



## Examination requirements 7<sup>th</sup>. Dan

Examination after consultation with coaches and examiners!  
Development on the way of karate-do.

Kihon 1: three times each (hidari / migi)

1. Variable Stands, the candidate selects himself.
2. Only the techniques are announced.
3. Perform Kihon techniques in different directions.

Kihon 2: execute once (hidari / migi)

1. Zk forward otoshi-empi-uke, mavashi-empi-uchi
2. Kk backwards age-uke, soto-uke, uraken-uchi
3. Zk forward mawashi-tsuki, gyaku-tate-tsuki
4. Kk backward oi-tsuki, jodan jiyu-uke, koshi-kamae
5. Zk forward morote-uke, morote sukui-uke, gyaku-tsuki
6. Kd sideways gedan-barai, kagi-tsuki, gedan-barai
7. Kk backwards nihon-uchi-uke, jun-tsuki

Sonoba geri: three times each (hidari / migi)

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

Tachikata: each with (hidari / migi) shizentai

heisoku-dachi, uchi-haji-dachi  
sagi ashi-dachi  
kiba-dachi, shiko-dachi, kokutsu-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 each after announcement of the examiner

1. Okuri-ippon-kumite
2. Jiyu-kumite

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  
Meikyo, Hangetsu, Wankan, Gankaku  
Kihon Kata Uke, Taikyoku Kata (Program)  
Bunkai selection

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)  
It should have at least five A4 pages and a practical presentation.

Selection:

1. Training Structure
2. Coordination and trainability
3. Bunkai and the trainability and implementation
4. Kumite development and implementation
5. Goshin training and implementation
6. Kihon implementation in Sabakikai