



SHOTOKAN INTERNATIONAL ALLIANCE

国際松濤館連合

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9 KYU

KATA: Taikyoku Shodan

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 THREE-STEP SPARRING): Examiner's count:

- Attacking face.
- Attacking stomach.

Switch roles of offense and defense.

8 KYU

KATA: Heian Shodan

KIHON (BASICS): Examiner's 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): No count:

- Attacking face.
- Attacking stomach.

Switch roles of offense and defense.

7 KYU

KATA: Heian Nidan

KIHON (BASICS): Examiner's count

- From front stance, step in punch, face level.
- Stepping back, rising block, reverse punch.
- Stepping forward, down block, 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:

- Attacking face.
- Attacking stomach.

Switch roles of offense and defense.

6 KYU

KATA: Heian Sandan

KIHON (BASICS): Examiner's 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, back leg front snap kick stomach level step in punch, face level.

KUMITE (ONE-STEP SPARRING): Examiner's count (2 times each):

- 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):
 - Any block, any counter.

Switch roles of offense and defense.

5 KYU

KATA: Heian Yondan

KIHON (Basics): Examiner's 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, 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.
- Combination: From front stance, front snap kick, change legs, round-house kick, reverse punch.

KUMITE (ONE-STEP SPARRING): Examiner's count (2 times each):

- Offense (start from front stance):
 - Step in punch, face level.
 - Step in punch, stomach level.
 - Front snap kick.
 - Roundhouse kick, stomach level.
- Defense side (start from open natural stance):
 - Any block, any counter.

Switch roles of offense and defense.

4 KYU

KATA: Heian Godan

KIHON (Basics): Examiner's 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.
- Combination: From front stance, front snap kick, change legs, side thrust kick, reverse punch.

KUMITE (ONE-STEP SPARRING): Examiner's count (2 times each):

- Offense (start from front stance).
 - Step in punch, face level.
 - Step in punch, stomach level.
 - Front snap kick, stomach level.
 - Roundhouse 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

KATA: Tekki Shodan and Heian Shodan

KIHON (Basics): Examiner's 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.
- 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.
- From stationary front stance, back leg front kick, same leg side-snap kick, same leg back thrust kick, step back into front stance.

KUMITE (ONE-STEP SPARRING): No count:

- Offense (start from front stance).
 - Step in punch, face level.
 - Step in punch, stomach level.
 - Front snap kick, stomach level.
 - Roundhouse kick, stomach level.
 - Side thrust kick.
- Defense side (start from open natural stance)
 - Any block, any counter.

Switch roles of offense and defense.

KUMITE: SEMI-FREE SPARRING

2 KYU

KATA: Examinee's choice from Group A and Heian Shodan.

KIHON (Basics): Examiner's 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 (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.
- 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.
- From stationary front stance, back leg front kick, same leg thrust side kick, same leg back kick.

KUMITE (ONE-STEP SPARRING): No count:

- Offense (start from front stance).
 - Step in punch, face level.
 - Step in punch, stomach level.
 - Front snap kick, stomach level.
 - Roundhouse kick, stomach level.
 - Side thrust kick.
- Defense side (start from open natural stance)
 - Any block, any counter.

Switch roles of offense and defense.

KUMITE: SEMI-FREE SPARRING

1 KYU

KATA: Examinee's choice from Group A and Heian Shodan.

KIHON (Basics): Examiner's 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, reverse punch.
- 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 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.
- 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.

KUMITE (ONE-STEP SPARRING): No count:

- Offense (start from front stance).
 - Step in punch, face level.
 - Step in punch, stomach level.
 - Front snap kick, stomach level.
 - Roundhouse kick, stomach level.
 - Side thrust kick.
- Defense side (start from open natural stance)
 - Any block, any counter.

Switch roles of offense and defense.

KUMITE: SEMI-FREE SPARRING