

**Sandan & Yodan Examination Requirements  
Godan & Rokudan Examination Requirements  
Black Belt**

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**Kihon**

|              |                                                                                 |               |
|--------------|---------------------------------------------------------------------------------|---------------|
| <i>Kamae</i> | 1. <i>Kizami zuki, gyaku zuki</i>                                               | 3x fwd & back |
|              | 2. <i>Kizami zuki, oi zuki</i>                                                  | 3x fwd & back |
|              | 3. <i>Gyaku zuki, step forward, gyaku zuki</i>                                  | 3x fwd & back |
|              | 4. <i>Gyaku zuki, step forward, uraken uchi</i>                                 | 3x fwd & back |
|              | 5. <i>Oi zuki, half step, kizami zuki</i>                                       | 2x fwd & back |
|              | 6. <i>Oi zuki, half step, uraken uchi</i>                                       | 2x fwd & back |
|              | 7. <i>Gyaku zuki, oi zuki</i>                                                   | 3x fwd & back |
|              | 8. <i>Gyaku zuki, kizami zuki, gyaku zuki</i>                                   | 3x fwd & back |
|              | 9. <i>Gyaku zuki, kizami zuki, oi zuki</i>                                      | 2x fwd & back |
|              | 10. <i>Kizami zuki, oi zuki, gyaku zuki, oi zuki, gyaku zuki</i>                | 1x fwd & back |
|              | 11. <i>Mae geri keage, oi zuki</i>                                              | 4x fwd & back |
|              | 12. <i>Mawashi geri, oi zuki</i>                                                | 4x fwd & back |
|              | 13. <i>Mawashi geri, gyaku zuki</i>                                             | 4x fwd & back |
|              | 14. <i>Ushiro geri, uraken uchi</i>                                             | 4x fwd & back |
|              | 15. <i>Mawashi geri, uraken uchi, half step, gyaku zuki</i>                     | 2x fwd & back |
|              | 16. <i>Yoko geri keage, uraken uchi, half step, gyaku zuki</i>                  | 2x fwd & back |
|              | 17. <i>Ushiro geri, uraken uchi, half step, gyaku zuki</i>                      | 2x fwd & back |
|              | 18. <i>(Slide back leg forward) Mae ashi, yoko geri keage, gyaku zuki</i>       | 4x fwd & back |
|              | 19. <i>(Slide back leg forward) Mae ashi, mae geri keage, kizami zuki</i>       | 4x fwd & back |
|              | 20. <i>Kizami zuki, gyaku zuki, mawashi geri</i>                                | 2x fwd & back |
|              | 21. <i>Gyaku zuki, mawashi geri, gyaku zuki</i>                                 | 2x fwd & back |
|              | 22. <i>(Slide back leg forward) Mae ashi ura mawashi geri</i>                   | 4x fwd & back |
|              | 23. <i>Ura mawashi geri (back leg)</i>                                          | 4x fwd & back |
|              | 24. <i>Ushiro mawashi geri</i>                                                  | 4x fwd & back |
|              | 25. <i>(Slide back leg forward) Mae ashi, mawashi geri, ushiro mawashi geri</i> | 2x fwd & back |
|              | 26. <i>Mawashi geri (back leg) ushiro mawashi geri</i>                          | 2x fwd & back |

**Kata**

*Pre-Sandan 1: Gankaku*  
*Pre-Sandan 2: Gankaku, Sochin*  
*Pre-Sandan 3: Gankaku, Sochin, Nijushiho*  
*Pre-Sandan 4: Gankaku, Sochin, Nijushiho, Wankan*  
*Pre-Sandan 5: Gankaku, Sochin, Nijushiho, Wankan, Jiin*  
*Pre-Sandan 6: Gankaku, Sochin, Nijushiho, Wankan, Jiin, Meikyo*  
*Sandan: All katas for pre-sandan 6 plus the application of the katas*  
*Pre-Yodan 1: Gojushiho Sho*  
*Pre-Yodan 2: Gojushiho Sho, Gojushiho Dai*  
*Pre-Yodan 3: Gojushiho Sho, Gojushiho Dai, Unsu*  
*Yodan: All katas for pre-yodan 3 plus the application of the katas*

## **Kumite**

Competitive: *Jyu kumite* (tournament style) *Shobu Ippon*

Non-competitive: *Jyu ippon kumite*