



## Examination requirements 5<sup>th</sup>. Dan

Examination after consultation with coaches and examiners!

Kihon 1: Perform three times (hidari / migi)

1. Zk forward ren-tsuki, mawashi-empi, kizami-tsuki
2. Zk forward gyaku-tsuki, kagi-tsuki, age-empi
3. Zk backwards shuto-uchi, tate-uchi
4. Zk forward nagashi-uke, age-empi-uchi
5. Zk forward taisho-uke, keito-uke, kakuto-uke
6. Zk backward kake-uke, morote-tsukami-uke

Kihon 2: Execute once (hidari / migi)

1. Kk forward uchi-haito-uke, mawashi-empi-uchi
2. Kk backward osae-uke, haito-uchi
3. Kk forward haito-uke, bassai-uke, morote-nagashi-uke
4. Kk backwards ryowan-uke, morote kake-uke
5. Kk forward morote-uke, nihon-uchi-uke
6. Kk sideways kosa-uke, kizami-tsuki
7. Kk back te-nagashi-uke, age-shuto-uke, gedan-nukite

Sonoba geri: Three times each (hidari / migi)

1. mae-geri, mawashi-geri, yoko-geri,
2. mae-geri, fumikomi-geri, ashi-barai,

Hente basic: Show two different type of application  
Chudan and jodan

Tachikata: Once each (hidari / migi) shizentai

heisoku-dachi, heiko-dachi,  
musubi-dachi, sagi ashi-dachi  
kiba-dachi, shiko-dachi, kokutsu-dachi  
renoji-dachi, kosa-dachi, fudo-dachi

Sabaki kihon: Directions to announcement examiner

Yohon me 1 + 2 and Happo me  
Techniques from tsuki waza, uke waza and keri

Kumite:

1. kaeshi-ippon kumite after announcement examiner
2. Okuri-ippon-kumite after announcement

Kata:

Tokui kata, at the choice of the candidate.  
Out of all kata! \* Kokyu ichi, Kokyu ni, Kokyu san  
Kokyu yon, Kokyu go  
Shitai kata, at the choice of the examiner  
Heian 1-5, Tekki Nidan, Bassai-Dai, Jion  
Kanku-Dai, Hangetsu and Wankan  
Kihon Kata Uke (from program)  
Bunkai selection by arrangement

Examination kata should not be shown so far!

Goshin:

1. Various attacks, jodan / chudan / keri / weapon selection
2. Defense techniques with corresponding counter  
Integration of sabaki-kai!

Tsukame-otoshi, throwing technique, arm-lock  
After announcement by the examiner

Theory topic: (to be submitted two weeks before the exam)

The preparation should include at least four A4 pages and include a practical presentation.

Selection:

1. Training Structure
2. Coordination in training
3. Kata Bunkai and the trainability
4. Kumiteformen and their trainability
5. Goshin and the implementation in training