

SHOTOKAN NATION

Grade	Kihon	Kata	Kumite	attack
1st Kyu to 1st Dan	<ul style="list-style-type: none"> • kizami tsuki, oi tsuki, gyaku tsuki • mae geri, oi tsuki, gyaku tsuki • yoko geri, uraken, gyaku tsuki • mawashi geri, uraken, gyaku tsuki • ushiro geri, uraken, gyaku tsuki • mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki • mae geri, oi tsuki, gyaku tsuki, step back gedan barai, gyaku tsuki, yoko geri, uraken, oi tsuki • same leg, mae geri, yoko geri, ushiro geri 	Bassai Dai examiners choose one or more kata from: Heian Shodan Heian Nidan Heian Sandan Heian Yondan Heian Godan Tekki Shodan	jiyu ippon kumite jiyu kumite	jodan oi tsuki chudan oi tsuki chudan mae geri yoko geri kekomi chudan mawashi geri chudan ushiro geri
1st Dan to 2nd Dan	<ul style="list-style-type: none"> • mae geri, oi tsuki, gyaku tsuki • yoko geri, uraken, gyaku tsuki • mawashi geri, uraken, gyaku tsuki • ushiro geri, uraken, gyaku tsuki • mae geri, same leg yoko geri, uraken, gyaku tsuki • mae geri, same leg mawashi geri, uraken, gyaku tsuki • mawashi geri, same leg yoko geri kekomi, uraken, gyaku tsuki • mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki • mawashi geri, uraken, gyaku tsuki, step back gedan nagashi uke, gyaku tsuki, ushiro geri, uraken, oi tsuki • same leg, mae geri, yoko geri, ushiro geri, mawashi geri 	candidate chooses one kata from: Bassai Sho, Kanku Sho, Niju Shiho, Jitte Tekki Nidan examiners choose one or more kata from: Bassai Dai Kanku Dai Jion Enpi Hangetsu	kaishi ippon kumite jiyu kumite	jodan oi tsuki chudan oi tsuki chudan mae geri yoko geri kekomi chudan mawashi geri chudan ushiro geri

2nd Dan to 3rd Dan	<ul style="list-style-type: none"> • mae geri, oi tsuki, gyaku tsuki • yoko geri, uraken, gyaku tsuki • mawashi geri, uraken, gyaku tsuki • ushiro geri, uraken, gyaku tsuki • mae geri, same leg yoko geri, uraken, gyaku tsuki • mae geri, same leg mawashi geri, uraken, gyaku tsuki • mawashi geri, same leg yoko geri kekomi, uraken, gyaku tsuki • mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki • kizami tsuki, gyaku tsuki, mawashi geri, uraken, gyaku tsuki, step back gedan barai, gyaku tsuki, rear leg mae geri and step back, ushiro geri, uraken, gyaku tsuki • same leg, mae geri, yoko geri, ushiro geri, mawashi geri 	<p>candidate chooses one kata from:</p> <p>Sochin Chinte Unsu Goju Shiho Sho Gankaku</p> <p>examiners choose one or more kata from:</p> <p>Bassai Sho Kanku Sho Niju Shiho Jitte Tekki Nidan</p>	<p>kaishi ippon kumite</p> <p>jiyu kumite</p>	any 5 single attacks, unannounced
3rd Dan to 4th Dan	<ul style="list-style-type: none"> • mae geri, oi tsuki, gyaku tsuki • yoko geri, uraken, gyaku tsuki • mawashi geri, uraken, gyaku tsuki • ushiro geri, uraken, gyaku tsuki • mae geri, same leg yoko geri, uraken, gyaku tsuki • mae geri, same leg mawashi geri, uraken, gyaku tsuki • mawashi geri, same leg yoko geri kekomi, uraken, gyaku tsuki • mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki • kizami tsuki, oi tsuki, gyaku tsuki, nihon tsuki, step back and with same arm block age uke, soto uke, gedan barai, uchi uke, kizami tsuki, gyaku tsuki, four turning gyaku tsuki attacks, turn behind with haito uchi, mawashi geri, uraken, gyaku tsuki, back leg mae geri and step back, yoko geri keage to side and step back, mawashi geri, ushiro geri, uraken, gyaku tsuki 	<p>candidate chooses one kata from:</p> <p>Jiin Meikyo Goju Shiho Dai Wankan Tekki Sandan</p> <p>examiners choose one or more kata from:</p> <p>Sochin Chinte Unsu Goju Shiho Sho Gankaku</p>	<p>kaishi ippon kumite</p> <p>demonstration and explanation of three kumite tactics</p> <p>jiyu kumite</p>	any 5 single attacks, unannounced

4th Dan to 5th Dan	<ul style="list-style-type: none"> • kizami tsuki, oi tsuki, gyaku tsuki, nihon tsuki, step back and with same arm block age uke, soto uke, gedan barai, uchi uke, kizami tsuki, gyaku tsuki, four turning gyaku tsuki attacks, turn behind with haito uchi, mawashi geri, uraken, gyaku tsuki, back leg mae geri and step back, yoko geri keage to side and step back, mawashi geri, ushiro geri, uraken, gyaku tsuki • demonstration and explanation of a combination chosen by the candidate (min 10 moves, max 30 moves). The candidate will be asked to explain what aspects of karate the combination is developing, why it is effective in doing so, and how they would teach the combination to other karateka 	<p>candidate chooses any kata</p> <p>examiners choose one or more kata</p> <p>demonstration and explanation of the bunkai of the kata chosen by the candidate</p>	jiyu kumite	
<p>By Invitation Only</p> <p>5th Dan to 6th Dan</p>	<ul style="list-style-type: none"> • written karate curriculum vitae detailing training, gradings, competitions, referees, judges and timekeepers qualifications and contribution to karate organisations <p>either:</p> <ul style="list-style-type: none"> • a referenced essay on a subject directly related to karate (max 2000 words) or: • a 20 minute presentation with appropriate audio visual aids on a subject directly related to karate <ul style="list-style-type: none"> • demonstration and explanation of an aspect of shotokan karate chosen by the candidate 	<p>candidate chooses any kata</p> <p>examiners choose one or more kata</p> <p>demonstration and explanation of the bunkai of any kata chosen by the examiners</p>	none	