



## Examination requirements 6<sup>th</sup>. Dan

Waiting time in consultation with coaches and examiners!  
Development in Karate-Do.

Kihon 1: Perform three times (hidari / migi)

1. Zk forward washide yodan, gyaku-kakuto-uchi
2. Zk forward gyaku-nagashi-uke, uchi-uke
3. Zk backward haito-uke, gyaku-haito-uchi
4. Zk forward sukui-uke, mae-empi, gyaku-nukite
5. Zk forward taisho-uke, keito-uke, kakuto-uke
6. Zk backward morote-tsukami-uke, otoshi-uchi

Kihon 2: Execute once (hidari / migi)

1. Kk forward uchi-uke, gyaku-tsuki, age-empi-uke
2. Kk backwards osae-uke, ushiro-mae-ashi-geri
3. Kk forward bassai-uke, tate-gyaku-tsuki
4. Kk backward sokumen-uke, gyaku-ura-tsuki
5. Kk forward morote-uke, nagashi-uke, gyaku-tsuki
6. Kk sideways kosa-uke, kizami-tsuki
7. Kk backwards haishu-uke, te-otoshi-uke, jodan nukite

Sonoba geri: Three times each (hidari / migi)

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

Hente basic: Three different technique applications  
Chudan, jodan, ryote-otoshi

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. Jiyu-kumite with changing partners,
3. 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  
Kokyu rokku, Kokyu nana  
Shitai kata, at the choice of the examiner  
Heian 1-5, Tekki 1-3, Bassai-Dai, Jion  
Bassai-sho, Hangetsu, Wankan, Gankaku  
Kihon Kata Uke, Taikyoku Kata (Program)  
Bunkai selection by arrangement

Goshin:

1. Various attacks, jodan / chudan / keri / weapon selection
2. Defense techniques with corresponding counter

Integration of sabaki-kai!  
After announcement by the examiner

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

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

Selection:

1. Training structure
2. Coordination in training
3. Bunkai and the trainability
4. Kumiteformen and trainability
5. Goshin applications and training
6. Kihon and the trainability with Sabakikai

