



Examination requirements 4th. Dan

Examination after consultation with trainer and examiner.

Kihon 1: perform three times (hidari / migi)

1. Zk forward ren-tsuki, age-uke, otoshi empi
2. Zk forward gyaku-tsuki, oi-tsuki, kagi-tsuki
3. Zk backwards shuto-uchi, sukui-uke (same arm)
4. Zk forward nagashi-uke, gyaku-mae-empi-uchi
5. Zk forward taisho-uke, ren-tsuki, ushiro-mae-ashi-geri
6. Zk backward gaiwan-uke, haito-uchi, washide

Kihon 2: execute once (hidari / migi)

1. Kk forward shuto-uke, kizami-mae-geri, gyaku-nukite
2. Kk backward osae-uke, suri-ashi gyaku-tsuki
3. Kk forward haishu-uke, sukui-uke, haito-uke (one arm)
4. Kk backwards ryowan-uke, morote kake-uke
5. Kk forward morote-uke, implement gyaku-shuto-uchi
6. Kk sideways kosa-uke, kizami-tsuki, gyaku nukite
7. Kk backwards awase-uke, te-otoshi-uchi, haito-uchi

Kihon 3: execute once (hidari / migi)

1. Kb forward nagashi-uke, gyaku-tsuki, nagashi-uke
2. Zk backward juji-uke, ushiro-empi, hiza-geri
3. Zk forward mae-geri, mawahi-geri, gyaku-tsuki
4. Kb forward yoko-geri-keage, yoko-geri-kekomi
5. Zk forward ushiro-geri ren geri
6. Zk forward kizami-mae-geri, kizami-tsuki, gyaku-nukite
7. Kd forward age-uke, otoshi-empi, kagi-tsuki

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 oi-tsuki-chudan
2. kaeshi-ippon-kumite gyaku-tsuki-chudan
3. mae geri, mawashi geri, yoko geri
4. jiyu-kumite with changing partners,
5. Okuri-ippon kumite after announcement examiner

Kata

Tokui kata, at the choice of the candidate
Out of all kata!
Shitai kata, at the choice of the examiner
Heian 1-5, Tekki Nidan, Bassai-Dai, Jion
Kanku-Dai, Hangetsu and Wankan
Kihon Kata Uke (from program)
Bunkai of chosen kata
At the choice of the candidate and the examiner

Examination kata should not be shown so far!

Goshin

1. Various attacks, jodan / chudan / keri, knife and stick
2. Defense techniques with corresponding counter

Integration of sabaki-kai !!!!
After announcement by the examiner.

Theory topic: (submit two weeks before the exam)
Preparation should include at least four A4 pages and include a hands-on presentation.

Selection:

1. Training Preparation
2. Kihone techniques and their traceability
3. Kata training
4. Kumite training and variants
5. Sabaki
6. Goshin and the trainability