



SHOTOKAN KARATE HAWKE'S BAY NAPIER KARATE CLUB

SHOTOKAN!

KYU RANKING CRITERIA
CHILDREN – AGES 5 to13

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Edmond Otis – 7th dan:
Chief Instructor

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



WHITE BELT – ONE STRIPE

MANNER:

From natural stance, right foot steps in, feet together, bow.

Kneel, remove belt, then re-tie belt.

Stand, feet together, return to natural stance.

Speak clearly, maintain eye contact, hold a conversation

KIHON (BASICS):

All by the examiner's count:

From side stance, punch stomach.

From side stance, rising block.

From side stance, down block.

From front stance, front kick in position (left/right).

Feet together, side snap kick (left/right).

From front stance, rising block, reverse punch (left/right).

YELLOW BELT

KATA:

Taikyoku Shodan – Examiner's count

KIHON (BASICS):

Examiner's 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):

Examiner's count:

Offense (start from front stance, down block).

* Step in punch, face level.

Defense (start from open natural stance).

* Stepping back, rising block - reverse punch

Offense (Start from front stance).

* Step in punch, stomach level.

Defense (start from open natural stance).

* Stepping back, down block - reverse punch

Switch roles of offense and defense.

YELLOW BELT – ONE STRIPE

KATA: Taikyoku Shodan – Student's own count

KIHON (BASICS): Examiner's count:

From front stance, step in punch, stomach level.
Turn into front stance.
Stepping in, rising block.
Turn into front stance.
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): BOTH SIDES

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 punch.
Offense (Start from front stance, down block).
* 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.

YELLOW BELT – TWO STRIPE

KATA: Heian Shodan

KIHON (BASICS): Examiners count:

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

KUMITE (BASIC SPARRING):

3 step sparring.
Face and stomach.

ORANGE BELT

KATA: Heian Nidan

KIHON (BASICS): Examiners count:
From front stance, step in punch, face level.
Stepping back, down block, reverse punch.
Stepping forward, outside forearm block, reverse punch,
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.

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.

ORANGE BELT – ONE STRIPE

KATA: Heian Nidan

KIHON (BASICS): Examiners count:
From front stance, step in punch, face level.
Stepping back, down block, reverse punch.
Stepping forward, outside forearm block, reverse punch,
Stepping back, back stance, knife-hand block.
Change to front stance.
Moving forward, front snap kick, face level.
Turn
Moving forward, round-house kick, stomach level.
Turn into side stance.
Stepping across, side snap 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.

GREEN BELT

KATA: Heian Sandan

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,
Stepping back, back stance, knife-hand block.
Change to front stance.
Moving forward, front snap kick, face level.
Turn into front stance.
Moving forward, round-house kick, stomach level.
Turn
Moving forward, round-house kick, stomach level.
Turn into side stance.
Stepping across, side snap kick – change direction, repeat.
Stepping across, side thrust kick – change direction, repeat.

KUMITE (Basics 1 Step Sparring):

Examiners Count.
Offense (start from front stance):
* Step in punch, face level.
Defense (start from open natural stance):
* Step back, rising block, counter.
Offense (start from front stance):
* Step in punch, stomach level.
Defense (start from open natural stance):
* Step back, down block, counter.
Switch roles of offense and defense.

GREEN BELT – ONE STRIPE

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.

BLUE BELT

KATA: Heian 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 strike.
Stepping back, back stance, knife-hand block, front leg front kick.
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): BOTH SIDES

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.

BLUE BELT – ONE STRIPE

KATA: Heian 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.
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.

PURPLE BELT

KATA: Heian Godan

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 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):

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, 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.

PURPLE BELT – ONE STRIPE

KATA: Heian Godan

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.

PURPLE BELT – TWO STRIPE

KATA: Tekki Shodan

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 (start with 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: From front stance, round-house kick (back leg), step in, repeat.
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 side 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

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 attack, 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, repeat.
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
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

BROWN BELT – ONE STRIPE

KATA: Bassai Dai

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.
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: 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, back leg front snap kick, same side snap kick, same leg side thrust 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): 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 (start from open natural stance):
Any block, any counter.
Switch roles of offense and defense.

KUMITE: Free Sparring

BROWN BELT – TWO STRIPE

KATA: Bassai Dai

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.
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: 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, back leg front snap kick, same side snap kick, same leg side thrust 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): 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 (start from open natural stance):
Any block, any counter.
Switch roles of offense and defense.

KUMITE: Free Sparring