

## ISKF Dan Examination Guidelines (June 2015)

### 1<sup>st</sup> Kyu to Shodan:

Checking: form/kime/speed

#### **Kihon:**

Step forward - Sanbon zuki  
Step back – age uke/chudan gyaku zuki

Step forward - Chudan ude uke/empi uchi, uraken in kiba dachi/gyaku zuki in zenkutsu

Step back – shuto uke in kokutsu dachi/maeashi maegeri/gyaku zuki in kokutsu

Kicking:

In place, front leg chudan maegeri, then step in back leg jodan mae geri

Turn – In place, front leg chudan mawashi geri, step-in back leg jodan mawashi geri

From kiba dachi - Yoko geri keage, turn other side

From kiba dachi - Yoko geri kekomi, turn other side

In zenkutsu dachi two kicks from back leg - maegeri, yoko geri (both sides)

(Option – Pencil Test – move pencil around, up, down while student punches at the end of the pencil without hitting it)

#### **Kata:**

Individual Kata (Bassai Dai, Kanku Dai, Jion, Empi)

2<sup>nd</sup> Kata – Examiner’s choice: Heian Nidan through Tekki Shodan

#### **Kumite:**

Jiyu Ippon Kumite (mouth piece and hand protectors)

choice of self-defense **over 45 years of age**

**Shodan to Nidan:**

Checking: form/kime/speed/application

- Kihon:** Slide forward - Kizami zuki jodan, Step in - sanbon zuki
- Slide forward - Kizami zuki jodan, Step back- chudan soto uke, same hand kizami zuki jodan, then gyaku zuki
- Step forward - chudan soto uke, empi uchi/uraken from kiba dachi, gyaku zuki in zenkutsu dachi
- Step back - Shuto uke/maeashi maegeri/gyaku zuki in kokutsu dachi
- Slide forward - Kizami zuki jodan, Step back – jodan age uke, Step forward- back leg chudan mawashi geri step down uraken, then step-in - chudan oi zuki
- Kicking:  
In place- front leg maeashi maegeri, step in Rengeri – chudan/jodan maegeri
- From kiba dachi – step across yoko geri keage, step down and pivot, yoko kekomi. Same thing in the other direction.
- From zenkutsu dachi - Three kicks in place- maegeri/yoko geri/ushiro geri
- Kata:** Individual Kata (Tokui Kata)  
2<sup>nd</sup> Kata - Examiner's choice: One of the Core 15 kata
- Kumite:** Jiyu Kumite (mouthpiece and hand protectors)  
choice of self-defense **over 45 years of age**

**Nidan to Sandan:**

checking: form/kime/speed/combinations/applications/rhythm

- Kihon:** Sliding forward- kizami zuki jodan, step in sanbon zuki
- Sliding forward- kizami zuki jodan, step back chudan soto uke, same hand kizami zuki jodan, then gyaku zuki
- Step forward – chudan soto uke, change to kiba dachi empi uchi/uraken, gyaku zuki in zenkutsu
- Step back – kokutsu dachi, shuto uke, maeashi mae geri, gyaku zuki in kokutsu dachi
- From zenkutsu – step across with right foot in front of left, same time choku zuki with left fist, left leg mawashi geri chudan, step down gyaku zuki
- Side Kicks – yoko geri keage, pivot, yoko kekomi; turn, going back same thing.
- From zenkutsu dachi -Three kicks in place – maegeri, yoko keage, ushiro geri; then maegeri, yoko kekomi, ushiro geri.

- Kata:** Individual Kata (tokui kata)  
2<sup>nd</sup> Kata - Examiner's choice – one of the Core 15 kata.

- Kumite:** Jiyu Kumite (mouthpiece and hand protectors)  
choice of self-defense **over 45 years of age**

**Sandan to Yondan:**

- Kihon:** Instructor's choice – 3 or 4 combinations from above.

- Kata:** Individual Kata (tokui kata)  
2<sup>nd</sup> Kata - Examiner's choice (from Core 15 kata)

- Kumite:** Jiyu Kumite (mouthpiece and hand protectors)  
choice of self-defense **over 45 years of age**