period: 3-4 months

- Ibuki Sankai

Classic stances

- Sanchin-Dachi**
- Kokutsu-Dachi**
- Kake-Dachi

Classic strikes

- Shuto-Ganmen-Uchi
- Hiji-Jodan-Ate with a block
- Hiji-Age-Uchi
- Tettsui-Yoko-UCHI keeping guard up from the basic stance **

Classic blocks

- SEIKEN-JODAN/CHUDAN-UCHI-UKE
 - in the frontal stance, right/left
 - in the Zenkutsu-Dachi **
- SHUTO-JODAN/CHUDAN-UCHI-UKE keeping guard up
 - in the frontal stance, right/left
- SEIKEN-JODAN-UKE
 - in the front stance, right/left
 - in the Zenkutsu-Dachi **
- SHUTO-JODAN-UKE keeping guard up
 - in the front stance, right/left

Kicks

- YOKO-GERI-JODAN
 - from the basic stance, right/left
- YOKO-GERI-CHUDAN
 - in motion: Han-Kiba-Dachi, Kake-Dachi, Han-Kiba-Dachi, to the left/to the right
- KAKATO-GERI-GEDAN
 - from the basic stance, right/left
 - from the fighting stance, forward/lunge
 - Fumi-Ashi

Formal choreographies

- Kihon-Kata-Sono-Yon (4)
- Kumite-No-Kata-Sono-Ichi (1)

- **Ability*****

Task-based Kumite ****

- Moving (shadow fighting)
- A task-based fight with a partner 4 x 2 min.

4th KYU (green belt)

The required training period: 7-8 months

Stances

- Neko-Ashi-Dachi

Classic blocks

- SHUTO-UKE in the Kokutsu Dachi **

Kicks

- MAE-HIZA-GERI-GEDAN from the fighting stance
 - forward
 - lunge
 - Fumi-Ashi
- SOTO-MAWASHI-HIZA-GERI from the fighting stance
 - forward
 - lunge
 - Fumi-Ashi
- KAKE-GERI-JODAN
 - in motion: Han-Kiba-Dachi, Kake-Dachi, Han-Kiba-Dachi, to the left/to the right

Fight combinations

- Mae-Geri-Chudan, Mawashi-Geri-Gedan and Ushiro-Geri-Chudan

Formal choreographies

- Kihon-Kata-Sono-Go (5)
- Kihon-Kata-Sono-Roku (6) *

Ability***

Task-based Kumite ****

- Fight with changing partners: 5 x 2 minutes.

3rd KYU (green belt with a brown epaulette)

The required training period: 8-9 months

Classic strikes

- SEIKEN-JODAN MAWASHI-UCHI
 - in the front stance
 - with Han-Kiba-Dachi **
- SHUTO-UCHI-UCHI
 - in the front stance

Kicks

- UCHI-OROSHI-KAKATO-GERI-JODAN from the fighting stance
 - lunge
 - Fumi-Ashi
- SOTO-OROSHI-KAKATO-GERI-JODAN from the fighting stance
 - lunge
 - Fumi-Ashi
- HIZA-TOBI-GERI-CHUDAN
- HIZA-TOBI-GERI-JODAN*

Formal choreographies

- Kihon-Kata-Sono-Shichi (7)
- Kumite-No-Kata-Sono-Ni (2)

Ability ***

Task-based Kumite ****

- Fight with changing partners: 8 x 2 minutes.

2nd KYU (brown belt)

The required training period: 9 months

Kicks

- USHIRO-MAWASHI-GERI-JODAN from the fighting stance

Formal choreographies

- Kihon-Kata-Sono-Hachi (8)

Formal choreographies with weapons

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

Task-based Kumite ****

- Fight with changing partners: 10 x 2 minutes

1st KYU (brown belt with a black epaulette)

The required training period: 9-12 months
/The candidate must be at least 16 years old/

Kicks

- USHIRO-MAWASHI-GERI-GEDAN from the fighting stance
- USHIRO-TOBI-GERI-CHUDAN
- USHIRO MAWASHI-TOBI-JODAN*

Formal choreographies

- Kai-Ha
- Kumite-No-Kata-Sono-San (3)

Formal choreographies with weapons

- Tonfa-Kihon-Sono-San
- Tsion (Bo)

Task-based Kumite ****

- Fight with changing partners: 12 x 2 min

F-INAL COMMENTS

* They are not any part of examination

** In motion

***** Ability**

Performance tests (press-ups, sit-ups, squats, leaps, forward rolls, drops as well as flexibility and speed exercises) are always adapted to the age, sex, level of advancement and to the physical possibilities of the candidate, acting in concert with group's instructor.

****** Task-based Kumite.**

The authorized examiner adapts type and scope of the fight to the age, sex, level of advancement and to the physical possibilities of the candidate, acting in concert with group's instructor. In particular, it applies to students over 14 years old (at least) to 16 years old (unfinished) and people above 35 years old. Specialized training, preparing for Kumite as well as examination fights can take place only in accordance with valid OYAMA regulations of the Polish Karate Federation.

According to the OYAMA PFK regulations, a register of assigned/verified student degrees is carried out 1 and 2 kyu and master's degrees as well as a list of licensed trainers and instructors of Oyama karate, authorized to run a training activity in Poland.