



Examination requirements 5th. Dan

Examination after consultation with coaches and examiners!

Kihon 1: perform three times (hidari / migi)

1. Zk forward ren-tsuki, mawashi-empi, age-uke
2. Zk forward gyaku-tsuki, kagi-tsuki, age-tsuki
3. Zk backwards shuto-uchi, te-otoshi-uke, nukite
4. Zk forward nagashi-uke, gyaku-uchi-uke
5. Zk forward taisho-uke, keito-uke, kakuto-uke
6. Zk backward kake-uke, morote-tsukami-uke

Kihon 2: execute once (hidari / migi)

1. Kk forward uchi-uke, gyaku-tsuki, empi-uke
2. Kk backward osae-uke, suri-ashi gyaku-tsuki
3. Kk forward haito-uke, bassai-uke
4. Kk backwards ryowan-uke, morote kake-uke
5. Kk forward morote-uke, nagashi-uke, gyaku-tsuki
6. Kk sideways kosa-uke, kizami-tsuki
7. Kk back te-nagashi-uke, age-shuto-uke

Sonoba geri: three times each (hidari / migi)

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

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!
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 selection by arrangement

Examination kata should not be shown so far!

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 include at least four A4 pages and include a practical presentation.

Selection:

1. Training Structure
2. Coordination in training
3. Kata Bunkai and the trainability
4. Kumiteformen and their trainability

5. Goshin and the implementation in training