



世界伝統空手団体

World Traditional Karate Organization

Grading Syllabus

8th Kyu (Yellow Belt)

KIHON

1. **From gedan-barai. Step forward gedan-barai. Mawatte**
(From down block. Step forward down block. Turn)
2. **Step forward oi-zuki chudan**
(Step forward punch chest level)
3. **Step back age-uke**
(Step back rising block)
4. **Step forward soto-uke**
(Step forward outside block)
5. **From shuto-uke in kokutsu-dachi. Step back shuto-uke**
(Change to knife hand block in back stance. Step back knife hand block)
6. **From gedan-barai in zenkutsu-dachi. Step forward uchi-uke. Mawatte**
(Change to down block in front stance. Step forward inside block. Turn)
7. **Step forward mae-geri chudan. Mawatte**
(Step forward front snap kick to chest level. Turn)
8. **Step forward mae-geri jodan. Mawatte**
(Step forward front snap kick to head level. Turn)
9. **From kiba-dachi. Step across yoko-geri keage (both directions)**
(Change to side stance. Side snap kick with left leg when traveling left and right leg when traveling right)
10. **From kiba-dachi. Step across yoko-geri kekomi (both directions)**
(From side stance. Side thrust kick with left leg when traveling left and right leg when traveling right)

KUMITE

Gohon kumite (5-Step Sparring)

- **Attack - oi-zuki jodan and oi-zuki chudan**
(Stepping punch to head level and stepping punch to chest level)
- **Defense - age-uke and soto-uke respectively. Gyaku-zuki chudan on 5th count**
(Rising block and outside block respectively. Reverse punch chest level after 5th block)

KATA

Heian Shodan

7th Kyu (Orange Belt)

KIHON

1. **From gedan-barai. Step forward gedan-barai. Mawatte**
(From down block. Step forward down block. Turn)
2. **Step forward oi-zuki chudan**
(Step forward punch chest level)
3. **Step back age-uke**
(Step back rising block)
4. **Step forward soto-uke**
(Step forward outside block)
5. **From shuto-uke in kokutsu-dachi. Step back shuto-uke**
(Change to knife hand block in back stance. Step back knife hand block)
6. **From gedan-barai in zenkutsu-dachi. Step forward uchi-uke. Mawatte**
(Change to down block in front stance. Step forward inside block. Turn)
7. **Step forward mae-geri chudan. Mawatte**
(Step forward front snap kick to chest level. Turn)
8. **Step forward mae-geri jodan. Mawatte**
(Step forward front snap kick to head level. Turn)
9. **From kiba-dachi. Step across yoko-geri keage (both directions)**
(Change to side stance. Side snap kick with left leg when traveling left and right leg when traveling right)
10. **From kiba-dachi. Step across yoko-geri kekomi (both directions)**
(From side stance. Side thrust kick with left leg when traveling left and right leg when traveling right)

KUMITE

Gohon kumite (5-Step Sparring)

- **Attack - oi-zuki jodan and oi-zuki chudan**
(Stepping punch to head level and stepping punch to chest level)
- **Defense - age-uke and soto-uke respectively. Gyaku-zuki chudan on 5th count**
(Rising block and outside block respectively. Reverse punch chest level after 5th block)

KATA

Heian Nidan

6th Kyu (Green Belt)

KIHON

1. **From gedan-barai. Step forward oi-zuki chudan. Mawatte**
(From down block. Step forward punch chest level. Turn)
2. **From gyaku-zuki. Step forward gyaku-zuki chudan. Mawatte**
(Change to reverse punch. Step forward reverse punch chest level. Turn)
3. **Step forward gedan-barai, gyaku-zuki**
(Step forward down block, reverse punch)
4. **Step back age-uke, gyaku-zuki**
(Step back rising block, reverse punch)
5. **Step forward soto-uke, gyaku-zuki**
(Step forward outside block, reverse punch)
6. **From shuto-uke in kokutsu-dachi. Step back shuto-uke**
(Change to knife hand block in back stance. Step back knife hand block)
7. **From gedan-barai in zekutsu-dachi. Step forward uchi-uke, gyaku-zuki. Mawatte**
(Change to down block in front stance. Step forward inside block, reverse punch. Turn)
8. **Step forward mae-geri chudan. Mawatte**
(Step forward front snap kick to chest level. Turn)
9. **Step forward mae-geri jodan. Mawatte**
(Step forward front snap kick to head level. Turn)
10. **From kiba-dachi. Step across yoko-geri keage (both directions)**
(Change to side stance. Side snap kick with left leg when traveling left and right leg when traveling right)
11. **From kiba-dachi. Step across yoko-geri kekomi (both directions)**
(From side stance. Side thrust kick with left leg when traveling left and right leg when traveling right)
12. **From zenkutsu-dachi. Step forward mawashi-geri**
(Change to front stance. Step forward roundhouse kick)

KUMITE

Gohon kumite (5-Step Sparring)

- **Attack - oi-zuki jodan, oi-zuki chudan, and mae-geri chudan**
(Stepping punch to head level, stepping punch to chest level, and front snap kick to belt level)
- **Defense - age-uke, soto-uke, and gedan-barai respectively. Gyaku-zuki chudan on 5th count**
(Rising block, outside block, and down block respectively. Reverse punch chest level after 5th block)

KATA

Heian Sandan

5th Kyu (Purple Belt)

KIHON

1. **From gedan-barai. Step forward oi-zuki chudan. Mawatte**
(From down block. Step forward punch chest level. Turn)
2. **From gyaku-zuki. Step forward gyaku-zuki chudan. Mawatte**
(Change to reverse punch. Step forward reverse punch chest level. Turn)
3. **Step forward gedan-barai, gyaku-zuki**
(Step forward down block, reverse punch)
4. **Step back age-uke, mae-geri**
(Step back rising block, front snap kick off back leg)
5. **Step forward soto-uke in zenkutsu-dachi, enpi-uchi in kiba-dachi**
(Step forward outside block in front stance, same arm elbow strike in side stance)
6. **From shuto-uke in kokutsu-dachi. Step back shuto-uke, nukite in zenkutsu-dachi**
(Change to knife hand block in back stance. Step back knife hand block, change to front stance performing spear hand strike)
7. **Step forward uchi-uke, gyaku-zuki. Mawatte**
(Step forward inside block, reverse punch. Turn)
8. **Step forward mae-geri chudan. Mawatte**
(Step forward front snap kick to chest level. Turn)
9. **Step forward mae-geri chudan, oi-zuki chudan. Mawatte**
(Step forward front snap kick to chest level, landing with chest level punch. Turn)
10. **From kiba-dachi. Step across yoko-geri keage (both directions)**
(Change to side stance. Side snap kick with left leg when traveling left and right leg when traveling right)
11. **From kiba-dachi. Step across yoko-geri kekomi (both directions)**
(From side stance. Side thrust kick with left leg when traveling left and right leg when traveling right)
12. **From zenkutsu-dachi. Step forward mawashi-geri**
(Change to front stance. Step forward roundhouse kick)

KUMITE

Kihon ippon kumite (Basic 1-Step Sparring)

- **Attack - oi-zuki jodan, oi-zuki chudan, and mae-geri chudan**
(Stepping punch to head level, stepping punch to chest level, and front snap kick to belt level)
- **Defense - age-uke, soto-uke, and gedan-barai respectively. Gyaku-zuki chudan after each defense**
(Rising block, outside block, and down block respectively. Reverse punch chest level after each defense)

KATA

Heian Yondan

4th Kyu (Purple Belt)

KIHON

1. **From gedan-barai. Step forward oi-zuki chudan. Mawatte**
(From down block. Step forward punch chest level. Turn)
2. **From gyaku-zuki. Step forward gyaku-zuki chudan**
(Change to reverse punch. Step forward reverse punch chest level)
3. **Step back age-uke, mae-geri**
(Step back rising block, front snap kick off back leg)
4. **Step forward soto-uke in zenkutsu-dachi, enpi-uchi in kiba-dachi**
(Step forward outside block in front stance, same arm elbow strike in side stance)
5. **From shuto-uke in kokutsu-dachi. Step back shuto-uke, nukite in zenkutsu-dachi**
(Change to knife hand block in back stance. Step back knife hand block, change to front stance performing spear hand strike)
6. **Step forward uchi-uke, gyaku-zuki. Mawatte**
(Step forward inside block, reverse punch. Turn)
7. **Step forward mae-geri chudan, oi-zuki chudan. Mawatte**
(Step forward front snap kick to chest level, landing with chest level punch. Turn)
8. **From kiba-dachi. Step across yoko-geri keage (both directions)**
(Change to side stance. Side snap kick with left leg when traveling left and right leg when traveling right)
9. **From kiba-dachi. Step across yoko-geri kekomi (both directions)**
(From side stance. Side thrust kick with left leg when traveling left and right leg when traveling right)
10. **From zenkutsu-dachi. Step forward mawashi-geri. Mawatte**
(Change to front stance. Step forward roundhouse kick. Turn)
11. **Step forward ushiro-geri. Mawatte**
(Step forward back thrust kick. Turn)
12. **Step forward shuto-uchi jodan**
(Step forward knife hand strike with palm facing up)

KUMITE

Kihon ippon kumite (Basic 1-Step Sparring)

Left AND right sides

- **Attack - oi-zuki jodan, oi-zuki chudan, mae-geri chudan, and mawashi-geri jodan**
(Stepping punch to head level, stepping punch to chest level, front snap kick to belt level, roundhouse kick to head level)
- **Defense - age-uke, soto-uke, gedan-barai, and uchi-uke respectively. Gyaku-zuki chudan after defense**
(Rising block, outside block, down block, and inside block respectively. Reverse punch after each defense)

KATA

Heian Godan

3rd Kyu (Brown Belt)

KIHON

1. **From gedan-barai. Step forward sanbon-zuki (jodan, chudan, chudan)**
(From down block. Step forward triple punch. First head level, then two to chest level)
2. **Step back age-uke, mae-geri**
(Step back rising block, front snap kick off back leg)
3. **Step forward soto-uke in zenkutsu-dachi, enpi-uchi in kiba-dachi**
(Step forward outside block in front stance, same arm elbow strike in side stance)
4. **From shuto-uke in kokutsu-dachi. Step back shuto-uke, nukite in zenkutsu-dachi**
(Change to knife hand block in back stance. Step back knife hand block, shift to front stance, spear hand strike)
5. **Step forward uchi-uke, gyaku-zuki. Mawatte**
(Step forward inside block, reverse punch. Turn)
6. **Step forward mae-geri chudan, mae-geri jodan (ren-geri). Mawatte**
(Step forward front snap kick to chest level, step forward front snap kick to head level. Turn)
7. **From kiba-dachi. Step across yoko-geri keage (both directions)**
(Change to side stance. Side snap kick with left leg when traveling left and right leg when traveling right)
8. **From kiba-dachi. Step across yoko-geri kekomi (both directions)**
(From side stance. Side thrust kick with left leg when traveling left and right leg when traveling right)
9. **From zenkutsu-dachi. Step forward mawashi-geri, gyaku-zuki. Mawatte**
(Change to front stance. Step forward roundhouse kick landing with reverse punch. Turn)
10. **Step forward ushiro-geri. Mawatte**
(Step forward back thrust kick. Turn)
11. **Step forward shuto-uchi jodan. Mawatte**
(Step forward knife hand strike with palm facing up. Turn)
12. **Step forward uraken-uchi jodan**
(Step forward back fist strike to head level)

KUMITE

Kihon ippon kumite (Basic 1-Step Sparring)

Left AND right sides

- **Attack - oi-zuki jodan, oi-zuki chudan, mae-geri chudan, and mawashi-geri jodan**
(Stepping punch to head level, stepping punch to chest level, front snap kick to belt level, roundhouse kick to head level)
- **Defense - age-uke, soto-uke, gedan-barai, and uchi-uke respectively. Variety of counters should be demonstrated after each defense**
(Rising block, outside block, down block, and inside block respectively. Any counter after each defense)

KATA

Tekki Shodan

2nd Kyu (Brown Belt)

KIHON

1. **From gedan-barai. Step forward sanbon-zuki (jodan, chudan, chudan)**
(From down block. Step forward triple punch. First head level, then two to chest level)
2. **Step back age-uke, mae-geri**
(Step back rising block, front snap kick off back leg)
3. **Step forward soto-uke in zenkutsu-dachi, enpi-uchi in kiba-dachi, uraken-uchi**
(Step forward outside block in front stance, same arm elbow strike in side stance, back fist strike)
4. **From shuto-uke in kokutsu-dachi. Step back shuto-uke, kizami mae-geri, nukite in zenkutsu-dachi**
(Change to knife hand block in back stance. Step back knife hand block, front snap kick off front leg, land in front stance spear hand strike)
5. **Step forward uchi-uke, kizami-zuki, gyaku-zuki. Mawatte**
(Step forward inside block, jab, reverse punch. Turn)
6. **Step forward mae-geri chudan, mawashi-geri jodan (ren-geri). Mawatte**
(Step forward front snap kick to chest level, step forward roundhouse kick to head level. Turn)
7. **Step forward mae-geri chudan, same leg yoko-geri kekomi. Mawatte**
(Step forward front snap kick to chest level, same leg side thrust kick before landing in front stance. Turn)
8. **From kiba-dachi. Step across yoko-geri keage turning yoko-geri kekomi. Mawatte**
(Change to side stance. Side snap kick turning into side thrust kick, landing in side stance. Turn)
9. **From zenkutsu-dachi. Step forward mawashi-geri, gyaku-zuki. Mawatte**
(Change to front stance. Step forward roundhouse kick landing with reverse punch. Turn)
10. **Step forward ushiro-geri. Mawatte**
(Step forward back thrust kick. Turn)
11. **Step forward shuto-uchi jodan**
(Step forward knife hand strike with palm facing up)
12. **Step back uraken-uchi jodan**
(Step back, back fist strike to head level)

KUMITE

Jiyu-ippou kumite (Semi-free 1-Step Sparring)

- **Attack - oi-zuki jodan, oi-zuki chudan, mae-geri chudan, mawashi-geri, ushiro-geri**
(Stepping punch to head level, stepping punch to chest level, front snap kick to belt level, roundhouse kick, back thrust kick)
- **Defense - Appropriate uke followed by a counter. No de-ai**
(Appropriate defense followed by any counter. Meeting the attack for simultaneous defense and counter is not allowed)

KATA

Tokui-gata. Examinee chooses from Bassai-dai, Kanku-dai, Jion, Enpi

Examiner chooses from Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan

1st Kyu (Brown Belt)

KIHON

1. **From gedan-barai. Step forward sanbon-zuki (jodan, chudan, chudan). Mawatte**
(From down block. Step forward triple punch. First head level, then two to chest level. Turn)
2. **From gyaku-zuki. Rotate forward 360° gyaku-zuki chudan**
(Change to reverse punch. Rotate forward 360 degrees reverse punch chest level)
3. **Step back age-uke, mae-geri**
(Step back rising block, front snap kick off back leg)
4. **Step forward soto-uke in zenkutsu-dachi, enpi-uchi in kiba-dachi, uraken-uchi**
(Step forward outside block in front stance, same arm elbow strike in side stance, back fist strike)
5. **From shuto-uke in kokutsu-dachi. Step back shuto-uke, kizami mae-geri, nukite in zenkutsu-dachi**
(Change to knife hand block in back stance. Step back knife hand block, front snap kick off front leg, land in front stance spear hand strike)
6. **Step forward uchi-uke, kizami-zuki, gyaku-zuki. Mawatte**
(Step forward inside block, jab, reverse punch. Turn)
7. **Step forward mae-geri, mawashi-geri (ren-geri). Mawatte**
(Step forward front snap kick, step forward roundhouse. Turn)
8. **Step forward mae-geri, same leg yoko-geri kekomi**
(Step forward front snap kick, same leg side thrust kick before landing into front stance)
9. **From kiba-dachi. Step across yoko-geri keage turning yoko-geri kekomi**
(Change to side stance. Side snap kick turning into side thrust kick, landing in side stance)
10. **From zenkutsu-dachi. Step forward mawashi-geri, gyaku-zuki. Mawatte**
(Change to front stance. Step forward roundhouse kick landing with reverse punch. Turn)
11. **Step forward ushiro-geri, gyaku-zuki. Mawatte**
(Step forward back thrust kick landing with reverse punch. Turn)
12. **Step forward shuto-uchi jodan**
(Step forward knife hand strike with palm facing up)
13. **Step back uraken-uchi jodan**
(Step back, back fist strike to head level)

KUMITE

Jiyu-ippou kumite (Semi-free 1-Step Sparring)

- **Attack - oi-zuki jodan, oi-zuki chudan, mae-geri chudan, mawashi-geri, ushiro-geri**
(Stepping punch to head level, stepping punch to chest level, front snap kick to belt level, roundhouse kick, back thrust kick)
- **Defense - Appropriate uke followed by a counter. No de-ai**
(Appropriate defense followed by any counter. Meeting the attack for simultaneous defense and counter is not allowed)

KATA

Tokui-gata. Examinee chooses from Bassai-dai, Kanku-dai, Jion, Enpi.

Examiner chooses from Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan.

Shodan (1st Degree Black Belt)

KIHON

1. **From gedan-barai. Step forward sanbon-zuki (jodan, chudan, chudan). Mawatte**
(From down block. Step forward triple punch. First head level, then two to chest level. Turn)
2. **From gyaku-zuki. Rotate forward 360° gyaku-zuki chudan**
(Change to reverse punch. Rotate forward 360 degrees reverse punch chest level)
3. **Step back age-uke, mae-geri, gyaku-zuki**
(Step back rising block, front snap kick off back leg, landing in reverse punch)
4. **Step forward soto-uke in zenkutsu-dachi, enpi-uchi in kiba-dachi, uraken-uchi, gyaku-zuki in zenkutsu-dachi**
(Step forward outside block in front stance, same arm elbow strike in side stance, back fist strike, reverse punch in front stance)
5. **From shuto-uke in kokutsu-dachi. Step back shuto-uke, kizami mae-geri, nukite in zenkutsu-dachi**
(Change to knife hand block in back stance. Step back knife hand block, front snap kick off front leg, land in front stance spear hand strike)
6. **Step forward uchi-uke, kizami-zuki, gyaku-zuki. Mawatte**
(Step forward inside block, jab, reverse punch. Turn)
7. **Step forward mae-geri chudan, mae-geri jodan (nidan-geri). Mawatte**
(Step forward front snap kick chest level, jumping front snap kick head level. Turn)
8. **Step forward mae-geri, same leg yoko-geri kekomi**
(Step forward front snap kick, same leg side thrust kick before landing into front stance)
9. **From kiba-dachi. Step across yoko-geri keage turning yoko-geri kekomi**
(Change to side stance. Side snap kick turning into side thrust kick, landing in side stance)
10. **From zenkutsu-dachi. Step forward mawashi-geri, gyaku-zuki. Mawatte**
(Change to front stance. Step forward roundhouse kick landing with reverse punch. Turn)
11. **Step forward ushiro-geri, gyaku-zuki. Mawatte**
(Step forward back thrust kick landing with reverse punch. Turn)
12. **Step forward double shuto-uchi jodan (from outside then inside). Mawatte**
(Step forward knife hand strike with palm facing up, then in place with same arm palm facing down. Turn)

KUMITE

Jiyu-ippō kumite (Semi-free 1-Step Sparring)

- **Attack - oi-zuki jodan, oi-zuki chudan, mae-geri chudan, mawashi-geri, ushiro-geri**
(Stepping punch to head level, stepping punch to chest level, front snap kick to belt level, roundhouse kick, back thrust kick)
- **Defense - Appropriate defense followed by a counter.**

KATA

Tokui-gata. Examinee chooses from Bassai-dai, Kanku-dai, Jion, Enpi.

Examiner chooses from Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan.

Nidan (2nd Degree Black Belt)

Eligible 2 years after 1st Dan

KIHON

All from jiyu kamae (fighting stance)

1. **Kizami-zuki, step forward sanbon-zuki (jodan, chudan, chudan). Mawatte**
(Jab, step forward triple punch. First head level, then two to chest level. Turn)
2. **Kizami-zuki, mae-geri, oi-zuki. Mawatte**
(Jab, step forward front snap kick, landing in stepping punch. Turn)
3. **Step back age-uke, step forward mawashi-geri, uraken-uchi, step forward oi-zuki. Mawatte**
(Step back rising block, step forward roundhouse kick landing in back fist strike, step forward punch. Turn)
4. **Step forward ushiro-geri, uraken-uchi, gyaku-zuki. Mawatte**
(Step forward back thrust kick, landing in back fist strike, reverse punch. Turn)
5. **Step forward gyaku mawashi-geri. Mawatte**
(Step forward reverse/inverted roundhouse kick. Turn)
6. **Step forward ura mawashi-geri, gyaku-zuki**
(Step forward hook kick, landing in reverse punch)
7. **Facing Examiner. Mae-geri, yoko-geri keage, ushiro-geri. Left and right sides**
(Turn and face the examiner. With the rear leg, perform front snap kick, side snap kick, and back thrust kick before returning to original fighting stance. Do not put the leg down between kicks. Left and right sides)
8. **Gyaku-zuki maai control**
(Presented with a moving target, perform reverse punches at various distances)

KUMITE

Jiyu kumite (Free Sparring)

KATA

Tokui-gata. Examinee's choice.

Examiner chooses from:

- Bassai-dai
- Kanku-dai
- Jion
- Enpi

Sandan (3rd Degree Black Belt)

Eligible 3 years after 2nd Dan

KIHON

All from jiyu kamae (fighting stance)

1. **Kizami-zuki, gyaku-zuki, choku-zuki, oi-zuki, gyaku-zuki (gohon renzoku oi-komi - 5 tsuki one step plus yori-ashi). Mawatte**
(Jab, reverse punch, straight punch, stepping punch, slide forward reverse punch. Turn)
2. **Step forward age-enpi uchi in kokutsu-dachi, mawashi-enpi uchi in zenkutsu-dachi, yoko-enpi uchi in kiba-dachi. Mawatte**
(Step forward vertical elbow strike in back stance, horizontal elbow strike in front stance, side elbow strike in side stance. Turn)
3. **Step forward gyaku mawashi-geri, mawashi-geri (same leg). Mawatte**
(Step forward reverse/inverted roundhouse kick followed by a roundhouse kick with the same leg. Turn)
4. **Step forward ura mawashi-geri, gyaku-zuki. Mawatte**
(Step forward hook kick, landing in reverse punch. Turn)
5. **Step forward mae-geri, oi-zuki, mawashi-geri uraken-uchi, ushiro-geri gyaku-zuki.**
(Step forward front snap kick landing in stepping punch, step forward roundhouse kick landing in back fist strike, step forward back thrust kick, landing in reverse punch)
6. **Facing Examiner. Mae-geri, yoko-geri, ushiro-geri, mawashi-geri. Left and right sides**
(Turn and face the examiner. With the rear leg, perform front snap kick, side kick, back thrust kick, and roundhouse kick before returning to original fighting stance. Do not put the leg down between kicks. Left and right sides)

KUMITE

Jiyu kumite (Free Sparring)

KATA

Tokui-gata. Examinee's choice.

Examiner chooses from:

- Bassai-dai
- Kanku-dai
- Jion
- Enpi

Yondan (4th Degree Black Belt)

Eligible 4 years after 3rd Dan

Examinee must have mastered all karate techniques, can understand their principles, apply them fully and be able to give general instruction. Questions will be asked in reference to a basic technique.

KUMITE

Jiyu kumite or (by prior arrangement with examining board) either self-defense or detailed explanation of tokui-waza (favorite technique) with a partner.

KATA

Tokui-gata. Examinee's choice.

Examiner chooses from:

- Tekki Nidan
- Tekki Sandan
- Bassai-dai
- Jion
- Enpi
- Kanku-dai
- Hangetsu
- Jitte

Godan (5th Degree Black Belt)

Eligible 5 years after 4th Dan

Examinee must have attained an exceptionally high level of karate technique and displayed originality in their karate. Questions will be asked in reference to a basic technique.

KUMITE

Jiyu kumite or (by prior arrangement with examining board) either self-defense or detailed explanation of tokui-waza (favorite technique) with a partner.

KATA

Tokui-gata. Examinee's choice.

Examiner chooses from:

- Bassai-sho
- Kanku-sho
- Jiin
- Wankan
- Chinte
- Unsu
- Sochin

Questions will be asked about the examinee's tokui kata.

Rokudan (6th Degree Black Belt)

Eligible 6 years after 5th Dan and minimum of 40 years of age

Examinee must have obtained an exceptionally high level of karate both in technique and soul. Questions will be asked in reference to a basic technique.

KUMITE

Jiyu kumite or (by prior arrangement with examining board) either self-defense or detailed explanation of tokui-waza (favorite technique) with a partner.

KATA

Tokui-gata. Examinee's choice.

Examiner chooses from:

- Bassai-dai
- Bassai-sho
- Kanku-dai
- Kanku-sho
- Jion
- Jitte
- Jiin
- Enpi
- Hangetsu
- Gankaku
- Tekki Nidan
- Tekki Sandan
- Nijushiho
- Gojushiho-dai
- Gojushiho-sho
- Chinte
- Unsu
- Sochin
- Meikyo
- Wankan

Questions will be asked about the examinee's tokui kata.

Nanadan (7th Degree Black Belt)

Eligible 7 years after 6th Dan or special circumstances

Examinee must have obtained an exceptionally high level of karate with complete maturity both in technique and soul after devoting themselves to training.

KUMITE

Explanation of technique developed to a high level by examinee accompanied by written thesis.

KATA

Jiyu

Hachidan (8th Degree Black Belt)

Executive Committee recommendation and special project

For those who have obtained an acutely refined level of karate after devoting themselves to training.

KUMITE

Explanation of technique developed to a highly refined degree by examinee accompanied by written thesis.

KATA

Jiyu

Kyudan (9th Degree Black Belt)

Executive Committee authorization

For those who have mastered completely the essence of karate.

Judan (10th Degree Black Belt - Posthumous)

Executive Committee authorization

For those who have an exquisite mastery of the essence of karate and have entered a transcendental level.
