

**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*