



AJKA-I

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

CRITERIA FOR KYU RANKING

L. B. Safar – 9th dan

International Technical Director

Chief Instructor: Europe

Edmond Otis – 7th dan

International Chairman

Chief Instructor: North America



9 KYU: ORANGE BELT

KATA: Taikyoku Shodan

KIHON (BASICS): Examiners count:

From front stance, step in punch, stomach level.
Step back, rising block.
Stepping in, outside forearm block.
Stepping back, down block.
Moving forward, front snap kick, stomach level.
Stand up.
Feet together, side snap kick (left side/right side).

KUMITE (BASIC SPARRING):

Examiners count:
Offense (start from front stance, down block).
*Step in punch, face level.
Defense (start from open natural stance).
*Stepping back, rising block - counter punch
Offense (start from front stance).
*Step in punch, stomach level.
Defense (start from open natural stance).
*Stepping back, down block - counter
Offense (start from front stance).
*Step in front kick, stomach level.
Defense (start from open natural stance).
*Stepping back (angle), down block - counter punch

Switch roles of offense and defense.

8 KYU: ORANGE BELT – ONE STRIPE

KATA: Heian Shodan

KIHON (BASICS):Examiners count:

From front stance, step in punch, stomach level.
Stepping back, rising block.
Stepping forward, outside forearm block.
Stepping back, back stance, knife-hand block.
Moving forward, front snap kick, stomach level.
Turn into side stance.
Stepping across, side snap kick - change direction,
repeat.

KUMITE (BASIC THREE-STEP SPARRING):

Examiners count:
Offense (start from front stance).
*Step in punch, face level.
Defense (start from open natural stance).
*Stepping back, rising block, reverse punch, after third
attack.
Offense (start from front stance).
*Step in punch, stomach level.
Defense (start from open natural stance).
*Stepping back, down block, reverse punch, after third
attack.
Switch roles of offense and defense.

7 KYU: ORANGE BELT – TWO STRIPE

KATA: Heian Nidan

KIHON (BASICS): Examiners count:

From front stance, step in punch, face level.
Stepping back, rising block, reverse punch.
Stepping forward, outside forearm block, reverse punch face level.
Stepping back, back stance, knife-hand block.
Change to front stance.
Moving forward, front snap kick, face level.
Turn into side stance.
Stepping across, side snap kick - change direction, repeat
Stepping across, side thrust kick - change direction, repeat.

KUMITE (BASIC THREE-STEP SPARRING): No Count

Offense (start from front stance).
*Step in punch, face level, three times.
Defense (start from open natural stance).
*Step back, rising block, counter after third attack.
Offense (start from front stance).
*Step in punch, stomach level, three times.
Defense (start from open natural stance).
*Step back, down block, counter after third attack.
Switch roles of offense and defense.

6 KYU: GREEN BELT

KATA: Heian Sandan

KIHON (BASICS): Examiners Count:

From front stance, step in punch, once face, twice stomach.
Stepping back, rising block, reverse punch.
Stepping forward, outside forearm block, shift to side stance, elbow strike.
Stepping back, back stance, knife-hand block.
Change to front stance.
Moving forward, double front snap kick, stomach level.
Turn into front stance.
Moving forward, round-house kick, face level.
Turn into side stance.
Stepping across, side snap kick - change direction, repeat.
Stepping across, side thrust kick - change direction, repeat.
Combination: From front stance, back leg round-house kick, reverse punch.
Combination: From front stance, front snap kick stomach level step in punch, face level.

KUMITE (Basic one-step Sparring):

Examiners Count:
Offense (start from front stance):
*Step in punch, face level.
*Step in punch, stomach level.
*Front snap kick, stomach level.
Defense side (start from open natural stance):
*Rising block, counter.
*Outside forearm block, counter.
*Down block, counter.
Switch roles of offense and defense.

5 KYU: GREEN BELT – ONE STRIPE

KATA: Heian Yondan
Examiners choice: Heian Shodan - Sandan

KIHON (Basics):Examiners Count:

From front stance, step in punch, once face, twice stomach.
Stepping back, rising block, reverse punch.
Stepping forward, outside forearm block, shift to side stance, elbow attack.
Stepping back, back stance, knife-hand block, front leg front kick.
Change to front stance.
Moving forward, double front snap kick, stomach level, face level.
Turn to front stance.
Moving forward, double round-house kick, stomach level, face level.
Turn into side stance.
Stepping across, side snap kick - change direction, repeat.
Stepping across, side thrust kick - change direction, repeat.
Stepping across, reverse round-house kick - change direction, repeat.
Combination: From front stance, front snap kick, change legs, round-house kick, reverse punch.

KUMITE (Basic Sparring):

Examiners Count:

Offense (start from front stance):
*Step in punch, face level.
*Step in punch, stomach level.
*Front snap kick, stomach level.
*Side thrust kick, stomach level.
Defense side (start from open natural stance):
*Rising block, reverse punch.
*Outside forearm block, reverse punch.
*Down block, reverse punch.
*Outside forearm block, reverse punch.
Switch roles of offense and defense.

4 KYU: GREEN BELT – TWO STRIPE

KATA: Heian Godan
Examiners choice: Heian Shodan - Yondan

KIHON (Basics):

Examiners Count:

From front stance, step in punch, once face, twice stomach.
Stepping back, rising block, reverse punch.
Stepping forward, outside forearm block, shift to side stance,
elbow attack, backfist strike.
Stepping back, back stance, knife-hand block, front leg front kick,
spearhand to solar plexus.
Change to front stance.
Moving forward, double front snap kick, stomach level, face level.
Turn into front stance.
Moving forward, double round-house kick, stomach level, face
level.
Turn into side stance.
Stepping across, side snap kick - change direction, repeat.
Change direction, stepping across, side thrust kick - change
direction, repeat.
Change direction, stepping across, reverse round-house kick -
change direction, repeat.
Combination: From front stance, front snap kick, change legs,
side thrust kick, reverse punch.
2-Way kicking, front kick - side snap kick.

KUMITE (Basic Sparring):

No Count.

Offense (start from front stance).

*Step in punch, face level.

*Step in punch, stomach level.

*Front snap kick, stomach level.

*Side thrust kick.

Defense side (start from open natural stance):

Any block, any counter.

Switch roles of offense and defense.

3 KYU: BROWN BELT

KATA: Tekki Shodan
Examiner's choice of Heian kata

KIHON (Basics): Examiners Count:

From front stance, step in punch, once face, twice stomach.
Stepping back, rising block, reverse punch.
Stepping forward, outside forearm block, shift to side stance,
elbow strike, backfist strike.
Stepping back, back stance, knife-hand block, front leg front
kick, spearhand to solar plexus.
Moving forward, double front snap kick (start with front leg),
stomach level, face level.
Moving forward, double round-house kick (start with front
leg), stomach level, face level.
Turn into side stance.
Stepping across, side snap kick - change direction - repeat.
Change direction, stepping across, side thrust kick - change
direction - repeat.
Stepping across, reverse round-house kick, face level - change
direction - repeat.
Combination: From front stance, round-house kick (Back leg),
step in, side thrust kick (change legs), reverse punch.
Combination: From front stance, back leg round-house kick,
same leg side thrust kick, step in reverse punch.
Combination: From front stance, front leg front kick, back leg
reverse round-house kick, step in reverse punch.
From stationary front stance, back leg front kick, same leg side-
snap kick, step back into front stance, back kick.
From front stance, reverse punch (using maximum speed and
power) as closely as possible towards a stationary object
without making contact.

KUMITE (Basic Sparring): Self Defense

Examiners Count
Offense (start from front stance).
*Step in punch, face level.
*Step in punch, stomach level.
*Front snap kick, stomach level.
*Side thrust kick.
Defense (start from open natural stance):
Any block, any counter.
Switch roles of offense and defense.

KUMITE: Free Sparring

2 KYU: BROWN BELT

KATA: Tekki Shodan / Individual Kata

KIHON (Basics): Examiners Count:
From front stance, step in punch, once face, twice stomach.
Stepping back, rising block, reverse punch.
Stepping forward, outside forearm block, shift to side stance, elbow strike, backfist strike.
Stepping back, back stance, knife-hand block, front leg front kick, spearhand to solar plexus.
Moving forward, double front snap kick (start with front leg), stomach level, face level.
Turn into front stance.
Moving forward, double-round house kick, stomach level, face level.
Turn into front stance.
Moving forward, reverse round-house kick, face level.
Turn into side stance.
Stepping across, side snap kick - change direction - repeat.
Change direction, stepping across, side thrust kick - change direction - repeat.
Combination: From front stance, round-house kick (Back leg), step in, side thrust kick (change legs), reverse punch.
Combination: From front stance, back leg round-house kick, same leg side thrust kick, reverse punch.
Combination: From front stance, front leg front kick, back leg reverse round-house kick, step in reverse punch.
From stationary front stance, back leg front kick, same leg thrust side kick, back kick.
From front stance, reverse punch (using maximum speed and power) as closely as possible towards a stationary object without making contact.

KUMITE (Basic Sparring): Self Defense

Examiners Count:

Offense (start from front stance).

*Step in punch, face level.

*Step in punch, stomach level.

*Front snap kick, stomach level.

*Round-house kick, face level.

*Side thrust kick.

*Back thrust kick

Defense (start from open natural stance):

Any block, any counter.

Switch roles of offense and defense.

KUMITE: Free Sparring

1 KYU: BROWN BELT

KATA: Tekki, Kanku Dai, Bassai Dai, Jion, or Empi - Select one.

KIHON (Basics): Examiners Count:

From front stance, step in punch - once face, twice stomach.
Stepping back, rising block, reverse punch.
Stepping forward, outside forearm block, shift to side stance, elbow strike, backfist strike.
Stepping back, back stance, knife-hand block, front leg front kick, spearhand to solar plexus.
Moving forward, double front snap kick (start with the front leg), stomach level, face level.
Turn into front stance.
Moving forward, double round-house kick (start with the front leg), stomach level, face level.
Turn into front stance.
Moving forward, reverse round-house kick, face level.
Turn into side stance.
Stepping across, side snap kick - change direction, repeat.
Change direction, stepping across, side thrust kick - change direction, repeat.
Combination: Turn into front stance, front leg round-house kick, back leg side thrust kick, reverse punch.
Combination: Turn into front stance, back leg round-house kick, same leg side thrust kick, step in punch.
Combination: Turn into front stance, front leg front kick, back leg reverse round-house kick, step in punch.
From stationary front stance, kamae, back leg front snap kick, same leg side snap kick, step back into front stance.
From stationary front stance, back leg front snap kick, same leg back thrust kick.
From front stance, reverse punch (using maximum speed and power) as closely as possible towards an object without making contact.

KUMITE (Basic Sparring): Self Defense

No Count.

Offense (start from front stance):

*Step in punch, face level.

*Step in punch, stomach level.

*Front snap kick, stomach level.

*Round-house kick, face level.

*Side thrust kick.

*Back thrust kick.

Defense side (start from open natural stance):

Any block, any counter.

Switch roles of offense and defense.

KUMITE: Free Sparring