



Examination
9th. – 1st. Kyu

International Ryukyukai
Martial Arts Association

Preface



These examination regulations are equally a guide for examiners and candidates. It is not intended for memorization, but is intended to reflect guiding points. An exam is not the primary rendition of a student's performance, but another aspect of the training, under somewhat different conditions.

Training is indispensable in the advancement of every karateka. All are required to address questions to the examination board and/or coaches.

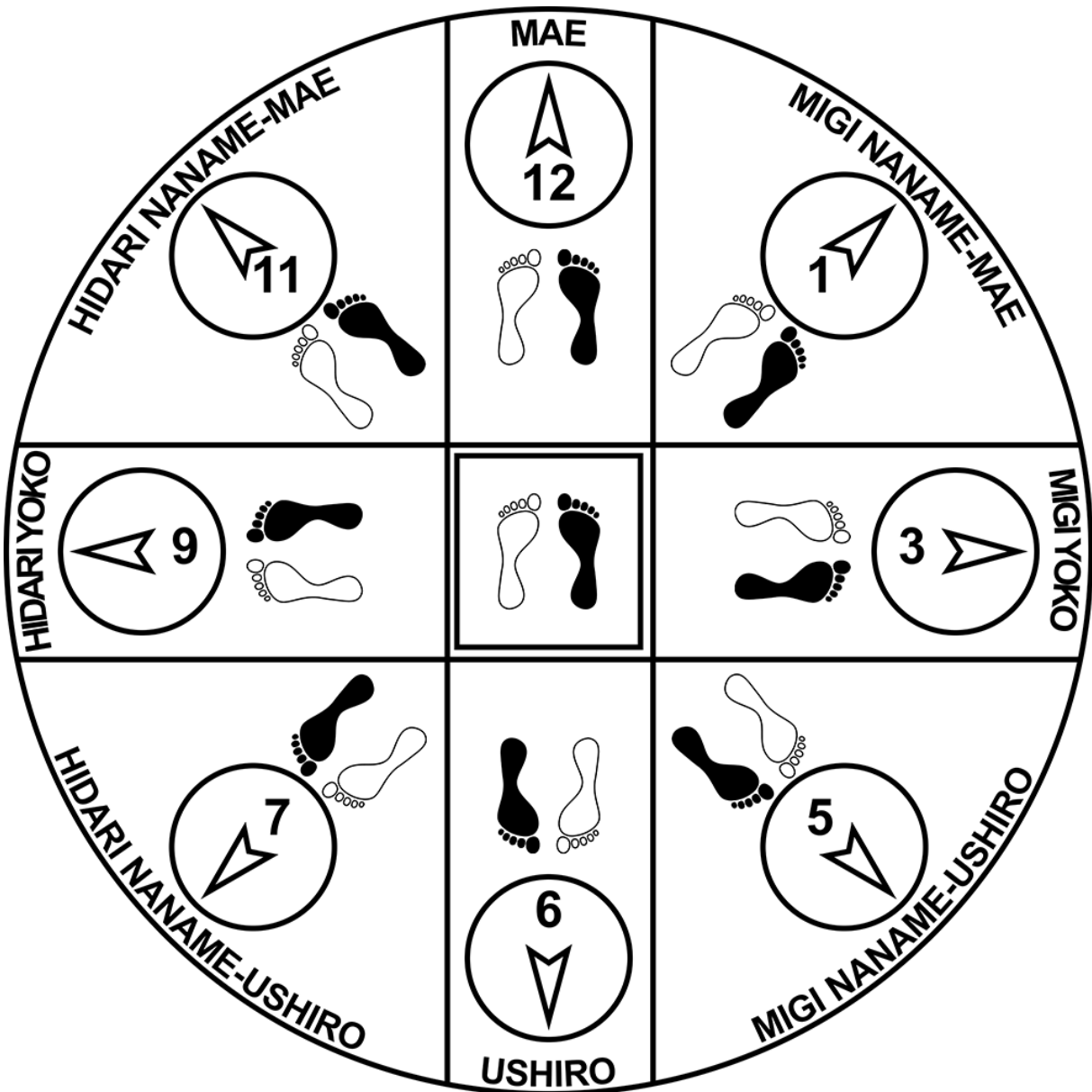
Osu

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Karategramm:

- Yohon-me 1 = mae, migi yoko, ushiro, hidari yoko
90° shifting
- Yohon-me 2 = All naname directions
90° shifting
- Happon-me = All directions



Basic stances

Mb – Musubi dachi
Hd – Heisoku dachi
Hi – Heijii dachi
Zk – Zenkutsu dachi
Kb – Kiba dachi
Kk – Kokutsu dachi
Ha – Hangetsu dachi
Sd – Sanchin dachi
Fd – Fudo dachi
Sg – Sagi ashi dachi
Si – Shiko dachi
Td – Taiji dachi
Rd – Reinoji dachi
Ko – Kosa dachi
Nd – Neko ashi dach

Rank requirements for 9th. Kyu, white belt

Kihon

4x mae hanmi, gedan barai Zk, mawate
4x mae hanmi, chudan oi tsuki Zk, mawate
4x mae hanmi, jodan oi tsuki Zk
4x ushiro, soto ude uke Zk
4x mae hanmi, gyaku tsuki Zk
4x ushiro, age uke Zk
4x mae hanmi, mae geri chudan Zk

Kumite

Gohon kumite, jodan / chudan (ai-hanmi)
Same leg front both students

Kata

Taikyoko shodan

Ashi dachi

Musubi dachi, Heiko dachi, Zenkutsu dachi

Sabaki kihon

Yohon me 1, on request of examiner

Rank requirements for 8th. Kyu, yellow belt

Kihon

4x mae hanmi, oi tsuki jodan Zk, mawate
4x mae hanmi, gedan barai Zk
4x ushiro, uchi ude uke Zk
4x mae hanmi, soto ude uke Zk
4x ushiro, age uke Zk
4x mae hanmi, shuto uke Kk, mawate
4x mae hanmi, mae geri jodan
4x yoko geri keage Kb, hidari/migi (2*migi 2*hidari, yoko sashi ashi)

Kumite

Gohon kumite, jodan/chudan oi tsuki (gyaku hanmi) (mirror stance)

Kata

Heian Shodan
Bunkai: 1 technique, choice of student

Ashi dachi

Kiba dachi, Kokutsu dachi, Renoji dachi

Sabaki kihon

Yohon me 1, on request of examiner

Rank requirements for 7th. Kyu, orange belt

Kihon

4x mae hanmi, oi tsuki jodan Zk, mawate
4x mae hanmi, age uke gyaku tsuki Zk, mawate
4x mae hanmi, soto ude uke gyaku tsuki Zk
4x ushiro, gedan nagashi uke Zk
4x mae hanmi, shuto uke Kk (evtl. 4x), mawate Kb
4x mae hanmi, yoko geri Kb (2*keage, 2*kekomi, yoko sashi ashi), mawate
4x mae hanmi, yoko geri Kb (2*keage, 2*kekomi, yoko sashi ashi), mawate
4x mae geri jodan, mawashi
4x mae hanmi, mawashi geri chudan

Kumite

Sanbon Kumite (chudan/jodan oi tsuki, mae geri chudan)

Kata

Heian Nidan, also test of Teikyoku / Heian Shodan
Bunkai: 2 techniques, choice of student

Ashi dachi

Heisoku dachi, Kiba dachi, Renoji dachi

Sabaki kihon

Yohon me 1, on request of examiner

Goshin

Uke on katate dori

Theoretical questions

Meaning of 'Rei'
Meaning of 'Sensei'
Meaning of 'Dojo'

Rank requirements for 6th. Kyu, green belt

Kihon

4x mae hanmi, sanbon tsuki Zk, mawate
4x mae hanmi, uchi ude uke, kizami tsuki gyaku tsuki Zk
4x ushiro, shuto uke Kk, gyaku nukite Zk, mawate
4x ushiro, age uke gyaku tsuki Zk
4x ushiro, soto ude uke kizami tsuki
4x mae hanmi, mae geri oi tsuki Zk, mawate
4x mae hanmi, mawashi geri jodan, mawate
4x mae hanmi, yoko geri keage/kekomi Kb (1*yoko sashi ashi, 1*kai ashi)

Kumite

Sanbon Kumite (chudan/jodan oi tsuki, mae geri chudan)
More possible

Kata

Heian Sandan, also test of Teikyoku / Heian Shodan / Heian Nidan
Bunkai: 2 techniques, choice of student

Ashi dachi

Renoji dachi, Kiba dachi, Shiko dachi, Kokutsu dachi

Sabaki kihon

Yohon me 2, on request of examiner

Goshin

Uke on Katate Dori
Uke on Hiji dori

Theoretical questions

Meaning of 'saiza'
Who was the founder of 'Shotokan'
Name of our 'style'
Meaning of 'kyu'

Change from low student level to mid student level.

More questions possible, if required.

Rank requirements for 5th. Kyu, purple belt

Kihon

4x mae hanmi, ren tsuki Zk
4x ushiro, age uke gyaku tsuki Zk
4x mae hanmi, shuto uke nukite Kk
4x ushiro, nagashi uke gyaku tski Zk, mawate
4x ushiro, soto uke Kb, mawate Zk
4x mae hanmi, mae geri ren geri chudan Zk, mawate
4x mae hanmi, yoko geri keage / kekomi Kb, mawate Zk
4x mae hanmi, mawashi geri jodan / chudan Zk, mawate
4x mae hanmi, ushiro geri Zk

Kumite

Kihon ippon kumite (sabaki uke on geri waza)
Oi tsuki jodan/chudan, mae geri, Yokogeri
more possible

Kata

Heian Yondan, more if required
Bunkai on request of examiner

Ashi dachi

Kiba dachi, Kosa dachi, Teiji dachi, Shiko dachi

Sabaki kihon

Happon me, on request of examiner

Goshin

Uke on Hiji dori
Uke on Mune dori

Theoretical questions

Meaning of 'shiai'
Meaning of 'shomen'
Meaning of 'gohon kumite'
Meaning of 'ushiro'
Picture of 'Shotokan'
More question possible!

Rank requirements for 4th. Kyu, purple belt

Kihon

4x mae hanmi, sanbon tsuki Zk
4x ushiro, age uke, ushiro mae ashi geri, gyaku tsuki Zk
4x mae hanmi, uchi ude uke ren tsuki Zk, shuto uke Kk, mawate Zk
4x mae hanmi, nagashi uke gyaku shuto uchi Zk
4x ushiro, soto uke Zk, yoko empi Kb, mawate
4x mae hanmi, yoko geri keage aus Zk / kekomi Kb, mawate (1* yoko sashi ashi, 1* kai ashi)
4x mae hanmi, ushiro geri Zk, mawate
4x mae hanmi, mae geri mawashi geri Zk, mawate

Kumite

Kaeshi ippon kumite
Oi tsuki jodan/chudan, mae geri, mawashi geri, Yokogeri
If required, request from previous program!

Kata

Heian Godan, check of previous kata
Bunkai on request of examiner

Ashi dachi

Kokutsu dachi, Kosa dachi, Shiko dachi, Sagi ashi dachi

Sabaki kihon

Happon me, on request of examiner

Goshin

Uke on Mune dori, Mawashi Zuki
Uke on Oi Tsuki Jodan/Chudan
If required, request from previous program!

On request of examiner from existing program.

Theoretical questions

Meaning of 'happo kumite'
Meaning of 'Nidan'
Meaning of 'kosa uke'
Meaning of 'Goshin'
Meaning of 'moku'

Rank requirements for 3rd. Kyu, brown belt

Kihon

4x mae hanmi, ushiro mae ashi geri kizami tsuki gyaku tsuki Zk
4x ushiro, age uke gyaku haito uchi Zk
4x mae hanmi, uchi ude uke Kk, gyaku mawashi tsuki Zk otoshi empi Kb
4x ushiro, nagashi uke mae uraken uchi gyaku tsuki Zk
4x mae hanmi, kizami mae mawashi geri, ryote ushiro geri Zk
More techniques if required!

Kumite

Sanbon kumite, oi tsuki jodan / chudan / mae geri / mawashi geri / yoko geri / ushiro geri
Kaeshi ippon kumite, oi tsuki jodan / chudan / mae geri / yoko geri
Jiyu Kumite

Kata

Tekki Shodan, test of previous kata
Bunkai on request of examiner

Ashi dachi

Sagi ashi dachi, Kosa dachi, Neko ashi dachi

Sabaki kihon

Yohon me 1 and 2, on request of examiner, basic techniques
Happon me, on request of examiner, basic techniques
include keru techniques

Goshin

Uke on Tsuki Waza
Uke on Ushiro Ryote Kata Tori
request of examiner
free movement, minimum 1 weapon

Theoretical questions

Meaning of 'Goshin'
Meaning of 'Rokku Dan'
Meaning of 'hanmi'
Meaning of 'hashi me'
More questions possible, transfer to upper student level!

Rank requirements for 2nd. Kyu, brown belt

Kihon

4x mae hanmi, uchi ude uke Nd, kizami tsuki gyaku tate tsuki Zk
4x ushiro, te otoshi uke Zk, yoko empi tate uraken Kb
4x mae hanmi, gedan awase uke haito uchi Zk, nagshi uke Kk
4x ushiro, nami gaeshi Kb kagi tsuki Kb
Focus on combinations, more techniques on request of examiner

Kumite

Kaeshi ippon kumite, all variations
Okuri ippon kumite, jodan / chudan / mae geri
Jiyu kumite

Kata

choise of Kata, Bassai dai, Jion, Hangetsu, Enpi
test of prevoius program
bunkai choise of examiner

Ashi dachi

Choise of examiner

Sabaki kihon

Yohon me 1 und 2, on request of examiner, combinations
Happon me, on request of examiner, basic techiques
Include keru techniques

Goshin

On request of examiner from previous program
Uke against weapon, knife and / or stick
Techniques must be applicable

Theoretical questions

Selection of examiners from previous program, related to technology.
Diligence and basic knowledge are expected here.

Rank requirements for 1.st Kyu, brown belt

Kihon

On request of examiner, focus on combinations
Include of different stances important!

Kumite

On request of examiner from previous program
Jiyu kumite

Kata

Choise of, Bassai dai, Jion, Hangetsu, Empi
Not the Kata for 2nd. Kyu!
Test of previous program on choise of examiner
Bunkai on request of examiner of previous Kata

Ashi dachi

Choise of examiner

Sabaki kihon

Choise of examiner, combinations

Goshin

On request of examiner
Weapon defense
Two attackers
Techniques must be applicable

Theoretical questions

Choise of examiner from previous program related to technique
Transition to master level!!!!
Note: Here an understanding of technology and movement is assumed.
If not implemented, grading can be canceled at any time.