Examination requirements 7th. Dan

Examination after consultation with coaches and examiners!
Development on the way of karate-do.

Kihon 1:   Three times each (hidari / migi)

                  1. Variable Stands, the candidate selects himself.
                  2. Only the techniques are announced.
                  3. Perform Kihon techniques in different directions.

Kihon 2:   Execute once (hidari / migi)

                  1. Zk forward otoshi-empi-uke, mavashi-empi-uchi
                  2. Kk backwards age-uke, soto-uke, uraken-uchi
                  3. Zk forward mawashi-tsuki, gyaku-tate-tsuki
                  4. Kk backward oi-tsuki, jodan jiyu-uke, koshi-kamae
                  5. Zk forward morote-uke, morote sukui-uke, gyaku-tsuki
                  6. Kd sideways gedan-barai, kagi-tsuki, gedan-barai
                  7. Kk backwards nihon-uchi-uke, jun-tsuki

Sonoba geri: Three times each (hidari / migi)

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

Hente techniques: Required several applications

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Tachikata:        Each with (hidari / migi) shizentai

                  heisoku-dachi, uchi-haji-dachi
                  sagi ashi-dachi
                  kiba-dachi, shiko-dachi, kokutsu-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:           Each after announcement of the examiner

                  1. Okuri-ippon-kumite
                  2. Jiyu-kumite



Kata:
                  Tokui kata, at the choice of the candidate
                  Out of all kata!
                  Kokyu ichi, Kokyu ni, Kokyu san, Kokyu yon, Kokyu go
                  Kokyu rokku, Kkyu nana, Kokyu hatchi, Kokyu kyu, Kokyu yu

                  Shitai kata, at the choice of the examiner
                  Heian 1-5, Tekki 1-3, Bassai-Dai, Jion
                  Meikyo, Hangetsu, Wankan, Gankaku
                  Kihon Kata Uke, Taikyoku Kata (Program)
                  Bunkai selection



Goshin:
                  1. Various attacks, jodan / chudan / keri / weapon selection
                  2. Defense techniques with corresponding counter
                  Arm-lock, throw, wrist-lock, ashi-barai

                  Integration of sabaki-kai!
                  After announcement by the examiner



Theory topic: (to be submitted two weeks before the exam)
It should have at least five A4 pages and a practical presentation.

Selection:

1. Training Structure
2. Coordination and trainability
3. Bunkai and the trainability and implementation
4. Kumite development and implementation
5. Goshin training and implementation
6. Kihon implementation in Sabakikai
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