

Shotokan Karate Do International Rules Governing Examinations

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PART 1 – ADMINISTRATIVE REQUIREMENTS

1. Examinations for Kyu shall be held four times each year. Examinations for Dan shall be held twice each year.
2. Students taking examinations shall be members in good standing of their respective organizations and shall pay in full all membership dues before the examination date.
3. Applications for examination shall be completed and submitted and examination fees shall be paid at least one week before the examination date¹.
4. Schedule of examination fees²:
- 5 All students taking examinations shall comply with the directions and decisions of the examiners and of the Technical Committee, and shall at all time act in a courteous manner.

¹ Current Practice is date of Exam

² Revised fees have not been published.

PART II – TECHNICAL REQUIREMENTS FOR KYU EXAMINATIONS

KATA (FORM)

8 th	Kyu Examination	–	Heian Shodan
7 th	Kyu Examination	–	Heian Nidan
6 th	Kyu Examination	–	Heian Sandan
5 th	Kyu Examination	–	Heian Yodan
4 th	Kyu Examination	–	Heian Godan
3 rd	Kyu Examination	–	Tekki Shodan
2 nd	Kyu Examination	–	Specialized Kata (Other than the Heians or Tekki Shodan)
1 st	Kyu Examination	–	Specialized Kata (Other than the Heians or Tekki Shodan)

KIHON (BASIC TECHNIQUE)

8th Kyu Examination

- (1) Lunge punch from front stance moving forward (→ 3 ⇐).
- (2) Rising block from front stance moving forward (→ 3 ⇐).
- (3) Forearm block from front stance moving forward (→ 3 ⇐).
- (4) Knife-hand block from back stance moving forward (→ 3 ⇐).
- (5) Front kick by back leg from front stance moving forward (→ 4 ⇐).
- (6) Side snap kick from straddle leg stance moving sideward (↔ 2 ⇐).
- (7) Side thrust kick from straddle leg stance moving sideward (↔ 2).

7th Kyu Examination

- (1) Lunge punch from front stance moving forward (→ 3 ⇐).
- (2) Rising block from front stance moving backward (← 3 ⇐).
- (3) Forearm block from front stance moving forward (→ 3 ⇐).
- (4) Knife-hand block from back stance moving backward (← 3 ⇐).
- (5) Front kick by back leg from front stance moving forward (→ 4 ⇐).
- (6) Side snap kick from straddle-leg stance moving sideward (↔ 2 ⇐).
- (7) Side thrust kick from straddle-leg stance moving sideward (↔ 2).

6th Kyu Examination

- (1) Lunge punch from front stance moving forward.
- (2) Triple punch from front stance moving forward.
- (3) Rising Block from front stance moving backward, to reverse punch from front stance.
- (4) Forearm block from front stance moving forward, to reverse punch from front stance.
- (5) Knife-hand block from back stance moving backward.
- (6) Front kick by back leg from front stance moving sideward.
- (7) Side snap kick from straddle-leg stance moving sideward.
- (8) Side thrust kick from straddle-leg stance moving sideward.

5th Kyu Examination

- (1) Lunge punch from front stance moving forward.
- (2) Triple punch from front stance moving forward.
- (3) Rising black from front stance moving backward, to reverse punch from front stance.
- (4) Forearm block from front stance moving forward, to reverse punch from front stance.
- (5) Knife-hand block from back stance moving backward, spear hand thrust from front stance.
- (6) Front kick by back leg from front stance moving forward.
- (7) Front kick to stomach by back leg from front stance, moving forward, to front kick to face moving forward.
- (8) Side snap kick from straddle-leg stance moving sideward.
- (9) Side thrust kick from straddle-leg stance moving sideward.
- (10) Roundhouse kick by back leg from front stance moving forward.

4th Kyu Examination

- (1) Lunge punch from front stance moving forward.
- (2) Triple punch from front stance moving forward.
- (3) Rising block from front stance moving backward, to reverse punch from front stance.
- (4) Forearm block from front stance moving forward, to reverse punch from front stance.
- (5) Forearm block from front stance moving forward, to elbow strike from straddle—leg stance.
- (6) Knife-hand block from back stance moving backward to spear-hand thrust from front stance.
- (7) Front kick by back leg from front stance moving forward.
- (8) Front kick to stomach by back leg from front stance moving forward, to front kick to face moving forward.
- (9) Side snap kick from straddle—leg stance moving sideward.
- (10) side thrust kick from straddle-leg stance moving sideward.
- (11) Roundhouse kick by back leg from front stance moving forward.

3rd Kyu Examination

- (1) Lunge punch from front stance moving forward.
- (2) Triple punch from front stance moving forward.
- (3) Rising block from front stance moving backward, to reverse punch from front stance.
- (4) Forearm block from front stance moving forward, to reverse punch from front stance,
- (5) Forearm block from front stance moving forward, to elbow strike from straddle-leg stance.
- (6) Inside forearm block from front stance moving forward, to reverse punch from front stance.
- (7) Knife-hand block from back stance moving forward, to spear-hand thrust from front stance.
- (8) Front kick by back leg from front stance moving forward.
- (9) Front kick to stomach by back leg from front stance moving forward, to front kick to face moving forward.
- (10) Side snap kick from straddle-leg stance moving sideward.
- (11) Side thrust kick from Straddle-leg stance moving sideward.
- (12) Roundhouse kick by back leg from front stance moving forward.
- (13) Test of reverse punch accuracy and concentration with static target.

2nd Kyu Examination

- (1) Lunge punch from front stance moving forward.
- (2) Triple punch from front stance moving forward.
- (3) Rising block from front stance moving backward to reverse punch from front stance.
- (4) Outside forearm block from front stance moving forward to elbow strike from straddle-leg stance, to back-fist strike.
- (5) Inside forearm block from front stance moving backward, to reverse punch from front stance.
- (6) Knife-hand block from back stance moving forward, to spear hand strike front stance.
- (7) Front kick by back Leg from front stance moving forward.
- (8) Front kick to stomach by back leg from front stance, moving forward, to front kick to moving forward.
- (9) Side snap kick from straddle—leg stance moving sideward.
- (10) Side thrust kick from straddle-leg stance moving sideward.
- (11) Roundhouse kick by back leg from front stance moving forward.
- (12) Test of reverse punch accuracy and concentration with static target.

1st Kyu Examination

- (1) Lunge punch from front stance moving forward.
- (2) Triple punch from front stance moving forward.
- (3) Rising block from front stance moving backward to reverse punch from front stance.
- (4) Outside forearm block from front stance moving forward to elbow strike from straddle-leg stance, to back fist strike.
- (5) Inside forearm block from front Stance moving backward, to reverse punch from front stance.
- (6) Knife hand block from back stance moving forward, to spear hand strike from front stance.
- (7) Front kick by back leg from front stance moving forward.
- (8) Front kick to stomach by back leg from front stance, moving forward, to front kick to face moving forward.
- (9) side snap kick from straddle—leg stance moving sideward.
- (10) Side thrust kick from straddle-leg stance moving sideward.
- (11) Roundhouse kick by back leg from front stance moving forward.
- (12) Front kick by back leg from front stance moving forward, to side thrust kick by back leg from front stance moving forward
- (13) Test of reverse punch accuracy and concentration with static target.

KUMITE (SPARRING)

8 th Kyu Examination	Basic Three-step sparring (Punching Technique)
7 th Kyu Examination	Basic Three-step sparring (Punching Technique)
6 th Kyu Examination	Basic One-step sparring (Punching Technique)
5 th Kyu Examination	Basic One-step sparring (Punching Technique)
4 th Kyu Examination	Basic One-step sparring (Punching and Kicking Technique)
3 rd Kyu Examination	Basic Three-step sparring (Punching and Kicking Technique)
2 nd Kyu Examination	Semi Free sparring (Punching and Kicking Technique ³)
1 st Kyu Examination	Semi Free sparring (Punching and Kicking Technique ³)

³ Sequence is usually, Oi Zuki Shodan, Oi Zuki Chudan, Migeri Chudan, and finally kekome Chudan – Ed.

PART III – TECHNICAL REQUIREMENTS FOR DAN EXAMINATION

KATA FORM

- 1st Dan Examination - Specialized Kata
- 2nd Dan Examination - Specialized Kata
- 3rd Dan Examination - Specialized Kata
- 4th Dan Examination - Specialized Kata
- 5th Dan Examination - Specialized Kata

KIHON (BASIC TECHNIQUE)

1st Dan Examination

- (1) Triple punch from front stance moving forward.
- (2) Rising block from front stance moving backward. to reverse punch from front stance.
- (3) Outside forearm block from front stance moving forward, to elbow strike from straddle—leg stance, to back—fist strike.
- (4) knife-hand block from back stance moving backward, to spear-hand strike from front stance.
- (5) Front kick by back leg from front stance moving forward.
- (6) Front kick to stomach by back leg from front stance moving forward, to front kick to face moving forward.
- (7) Side snap kick from straddle-leg stance moving sideward.
- (8) Side thrust kick from straddle-leg stance moving sideward.
- (9) Roundhouse kick by back leg from front stance moving forward, to side thrust by opposite leg from front stance moving forward.
- (10) Roundhouse kick by back leg from front stance, to side thrust kick by same leg moving forward.
- (11) Test of reverse punch accuracy and concentration with moving target.

2nd Dan Examination

- (1) From free style sparring stance, to jab to faced from front stance, to triple punch from front stance moving forward.
- (2) From free style sparring stance, to jab to face from front stance, to front kick by back leg, to lunge punch from front stance moving forward.
- (3) Side snap kick from straddle leg stance moving sideward, to side thrust kick by opposite leg from straddle-leg stance moving sideward.
- (4) From free style sparring stance, to rising block from front stance moving backward, to roundhouse kick by back leg moving forward, to back fist strike from straddle-leg stance, to lunge punch from front stance moving forward.
- (5) Front kick by back log from free style sparring stance, to side thrust kick to side by same leg to back kick by same leg.

3rd Dan Examination

Basic Technique Not Required⁴.

4th Dan Examination

Basic Technique Not Required⁴.

5th Dan Examination

Basic Technique Not Required.

⁴ Not true in current practice, some form of an ad hoc sequence is normally used – Ed.

KUMITE (SPARRING) AND OTHER REQUIREMENTS

1st Dan Examination

Semi free style one-step sparring.

2nd Dan Examination

Free style sparring.

3rd Dan Examination —

Free style sparring.

4th Dan Examination⁵

1. Self—defense techniques from chair sitting position..
2. Self—defense techniques from sitting position.
3. Self—defense techniques against two types of weapons attack.
4. Self—defense techniques against grabbing attack.
5. Explanation of techniques.

5th Dan Examination⁵

Explanation of specialized techniques.

⁵ Free style sparring is still required in current exam application – Ed.