



Examination requirements 4th. Dan

Examination after consultation with trainer and examiner.

Kihon 1: Perform three times (hidari / migi)

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

Kihon 2: Execute once (hidari / migi)

1. Kk forward kizami-mae-geri, kizami-tsuki, 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 ura tsuki
7. Kk backwards awase-uke, te-otoshi-uchi, haito-uchi

Kihon 3: Execute once (hidari / migi)

1. Kb forward nagashi-uke, gyaku-mawashi-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, hasami-uchi

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
mae geri, mawashi geri, yoko geri
3. Okuri-ippon kumite after announcement examiner

Kata:

Tokui kata, at the choice of the candidate
Out of all kata! * Kokyu ichi and Kokyu ni *

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

Note: Regarding Kokyu Kata
As possibility to choose to cover physical issue due to age and health.