



Examination requirements 6th. Dan

Waiting time in consultation with coaches and examiners!
Development in Karate-Do.

Kihon 1: perform three times (hidari / migi)

1. Zk forward washide yodan, gyaku-kakuto-uchi
2. Zk forward gyaku-nagashi-uke, uchi-uke
3. Zk backward haito-uke, gyaku-haito-uchi
4. Zk forward sukui-uke, mae-empi, gyaku-nukite
5. Zk forward taisho-uke, keito-uke, kakuto-uke
6. Zk backward morote-tsukami-uke, otoshi-uchi

Kihon 2: execute once (hidari / migi)

1. Kk forward uchi-uke, gyaku-tsuki, age-empi-uke
2. Kk backwards osae-uke, ushiro-mae-ashi-geri
3. Kk forward bassai-uke, tate-gyaku-tsuki
4. Kk backward sokumen-uke, gyaku-ura-tsuki
5. Kk forward morote-uke, nagashi-uke, gyaku-tsuki
6. Kk sideways kosa-uke, kizami-tsuki
7. Kk backwards haishu-uke, te-otoshi-uke, jodan nukite

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 1-3, Bassai-Dai, Jion
Bassai-sho, Hangetsu, Wankan, Gankaku
Kihon Kata Uke, Taikyoku Kata (Program)
Bunkai selection by arrangement

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 be at least four pages long and should include a practical presentation.

Selection:

1. Training structure
2. Coordination in training
3. Bunkai and the trainability
4. Kumiteformen and trainability
5. Goshin applications and training
6. Kihon and the trainability with Sabakikai