



AJKA-I

American JKA KARATE Association
I N T E R N A T I O N A L

CRITERIA FOR DAN RANKING

L. B. Safar – 9th dan
International Technical Director
Chief Instructor: Europe

Edmond Otis – 7th dan
International Chairman
Chief Instructor: North America



EXAMINATION FEES:

Examiner - \$100.00 US.

Registration fee (due at time of exam, returned if no pass):

Shodan-\$100.00us nidan-\$125.00us sandan-\$150.00us yondan-175.00us

Godan and above - \$200.00 us

CRITERIA AND JUSTIFICATION

- 1, Karate examination for the student as well as for the instructor so they can both see the direction the examinee is going and the necessary correction can be made.
- 2, The student's behavior before the examination, doing the examination and after the examination must be taken into consideration and the grade must be given accordingly.
- 3, Never forget that the Karate-Do practice is a lifetime process, the examination only part of this long road. Practice as much as you can and this way one day you will understand the meaning of Karate-do - Sensei Nakayama

LENGTH OF TRAINING FOR DAN EXAMINATION

Shodan: 2-years or 3 months after 1-kyu exam

Recommended: Minimum 3-years total time

Nidan: 1-year after Shodan

Recommended: Minimum 3-years after Shodan

Sandan: 2-years after Nidan

Recommended: 4-years after Nidan

Yondan: 3-years after Sandan

Recommended: 4-years after Sandan

Godan: 4-years after Yondan

Recommended: 5-years after Yondan

DAN RANK EXAMINATION REQUIREMENTS

1st Dan (Black belt) - At this level an examinee should be able to perform and apply basic techniques with force (focus) and perform basic combinations effectively.

2nd Dan (Black belt) - The examinee should be able to perform all basic techniques as well as combination techniques and be able to make compensation for the individual body limitation.

3rd Dan (Black belt) - The individual must understand the principles behind basic Techniques. Apply and perform techniques under difficult circumstances.

4th Dan (Black belt) - The examinee should thoroughly understand as well as teach others the principles of body movements, techniques, and application. Should present a paper on teaching of a specific subject.

5th Dan (Black belt) - Research in a special area should be completed. Examinee will be able to explain and defend subject and findings.

6th Dan (Black belt) - Contribution to karate through physical and mental aspects should be taken into consideration to the benefits of others

7th Dan (Black belt) - An individual must have completed and apply it in practical instructional process

SHO DAN (FIRST RANK)

Qualification: More than 2 years total practice or 3 months after receiving 1st kyu. Age 12 for "junior rank" ending on 17th birthday (or by special invitation).

A: Kata

1. The examiner selects a Kata from Heian shodan to Tekki shodan
2. The examinee select a Kata from group A

B: Kihon – four sets of each combination by instructors count

1. Sanbon-tsuki (Jodan-Chudan-Chudan): Step in punch once face, twice stomach
2. Age-uke-Kizami-mae-geri-Gyaku-tsuki: Step back rising block, front leg front kick, reverse punch
3. Soto-Ude-uke-Empi-uchi-uraken-uchi-gyaku-tsuki (Zenkutsu-dachi-Kiba-dachi-Zenkutsu-dachi): Step in outside forearm block (front stance), elbow strike (side stance), back-fist strike, reverse punch (front stance)
4. Shuto-uke Kizami-mae-geri-Shihon-Nukite (Kokutsu-dachi): Step back, back stance knife hand block, front leg front kick, spear hand (front stance), shift back to knife-hand
5. Mae-geri Chudan-Jodan (One count 2 steps): Front-leg front kick stomach, back leg - face
6. Mawashi-geri Chudan-Jodan (One count 2 steps): Front-leg Roundhouse kick stomach, back leg - face
7. Yoko-geri-kiage (Kiba-dachi): Side snap kick (side stance)
8. Yoko-geri-kekomi: Side thrust kick
9. Kizami Yoko-geri-kekomi, Mawashi-geri Gyaku-tsuki: Front leg side thrust kick, back leg roundhouse kick, reverse punch
10. Kizami Mawashi-geri Oi-tsuki Jodan: Front leg roundhouse kick, step in punch face
11. Uchi-Ude-Uke-Kizami-mae-geri-Kizami-tsuki-Gyaku-tsuki: Step back inside forearm block, front leg front kick and short punch (same-time), reverse punch.
12. In Zenkutsu dachi mae-geri Yoko-geri-kekomi back to Zenkutsu dachi (4 times each leg): In front stance, back leg front snap kick then side thrust kick, and back to front stance.

C: Kumite

1. Jiyu-Ippon Kumite
 - a. Jodan-Chudan-Mae-geri-Yoko-geri-kekomi-Ushiro-geri: Face, stomach, front snap kick, side thrust kick, back thrust kick
2. Jiyu-Kumite (against a brown belt a Shodan and a Nidan)

II. NI DAN (SECOND RANK)

Qualification: More than 2 years after Sho dan.

A. Kata

1. Examinee's choice - Group A, B, or C
2. Examiner's choice - Heian 2-5, Tekki 1-2, or Group A

B. Kihon

1. *(F) From free style position, short punch to face level followed by step-in punch twice to the face level.
2. (T) From free style position, slide forward with short punch to face level, front kick from back leg, step-in punch to face level.
3. (F) Moving sideways in side stance, side snap kick to face level, back leg side thrust while moving forward in cross leg motion into side stance.
4. (B) From free style position, step back -- rising block, forward with round kick- - backfist strike (same side) face level, step-in punch face level.
5. From stationary position, front kick- - side snap kick-- back kick (side, thrust, or hook), return to stationary position. Both sides.

*(F) Moving forward

(T) Moving backward

(T) Turn to opposite direction

C. Jiyu Kumite (free sparring)

1. Lower level
2. Same level
3. Above level

III. SAN DAN (THIRD RANK)

Qualification: More than 3 years after Ni dan.

A. Kata

1. Examinee's choice - Group A, B, or C.
2. Examiner's choice - Group A, B, Tekki 1, or Heian 2-5.
3. Explanation of examiner's choice of examinee's major kata. Explain bunkai of a technical point. Show the application against opponent.

B. Kihon

1. Examinee's explanation of combination choice.
 - a. Use of basic concepts (stance connection, power source and transmission, and kime points).
 - b. Application, from set-up to finishing technique and recovery.
2. Examiner's choice - explain, to a student how to **improve** a technique (kick, punch, block, strike).

C. Jiyu Kumite (free sparring)

1. Lower level
2. Same level
3. Above level

IV. YON DAN (FOURTH RANK)

Qualification: More than 4 years after San dan.

Evidence of commitment to the quality of The American JKA and its members.

Evidence of personal growth in the values of JKA Style Shotokan Karate-do.

A. Kata

1. Examinee's choice - Group A, B, C, or D.
2. Examiner's choice - Group A, B, Heian 2-5, Tekki 1.
3. Examinee's explanation of Kata technique. Explain bunkai and show the application.
Examiner's choice.

B. Kihon

1. Examinee explain the choice of combination in technical points.
2. Examinee explain the choice of combination in application concepts.

C. Kumite

1. Jiyu ippon kumite
2. Jiyu kumite
3. Explanation of kumite strategy and timing of defense or offense.

D. Research subject

1. Examinee's choice from body dynamics, muscle coordination, and forces related to upper and lower body power transmission for punching, striking, kicking, leg sweeping, blocking, or stance.
2. Length of paper: minimum of 500 words excluding Title page, Abstract, Executive Summary, Table of Contents, Appendices, Curriculum Vitae, Figures and Tables, acknowledgements and References.
3. Presentation to The American JKA Technical Committee.
4. Brief explanation to Examiners.

V. GO DAN (FIFTH RANK)

Qualification: More than five years after Yon dan.

Has accepted responsibility as assistant to a technical or administrative position.

Has accepted responsibility as an instructor in a national activity.

Has accepted responsibility for national tournament activity as a coach, official, or organizer.

Has shown evidence of personal growth in values of JKA Shotokan Karate-do.

Has completed the required research and submitted copies in proper form to The American JKA Committee.

A. Kata

1. Examinee's choice - Group A, B, C, or D.
2. Examiner's choice - Group A, B, C, or D.
3. Explain Examiner's choice of kata technique from any kata.

B. Kumite

1. Jiyu ippon kumite
2. Examinee's choice of attack or defense combinations.
3. Examinee explains combinations in terms of strategy timing and shifting.

C. Research Subject

1. Examinee's selection of theory related to:
 - a. Body dynamics
 - b. Coordination/timing
 - c. Strategy
 - d. Power relations
2. Examinee's theory must reflect depth in research for support.
3. Examinee may chose test the theory, but extensive test procedure is not recommended at this level.
4. Quality of presentation, adherence to proper format, and depth of study will be of prime concern.
5. Length of the paper is not of concern. Insignificant wordiness is a waste of time for everyone.
6. Submit to The American JKA Technical Committee a minimum of one week prior to the exam date.
7. Prepare for brief oral explanation during examination or before.
Questions will be asked for the purpose of determining understanding and bringing out the quality of the research.

VI. ROKU DAN (SIXTH RANK)

Qualification: More than 6 years after Go dan.

Has accepted and provided leadership in a national level position that promotes the AJKA in particular and JKA style Shotokan Karate-do in general.

Provides technical and administrative training that directly elevates an individual to Yon dan level.

Has shown evidence in personal growth in the values of The American JKA.

Has assisted in international activities.

A. Kata - Selected from Group A, B, C, or D.

B. Research Subject

1. New research subject
2. Brief presentation

VII. NANA DAN (SEVENTH RANK)

- A. Service to national organization.
- B. Service to international activities.
- C. Research subject through actual application and testing.
- D. National published articles or research.

VIII. HACHI DAN (EIGHTH RANK)

- A. Service to national organization
- B. Service to international relations.
- C. Publish of extensive study.

IV. KYU DAN (NINTH RANK)

Uncommon individual achievement in research, published works, teaching and leadership resulting in the raising of a Seventh Rank (Nana dan).

X. JYU DAN (TENTH RANK)

At this stage the individual has reached the highest image of karate development. This person has been directly responsible in the raising of people to the Eighth Rank (Hachi dan).

"Of all the world's creatures, only the human being has been granted the capacity to expand and improve mental and physical abilities on his own accord. And so it is with Karate-do that this capacity is given another interpretation through the unlimited seeking of improved technique. This unlimited seeking becomes a part of the overall expansion of human abilities.

Although ranking levels may be finite by their very definition, the seeking of Karate development has no limits. The human capacity to expand and the potential to achieve are frontiers that call for continued exploration"

– Nishayama Hidetaka: From the original EXAMINATION GUIDE, JKA

GUIDELINES FOR AJKA RESEARCH REPORTS/THESES

Title Page

Give a title that succinctly represents this work. Give your full name and the organization you are representing. Give a complete address to which correspondence can be sent. If you wish, a footnote at the bottom of the page can give a date and reason for writing of the report: "This thesis is submitted to satisfy partial requirements for the author's 4th Dan exam given by AJKA on 7 December 1999." This information should appear on page 1.

Abstract

Give a short abstract, less than 200 words, describing this project. This should be on page 2 of the report.

Executive Summary

Give a concise summary of the project, limited to a length of one page. This summary should be able to stand independently of the rest of the report. This should be given on page 3 of the report. In many cases, only these first three pages will be scanned by other people, or they will form the basis of an oral report. Ideally, they will write this page only after completing all the other sections of the report.

Table of Contents

Give a table of contents for each main section, including this one beginning on page 4 of the report. If this is a long report, you may include sub-sections.

Specific Aims

State the broad objectives. Describe concisely and realistically what this report accomplishes and any hypotheses which are tested.

Background

Briefly describe the background relevant to this study. Critically evaluate existing knowledge, and specifically identify the gaps which this project fills. Describe previous experience most pertinent to this project.

Methods

Give details about the experimental design and/or methodology used. If appropriate, include means by which data was collected, analyzed, and interpreted. Describe any new methodology and its advantage over existing methodologies. Discuss the difficulties and limitations of your procedures and alternative approaches which might overcome these.

Significant

Stress the importance of this project by concisely relating the specific aims to the broad, long-term objectives.

Karate Significance

State precisely the immediate and/or long-range usefulness of this project to Karate, as distinguished from its general contribution to knowledge. Stress particular contributions to teaching, combat, self-development, and/or to the growth of Karate.

Appendices

Include any material that, by virtue of length or technical nature, might distract from the flow of text in any of the above sections. All appendices should be clearly referenced in the text.

Curriculum Vitae

If this is a thesis, give brief curriculum vitae. For example, give your date and place of birth, formal schooling, work experience, other reports written, both published and unpublished, and a complete record of your Karate training and instruction experience.

Figures and Tables

If you do not have the capability to paste-up all figures and tables in the text, or insert them by computer, then collect them here in this section. Give complete self-contained captions for all figures and tables. All tables and figures should be clearly referenced in the main text.

Acknowledgements

Briefly thank all people and institutions that provided important help or guidance.

References

List all references cited throughout the report. In the text, references may be cited by (a) numbers, e.g., [3, 5-7], or (b) by author and date of publication, e.g., (Dalke and Ingber, 1976; Ingber, 1976, 1981, 1985b). If (a) is used, then number these references accordingly. If (b) is used, then list references alphabetically by author(s), then sub-sorted by dates of publication for the same author, then sub-sorted by titles alphabetically. Give complete references to all past work cited, e.g., names of all authors (first and middle initials, full last names), title, name of journal or book, volume number, inclusive page numbers, year of publication, and publisher and city of origin if a book. A reader must be able to know how to access this material. If a reference is unpublished or to be published, then this should be stated.

General Editorial Comments

Start a new page for each of the above sections. Keep one-inch margins on both sides and top and bottom of each page. Double-spaced is preferred, especially for a draft copy, e.g., to make it easier for reviewers to insert their comments. Write the entire report in complete English sentences! Only exceptional circumstances call for a list of short phrases. Before submitting your paper for review, have the paper carefully checked for spelling and proper grammar. Indent each new paragraph. This is your responsibility although you may have someone help you. If extensive help is given, give a proper acknowledgement at the end of the report. Except for page 1, at the top of each page, put the page number in the center, your name at the right, and a short abbreviated running title at the left. Number all sections, tables, figures, and equations consecutively with Arabic numerals. In the references section, no matter which format you choose, skip a line between references

Kata Classification

Group A:

Bassai-dai
Kanku-dai
Jion
Empi

Group B:

Hangetsu
Jitte
Bassai-sho
Kanku-sho
Gankaku
Tekki Ni-dan

Group C:

Chinte
Sochin
Tekki San-dan
Nijushiho
Wankan
Jinn
Meikyo

Group D:

Unsu
Gojushiho sho
Gojushiho dai