

10<sup>th</sup> kyu-white:

**KIHON**

- 1] MOVE FORWARD OI-TSUKI CHUDAN/JODAN.
  - 2] MOVE FORWARD AGA-UKE
  - 3] MOVE FORWARD SHODO-UKE.
  - 4] MOVE FORWARD UCHI-UDE-UKE.
  - 5] MOVE FORWARD MAE GERI  
[1 to 5 all step in zenkutsu dachi]
  - 6] MOVE FORWARD KOKUTSU DACHI SUTO-UKE.
  - 7] STANDING POSITION ALL UKE, TSUKI.
- KATA**  
**KUMITE**  
TAI-KOKU-SHODAN  
GOHON-1,2,3.

9<sup>th</sup> kyu- sr. white

**KIHON**

- 1] MOVE FORWARD GIYAKU TSUKI.
  - 2] MOVE FORWARD GIDAN UKE.
  - 3] MOVE FORWARD SPINING OI-TSUKI.  
[All step zenkutsu dachi]
  - 4] Same basis as 10<sup>th</sup> kyu.
  - 5] MOVE FORWARD KIBA DACHI KekomI.
  - 6] MOVE FORWARD KIBA DACHI KEEGA .
- KATA**  
**KUMITE**  
TAI- KOKU -SHODAN  
GOHON-1,2,3,4.

8<sup>th</sup> kyu- yellow

**KIHON**

- 1] FORWARD STEP OI-TSUKI CHUDAN
- 2] BACKWARD STEP AGA-UKE
- 3] FORWARD STEP SHO-DO-UKE.
- 4] BACKWARD STEP UCHI-UDE UKE.
- 5] FORWARD STEP OI-TSUKI-GIYAKU TSUKI.

**KATA**  
**KUMITE**

- 6] SPINING OI-TSUKI. CHUDAN.
  - 7] SPINING SUTO-UKE
  - 8] FORWARD AGE-UKE-GIYAKU TSUKI.
  - 9] FORWARD STEP MAE GERI-OI-TSUKI.
  - 10] FORWARD STEP MAWASHI GERI.
  - 11] FORWARD KIBA DACHI KEEKOMI/
  - 12] FORWARD KIBA DACHI KEEGA.
- TAI-KO-KU-SHODAN, HEIAN SHODAN.  
GOHON-1,2,3,4,5,6,7,8. SANBON-1,2.

7<sup>th</sup> kyu-orange

**KIHON**

- 1] STEP FORWARD OI-TSUKI-CHUDAN.
- 2] STEP BACKWARD AGE-UKE-GIYAKU TSUKI.
- 3] STEP FW.SHODO-UKE-GIYAKU-TSUKI.
- 4] STEP BACKWARD GIDAN UKE-GIYAKU-TSUKI.
- 5] STEP SHUTO-UKE-NUKITE.[KOKUTSU DACHI-ZENKUTSU DACHI]
- 6] REN MAE GERI[KIJAMI-BACK LEG]
- 7] MAE GERI -GIYAKU TSUKI.
- 8] MAWASHI GERI -GIYAKU TSUKI.

9] KIBA DACHI KEEKOMI-‘X’ STEP.  
 10] KIBA DACHI KEEGA-BACK LEG.  
 11] SPINING SUTO UKE- KIJAMI MAE GERI-NUKITE.  
 12] SPINING SANBON TSUKI.  
 TAKOKU-SHODAN,HEIHAN SHODAN, HEIHAN NI-DAN.  
 GOHAN-1,2,3,4,5,6,7,8,9,10. SANBON-1,2,3,4,5.  
 KIHON-IPPON- JODAN-1,CHUDAN-1,MAE GERI-1.

**KATA  
KUMITE**

**6<sup>th</sup> kyu- green**

1] STEP SANBON TSUKI.  
 2] STEP GIYAKU SANBON TSUKI.  
 3] STEP AGE-UKE-GIYAKU TSUKI.  
 4] STEP SHODO -UKE- YEKO EMPI-URAKEN UCHI-GIYAKU TSUKI.  
 5] STEP KOKUTSU DACHI UCHI-UKE-KIJAMI TSUKI-MAWASHI  
 GERI[LEG BACK]-GIYAKU TSUKI.  
 6] STEP BACK GIDAN UKE- FORWARD REN MAE GERI.  
 7] STEP BACK UCHI UKE-FORWARD REN MAWASHI GERI.  
 8] SPINING SANBON TSUKI-BACK LEG MAE GERI[KICK LEG BACK]  
 GIYAKU TSUKI.

**KIHON**

**KATA  
KUMITE**

9] STEP UCHIRO GERI.  
 10] KIBA DACHI KEEGA/KEEKOMI.  
 HEIHAN SANDAN, HEIHAN NIDAN.  
 SANBON-1,2,3,4,5,6. KIHON IPPON-JODAN-2,CHUDAN-2, MAE GERI-2.  
 KEEKOMI-2, MAWASHI GERI-2. USHIRO GERI-2.[LEFT-RIGHT BOTH]  
 JIYU KUMITE-1 ROUND.

**5<sup>th</sup> kyu purple**

1] STEP FW.KIBA DACHI SHODO UKE-GIYAKU TSUKI, STEP BACK UCHI  
 UKE-KIJAMI TSUKI-GIYAKU TSUKI.  
 2] STEP FW. MAE GERI-GIYAKU TSUKI, STEP BACK KOKUTSU SUTO  
 UKE-NUKITE  
 3] STEP ASHI BARAI- GIYAKU TSUKI.  
 4] KIBA DACHI KEEGA/KEEKOMI.- YEOKO EMPI.  
 5] SPINING OI TSUKI-GIYAKU TSUKI.

**KIHON**

**KAMAE**

1] STEP OI-TSUKI CHUDAN,BACK AGE UKE-GIYAKU TSUKI-KAMAE.  
 2] MAE GERI-OI TSUKI-KAMAE.  
 3] MAWASHI GERI -GIYAKU TSUKI.  
 HEIHAN YONDAN, HEIHAN SANDAN, TOKAI KATA.  
 KIHON-IPPON-JODAN,CHUDAN,MAE GERI,KEEKOMI,MAWASHI  
 GERI,USHIRO GERI- LEFT-2 SET,RIGHT-2 SET.  
 JIYU KUMITE-2 ROUNDS.

**KATA  
KUMITE**

**4<sup>th</sup> kyu-purple-stripe**

1] STEP UCHI UKE-GIYAKU TSUKI-KIJAMI TSUKI, BACK SHODO UKE-  
 YEKO EMPI-URAKEN UCHI.  
 2] MAE GERI OI SANBON TSUKI.  
 3] GIYAKU TSUKI-MAE GERI- OI TSUKI.  
 4] KEEGA-‘X’-BACK LEG KEEKOMI.  
 5] SPINING OI-SANBON TSUKI- MAE GERI[KICK LEG BACK]-GIYAKU  
 TSUKI.  
 6] AGE UKE -UCHI UKE-GIDAN UKE-SHODO UKE[ALL SAME HAND]-  
 GIYAKU TSUKI.

**KIHON**



	7] SPINING SHUTO UKE-KIJAMI MAWASHI GERI-GIYAKU TATTE TSUKI.
	8] SLIDE BACK SHODO UKE-STEP USHIRO GERI-GIYAKU TSUKI.
<b>KAMAE</b>	1] SLIDE GIYAKU ZUKI-SAME HAND OI ZUKI.
	2]SLIDE GIYAKU ZUKI-MAWASHI GERI- GIYAKU ZUKI
	3] KIJAMI ZUKI –ASHIBARAI—OI ZUKI.
	4] SLIDE GIYAKU ZUKI-STEP GIYAKU ZUKI.
	5] ONE STEP BETWEEN OI ZUKI-MAE GERI[LEG BACK]-GIYAKU TSUKI.
	[All 1 to 5 left –right-both side]
<b>KATA</b>	HEIHAN 1-5, SEITAI KATA.
<b>KUMITE</b>	KIHON IPPON-ALL [L & R] JIYU IPPON-2 SET[L & R],JIYU KUMITE-2 ROUNDS
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<b>3<sup>rd</sup> kyu- brown</b>	1] STEP OI ZUKI-SLIDE BACK KOKUTSU SHODO UKE-SLIDE FORWARD YEKOO EMPI.,BACK STEP KOKUTSU UCHIUKE-MAWASHI GERI[KICK LEG BACK]-KIJAMI ZUKI.
	2] STEP REN MAWASHI GERI—BACK STEP REN SUTO UKE-STEP OI ZUKI.
<b>KIHON</b>	3]'X' STEP KEEKOMI-YOKO EMPI.-KIBA DACHI.
	4] MAE GERI[LEG BACK] SAME LEG KEEKOMI- GIYAKO SUTO UCHI-GIDAN UKE.
	5] NEIKOASHI GIDAN UKE-GIYAKU ZUKI.
	6] SANCHIN DACHI OI TSUKI.
	[All right & left side]
<b>KAMAE</b>	1] SLIDE GIYAKO-SLIDE KILAMI- STEP OI ZUKI.
	2] SLIDE GIYAKU ZUKI- MAWASHI GERI- GIYAKU ZUKI.
	3] KIJAMI MAWASHI GERI-STEP OI ZUKI.
	4] GIYAKU ZUKI-MAE GERI- OI ZUKI.
	5] SURI ASHI- GIYAKU KIJAMI ZUKI- MAE GERI-GIYAKU TSUKI.
	6] KIJAMI ZUKI-ASHIBARAI- -URAKEN.
	7] MAWASHI GERI- GIYAKU ZUKI- USHIRO GERI.
	8] 45' SPINING OI ZUKI.
	9] 45' SPINING OI ZUKI-SPINING BACK LEG MAWASHI GERI-GIYAKU ZUKI.
	10] MAE GERI [LEG BACK]-MAE GERI STEP-GIYAKU ZUKI.
	[all right & left –both side]
<b>KATA</b>	TAKKI SHODAN, HEIHAN 1-5, SEITAI KATA-2.
<b>KUMITE</b>	KIHON IPPON-ALL[R & L]-5 SETS, JIYU IPPON-[L & R]-4 SETS,JIYU KUMITE- 3ROUNDS.
<b>SOMEN GERI</b>	MAE GERI-MAWASHI GERI, MAE GERI- KEEKOMI, MAE GERI- KEEKOMI- MAWASHI GERI
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<b>2<sup>nd</sup> kyu-brown</b>	1] STEP OI ZUKI JODAN- MAE GERI-[KICK LEG BACK]- GIYAKU ZUKI,BACK STEP AGA UKE-GIDAN UKE[SAME HAND]-GIYAKU ZUKI.
	2] MAWASHI GERI[LEG BACK] STEP KIBA SHODO UKE- ZEN GIDAN UKE[SAME HAND]-GIYAKU ZUKI.
	3] KEEKOMI BACK LEG-SAME LEG KEEGA-SPINING YEKO EMPI.
	4] MAE GERI –MAWASHI GERI-GIYAKU ZUKI-GIDAN UKE.
	5] SPINING GIYAKU SANBON ZUKI- AGE UKE-URAKEN[SAME HAND]-SLIDE GIYAKU ZUKI.
	6] BACK STEP AGA UKE- STEP MAWASHI GERI-URAKEN –OI ZUKI.
	[all left & right-both side]
<b>KAMAE</b>	1] SLIDE GIYAKU ZUKI- KIJAMI ZUKI-MAE GERI—OI ZUKI.



2] KIJAMI KEEKOMI- STEP OI-ZUKI.

3]SURI ASHI-GIYAKU KIJAMI ZUKI- MAE GERI-GIYAKU ZUKI-,BACK STEP ASHI BARAI-GIYAKU ZUKI.

4]MAE GERI [LEG BACK]-SAME LEG USHIRO GERI-GIDAN UKE-GIYAKU TSUKI.

5] STEP SUTO-ONE STEP BETWEEN SUTO UKE-GIYAKO ZUKI- SPINING OI ZUKI. BASSAI-DAI,KANKU-DAI, JION, JETTE, ENPI,-ANY 3, HEIHAN 1-5, SHITO-RYU,GOJU,WADO[OTHRE STYLE] ANY -1

## KATA

**SOMEN GERI** - MAE GERI-MAWASHI GERI,MAE GERI-KEEGA,MAE GERI-KEEGA-MAWASHI, MAE-KEEGA-MWASHI-USHIRO.

## KUMITE

JIYU IPPON-ALL [L & R],KIHON IPPON-ALL[L & R],JIYU KUMITE.

## 1<sup>st</sup> kyu-brown

1] FUDO DACHI SANBON ZUKI.

2] STEP OI ZUKI- GIYAKU ZUKI- STEP BACK AGA UKE-GIYAKU ZUKI-STEP OI TSUKI.

3] STEP OI SANBON ZUKI- STEP BACK GIDAN UKE-KIJAMI MAWASHI-GIYAKU SUTO UCHI-STEP MAE GERI-OI ZUKI.

4] CHUKU TSUKI- KIBA EMPI-FRONT LEG SPINING URAKEN-GIYAKU ZUKI- FRONT LEG SPINING CHUKU TATTE UKE-REN ZUKI.[L & R]

## KIHON

5] SLIDE GIYAKU ZUKI- MAE GERI[BALANCE]-SAME LEG SPINING SUTO UCHI-GIYAKU ZUKI-FRONT LEG SPINING BACK SUTO HEIWANUKE-NUKITE[ONE STEP BETWEEN]-L & R.

## KAMAE

1] SURI ASHI NGIYAKU TSUKI-STEP GIYAKU TSUKI.[L & R]

2] SLIDE BACK SHOTO UKE- SLIDE FORWARD KIJAMI ZUKI- GIYAKU TSUKI- STEP MAE GERI-GIYAKU TSUKI.[L & R]

3] SLIDE BACK NEIKOASH DACHI AGE UKE-NAKA TAKE-KIJAMI MAWASHI GERI- OI ZUKI.[L & R]

## KATA

SHITTAI-5 ,TOKKAI-6, HEIHAN-5.

## KUMITE

JIYU IPPON-5 SETS, OKIRU IPPON-1 SET, GI-JIYU-1 SET,JIYU -3 ROUNDS.

[also kihon & kamae from 3<sup>rd</sup> & 2<sup>nd</sup>kyu & SOMEN GERI AS 2ndkyu].

## CHAPTER -2 DAN GRADING

### SHODAN[1stDAN]

#### KIHON:

- 1] FUDODACHI SANBON ZUKI, BACK STEP AGA UKE-MAE GERI[KICK LEG BACK]-GIYAKU ZUKI.
- 2] SPINING GIYAKU SANBONZUKI-SLIDE SOTOUKE-EMPI-SPINING URAKEN-GIYAKO ZUKI.
- 3] CHUKU ZUKI-YEKO EMPI[SIDE]-SLIDE SANCHIN DACHI GIYAKU ZUKI- FRONT LEG PULL CHUKU TATTE[ALL SAME HAND 1<sup>ST</sup> 3 ATTACKS]-CHAKU TSUKI.
- 4] STEP BACK AGA UKE- STEP MAWASHI GERI-JUNI ZUKI.
- 5] MAE GERI- GIYAKO TATTE SUTO UKE- STEP JUNI ZUKI.
- 6] KOKUTSU SHUTO-KIBA YEKO EMPI-URAKEN-GIYAKO ZUKI.

#### KAMAE:

- 1]GIYAKO ZUKI-MAE GERI- OI ZUKI.
- 2] KIJAMI KEKOMI-USHIRO-URAKEN-GIYAKU TSUKI.
- 3] KIJAMI ZUKI- FRONT LEG SHIFT TATTE UKE-GIYAKU ZUKI.[L & R]
- 4] SPINING URAKEN – GIYAKU ZUKI- SPINING BACK GIDAN UKE-STEP MAE GERI –OI ZUKI.
- 5] STEP BACK FUDO DACHI AGA UKE-STEP MAWASHI GERI –JUNI TSUKI.

#### KATA:

SHITTAI –8 [SHOTO,SHOTO,GOJU,WADO], TOKKAI-5, HEAHAN 1-5.[ALL BUNKAI]

#### KUMITE:

JIYU IPPON-5, KIHON IPPON-5,[L & R]GI-JIYU-1, JIYU-2 ROUNDS.  
KIMA-WAZA, SOMEN-GERI-AS 1<sup>st</sup> KYU.

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### NI-DAN[2ndDAN]

#### KIHON:

- 1] GIYAKO ZUKI-MAE GERI- GIYAKO ZUKI
- 2] 45' KIJAMI ZUKI- GIYAKU ZUKI-MAWASHI GERI-URAKEN –GIYAKU ZUKI.
- 3] MAE GERI-SAME LEG KEEKOMI- SAME LEG URRAMAWASHI[BALANCE]
- 4] KIJAMI MAE GERI-KOEKOMI-GIYAKU ZUKI.
- 5] KIJAMI KEEKOMI-MAWASHI- USHIRO GERI.

\*CO. 1<sup>st</sup> DAN KIHON & KAMAE.

#### KATA:

SETTAI-7, TOKKAI-10,[INCLUDING BASSAI-SHO,HANGETSU,TAKKI-NIDAN,KANKU-SHO,GANKAKU], HEIHAN 1-5 [ALL BUNKAI]

#### KUMITE:

JIYU IPPON-5,KIHON IPPON-5,OKIRU-IPPON-2, GI-JIYU-2, JIYU-3 ROUNDS.  
SOMEN GERI & KIMA-WAZA.

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### SAN-DAN[3<sup>rd</sup> DAN]

#### KIHON:

- 1] ONE STEP BETWEEN OI ZUKI-SPINING GIYAKU ZUKI.[L & R]
- 2] FUDO DACHI OI ZUKI-ZEN -GIYAKU TSUKI-SANCHIN- OI TSUKI.
- 3] MAE GERI –SUTO UCHI[SAME HAND-TWICE]-GIYAKU ZUKI .[R & L]
- 4] AGA UKE- GIYAKU ZUKI- GIDAN UKE.
- 5] SPINING SUTO UKE-KIJAMI MAWASHI- BACK LEG MAWASHI[LEG BACK]-GIYAKU TSUKI.



**KAMAE:**

- 1] MAE GERI –SAME LEG MAWASHI – URAKEN –GIYAKU TSUKI.
- 2] MAWASHI – SAME LEG SPINING USHIRO MAWASHI – GIYAKO TSUKI.
- 3] MAWASHI- SAME LEG KEEKOMI- URAKEN- GIYAKO HAITO.
- 4] MAE GERI- OI TSUKI- GIYAKU TSUKI- MAWASHI GERI – URAKEN- GIYAKO- STEP BACK  
GIDAN UKE –GIYAKO TSUKI- KIJAMI KEEKOMI- GIYAKO TSUKI- FORWARD USHIRO GERI-  
URAKEN –GIYAKO HAITO- SPINING URA MAWASHI GERI.

**KATA:**

CHINTO, SACHIN, NEIJISHIO, TAKKI-SANDAN, JIIN,  
SHITAI-16[SHOTO,GOJU,SHITO,WADO],TOKKAI-16,[WITH BUNKAI]

**KUMITE:**

JIYU IPPION-5, OKIRYU IPPION-3, GI-JIYU-2.

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**YON-DAN[[4thDAN]:****KATA:**

WANKAN,MIKYU, HANSHU, SEITTAI-SHOTO,SHITO,GOJU,WADO-4 KATA, TOKKAI-16[ WITH  
BUNKAI]

\*KIHON & KAMAE AS SHODAN – SANDAN.

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**GO-DAN [5<sup>th</sup> DAN]:**

KATA-GOJU-SHO-SHO,GOJU-SHIYO-DAI

AS SAME YONDAN





# FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

## Sandan & Yondan Examination Requirements Godan & Rokudan Examination Requirements Black Belt

### KIHON

Kamae	1. Kizami zuki, gyaku zuki	3x fwd & back
	2. Kizami zuki, oi zuki	3x fwd & back
	3. Gyaku zuki, step forward, gyaku zuki	3x fwd & back
	4. Gyaku zuki, step forward, uraken uchi	3x fwd & back
	5. Oi zuki, half step, kizami zuki	2x fwd & back
	6. Oi zuki, half step, uraken uchi	2x fwd & back
	7. Gyaku zuki, oi zuki	3x fwd & back
	8. Gyaku zuki, kizami zuki, gyaku zuki	3x fwd & back
	9. Gyaku zuki, kizami zuki, oi zuki	2x fwd & back
	10. Kizami zuki, oi zuki, gyaku zuki, oi zuki, gyaku zuki	1x fwd & back
	11. Mae geri keage, oi zuki	4x fwd & back
	12. Mawashi geri, oi zuki	4x fwd & back
	13. Mawashi geri, gyaku zuki	4x fwd & back
	14. Ushiro geri, uraken uchi	4x fwd & back
	15. Mawashi geri, uraken uchi, half step, gyaku zuki	2x fwd & back
	16. Yoko geri keage, uraken uchi, half step, gyaku zuki	2x fwd & back
	17. Ushiro geri, uraken uchi, half step, gyaku zuki	2x fwd & back
	18. (Slide back leg forward) Mae ashi, yoko geri keage, gyaku zuki	4x fwd & back
	19. (Slide back leg forward) Mae ashi, mae geri keage, kizami zuki	4x fwd & back
	20. Kizami zuki, gyaku zuki, mawashi geri	2x fwd & back
	21. Gyaku zuki, mawashi geri, gyaku zuki	2x fwd & back
	22. (Slide back leg forward) Mae ashi, ura mawashi geri	4x fwd & back
	23. Ura mawashi geri (back leg)	4x fwd & back
	24. Ushiro mawashi geri	4x fwd & back
	25. (Slide back leg forward) Mae ashi, mawashi geri, ushiro mawashi geri	2x fwd & back
	26. Mawashi geri (back leg) ushiro mawashi geri	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-Yondan 1: *Gojushiho Sho*  
 Pre-Yondan 2: *Gojushiho Sho, Gojushiho Dai*  
 Pre-Yondan 3: *Gojushiho Sho, Gojushiho Dai, Unsu*  
Yondan: All katas for pre-yondan 3 plus the application of the katas

### KUMITE

Competitive: *Jyu kumite* (tournament style) *Shobu Ippon*  
 Non-competitive: *Jyu ippun kumite*