



FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

Shodan Examination Requirements Black Belt

Kihon

Free stlye stance	1. <i>Kizami zuki</i>	6x fwd & back
<i>Kamae</i>	2. <i>Uraken uchi</i>	6x fwd & back
	3. <i>Gyaku zuki</i>	6x fwd & back
	4. <i>Oi zuki</i>	4x fwd & back
	5. <i>Oi-gyaku zuki</i>	4x fwd & back
	6. <i>Kizami zuki, oi zuki</i>	4x fwd & back
	7. <i>Kizami zuki, half step, gyaku zuki</i>	4x fwd & back
	8. <i>Oi zuki, half step, kizami zuki</i>	2x fwd & back
	9. <i>Oi zuki, half step, uraken uchi</i>	2x fwd & back
	10. <i>Oi zuki, half step, gyaku zuki</i>	2x fwd & back
	11. <i>Gyaku zuki, step forward, gyaku zuki</i>	4x fwd & back
	12. <i>Gyaku zuki, step forward, uraken uchi</i>	4x fwd & back
	13. <i>Kizami zuki, oi zuki, half step, gyaku zuki</i>	2x fwd & back
	14. <i>Tsuki combination</i>	1x fwd & back
	15. <i>Mae geri keage, oi zuki</i>	6x fwd & back
	16. <i>Gyaku zuki, mae geri keage</i>	6x fwd & back
	17. <i>Gyaku zuki, mawashi geri</i>	6x fwd & back
	18. <i>Gyaku zuki, yoko geri kekomi</i>	6x fwd & back
	19. <i>Ushiro geri, gyaku zuki</i>	6x fwd & back
	20. <i>Mae geri keage, oi zuki, half step, gyaku zuki</i>	2x fwd & back
	21. <i>Keri combination</i>	1x fwd & back
	Stationary kick	22. <i>Mae geri keage, yoko geri keage, mawashi geri, ushiro geri</i>
Focus Pencil	23. <i>Gyaku zuki</i>	

Kata

Bassai Dai, Jion, Kanku Dai, Hangetsu, Empi, Tekki Nidan
Bunkai: Application of all 6 katas

Kumite

Jyu kumite - Shobu Ippon



FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

Nidan Examination Requirements

Black Belt

Kihon

Free stlye stance	1. <i>Kizami zuki</i>	6x fwd & back
<i>Kamae</i>	2. <i>Uraken uchi</i>	6x fwd & back
	3. <i>Gyaku zuki</i>	6x fwd & back
	4. <i>Oi zuki</i>	4x fwd & back
	5. <i>Oi-gyaku zuki</i>	4x fwd & back
	6. <i>Kizami zuki, oi zuki</i>	4x fwd & back
	7. <i>Kizami zuki, half step, gyaku zuki</i>	4x fwd & back
	8. <i>Oi zuki, half step, kizami zuki</i>	2x fwd & back
	9. <i>Oi zuki, half step, uraken uchi</i>	2x fwd & back
	10. <i>Gyaku zuki, step forward, gyaku zuki</i>	4x fwd & back
	11. <i>Gyaku zuki, step forward, uraken uchi</i>	4x fwd & back
	12. <i>Gyaku zuki, oi zuki</i>	4x fwd & back
	13. <i>Gyaku zuki, kizami zuki, half step, gyaku zuki</i>	4x fwd & back
	14. <i>Gyaku zuki, kizami zuki, oi zuki</i>	4x fwd & back
	15. <i>Kizami zuki, oi zuki, half step, gyaku zuki, oi zuki, half step, gyaku zuki</i>	1x fwd & back
	16. <i>Mae geri keage, oi zuki</i>	4x fwd & back
	17. <i>Mawashi geri, oi zuki</i>	4x fwd & back
	18. <i>Mawashi geri, gyaku zuki</i>	4x fwd & back
	19. <i>Ushiro geri, uraken uchi</i>	4x fwd & back
	20. <i>Mae geri keage, oi zuki, half step, gyaku zuki</i>	2x fwd & back
	21. <i>Any Tsuki-keri combination</i>	1x fwd & back
	Stationary kick	22. <i>Mae geri keage, mae geri kekomi, yoko geri keage, yoko geri kekomi, mawashi geri, ushiro geri</i>

Kata

Kanku Sho, Bassai Sho, Jitte, Chinte, Tekki Sandan
Bunkai: Application of all 5 katas

Kumite

Jyu kumite - Shobu Ippon



FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

Sandan & Up Examination Requirements Black Belt

Kihon

Free style stance

Kamae

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|--|---------------|
| 1. <i>Kizami zuki, half step, gyaku zuki</i> | 3x fwd & back |
| 2. <i>Kizami zuki, oi zuki</i> | 3x fwd & back |
| 3. <i>Gyaku zuki, step forward, gyaku zuki</i> | 3x fwd & back |
| 4. <i>Gyaku zuki, step forward, uraken uchi</i> | 3x fwd & back |
| 5. <i>Oi zuki, half step, kizami zuki</i> | 2x fwd & back |
| 6. <i>Oi zuki, half step, uraken uchi</i> | 2x fwd & back |
| 7. <i>Gyaku zuki, oi zuki</i> | 3x fwd & back |
| 8. <i>Gyaku zuki, kizami zuki, half step, gyaku zuki</i> | 3x fwd & back |
| 9. <i>Gyaku zuki, kizami zuki, oi zuki</i> | 2x fwd & back |
| 10. <i>Kizami zuki, oi zuki, half step, gyaku zuki, oi zuki, half step, gyaku zuki</i> | 1x fwd & back |
| 11. <i>Mae geri keage, oi zuki</i> | 4x fwd & back |
| 12. <i>Mawashi geri, oi zuki</i> | 4x fwd & back |
| 13. <i>Mawashi geri, gyaku zuki</i> | 4x fwd & back |
| 14. <i>Ushiro geri, uraken uchi</i> | 4x fwd & back |
| 15. <i>Mawashi geri, uraken uchi, half step, gyaku zuki</i> | 2x fwd & back |
| 16. <i>Yoko geri keage, uraken uchi, half step, gyaku zuki</i> | 2x fwd & back |
| 17. <i>Ushiro geri, uraken uchi, half step, gyaku zuki</i> | 2x fwd & back |
| 18. <i>Mae ashi yoko geri keage, gyaku zuki</i> | 4x fwd & back |
| 19. <i>Mae ashi mae geri keage, kizami zuki</i> | 4x fwd & back |
| 20. <i>Kizami zuki, half step, gyaku zuki, mawashi geri</i> | 2x fwd & back |
| 21. <i>Gyaku zuki, mawashi geri, half step, gyaku zuki</i> | 2x fwd & back |
| 22. <i>Mae ashi ura mawashi geri</i> | 4x fwd & back |
| 23. <i>Ura mawashi geri</i> | 4x fwd & back |
| 24. <i>Ushiro mawashi geri</i> | 4x fwd & back |
| 25. <i>Mae ashi mawashi geri, ushiro mawashi geri</i> | 2x fwd & back |
| 26. <i>Mawashi geri, urshiro mawashi geri</i> | 2x fwd & back |

Kata

Sandan: Gankaku, Sochin, Nijushiho, Wankan, Jiin, Meikyo

Bunkai: Application of all 6 katas

Yondan & up: Gojushiho Sho, Gojushiho Dai, Unsu

Bunkai: Application of all 3 katas

Kumite

Jyu kumite - Shobu Ippon

Sandan: Corner Judging

Yondan & up: Center Judging