



國際空手大學法人

Kyu and Dan Examination Syllabus
Manual

Frank Woon-A-Tai



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Chapter 1

The IKD Karate-do Rank System

The IKD system of ranks consists of two levels: dan and kyu. Each level is made up of 10 ranks. Beginners who commit to the study of karate-do are considered 10th kyu after their first class. It takes 2 1/2 to three years of training and meeting the requirements of each kyu exam to attain the rank of first dan (shodan). To attain higher dan ranks takes a lifetime of study and training. Age and experience are factors taken into consideration when higher dan ranks are awarded. The ninth and 10th dan ranks are usually reserved for the vice chief instructor and the chief instructor of an international organization. They must be at least 60 and 70 years old respectively.

Today, the common practice in karate is for students at the kyu level to wear coloured belts. In the early days, only white and brown were worn. At the dan level, black is the only colour worn for all levels.

The rank system is a method of evaluating an individual's level of development along the 'Way' of perfecting character. The evaluation is based not only on physical ability, but also on the individual's moral and spiritual development as defined in the Dojo Kun.

For instructional purposes, ranks are a practical way of identifying both the level of experience and level of technical development of the individual student. Since ranks within the IKD are standardized, the technical standard is consistent across the organization. The Sensei can assess a student's progress, based to the individual's length of training and the prescribed requirements of rank. For the student, the goal of reaching the next rank serves as a motivational tool

Kyu ranks are arranged in descending order: 10th kyu being the lowest and first kyu, the rank below black belt, the highest. The kyu ranks are further divided into regular full ranks and 'B,' or conditional ranks. Since there is no exam for 10th kyu, 9B is the lowest of the earned ranks. A 'B' rank signifies that the karate-ka is lacking in some area of their techniques, and more work is needed to bring it up to standard.

In essence, IKD ranks serve as an indicator of the karate-ka's level of development. Ranks also serve as a motivational tool. They motivate students to strive for the next level in their development. Ranks, however, should not be seen as "course credits" to be obtained in order to graduate. Rather, they are merely markers in the continuous process of refining of one's character through the study of karate-do. In that process, the kyu ranks can be seen as the period during which the karate-ka constructs a stairway. Once completed, the karate-ka is ready to climb up the steps. Shodan is only the first step. Karate is a lifetime endeavour. The true student takes on the challenge of climbing the full flight of stairs.

Examiner Requirement

Rank	Age	Required Examiner (s)
9th and 10th Dan	60 and 70 years	By Resolution of Shihan-kai and Directors
8th Dan	50 years	Chief Instructor, and 2 Deputies
7th Dan	40 years	Chief Instructor, and 1 Deputy
6th Dan	30 years	Chief Instructor, or 2 Deputies
5th Dan	25 years	Chief Instructor, or 1 Deputy
4th Dan	20 years	2 A – 7th Dan
3rd Dan	13 -15 years	1 A – 7th Dan
2nd Dan	10 years >	1 B – 6th Dan
1st Dan	8 years >	1 C – 5th Dan
9th to 1st Kyu	All ages	1 D – 4th Dan
9th to 6th Kyu	All ages	1 D – 3rd Dan



Maureen Woon-A-Tai,
Deputy Chief
Instructor.
1982.

Kata Groups

Kyu Ranks	Shodan	Nidan	Sandan	Yondan
Group 1	Group 2	Group 3	Group 4	Group 5
Shitei Kata	Sentei Kata	Tokui Kata	Tokui Kata	Tokui Kata
Heian Shodan Heian Nidan Heian Sandan Heian Yondan Heian Godan Tekki Shodan (Bassai-Dai)	Tekki Nidan Bassai-Dai Kanku-Dai Enpi Jion	Tekki Sandan Jutte Gankaku Kanku-sho Nijushiho	Hangetsu Bassai-Sho Chinte Sochin Unsu	Gojushiho-Sho Gojushiho-Dai Meikyo Wankan Jiin

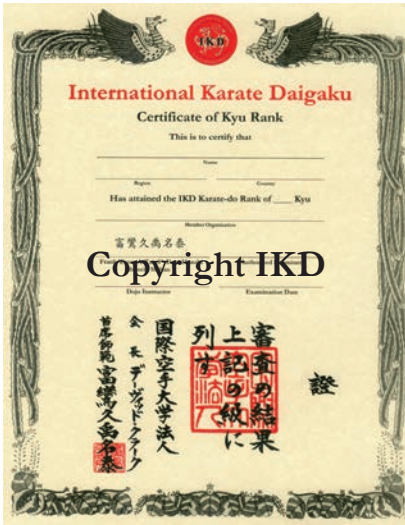
Kata in bold represents Shorei Kata.

In extraordinary cases, examiners may use their discretion and modify the above list.

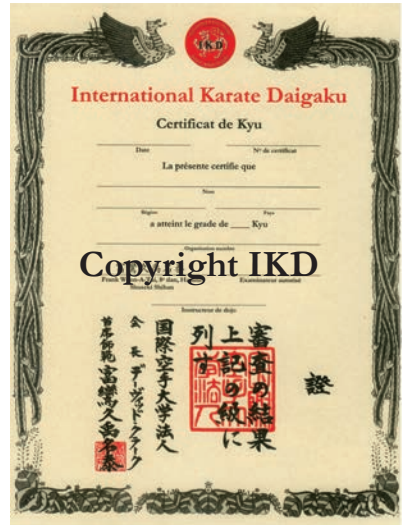


Dr. Dexter Shim,
Deputy Chief
Instructor.
2002.

Kyu Certification



English



French

Official IKD Kyu Certificates shall be obtained from IKD Headquarters only, signed by a Licensed IKD Examiner, and presented to all examinees.

IKD Kyu Examiners

A Level – Shihan-kai

Frank Woon-A-Tai, Shuseki Shihan

Dr. Dexter Shim, 8th Dan, Maureen Woon-A-Tai, 8th Dan

Alice Bernstein, 7th Dan, Keith DaCosta, 7th Dan, Charles Woon-A-Tai, 7th Dan,
Josef Woon-A-Tai, 7th Dan, David Pyke, 7th Dan, Paul Bernstein, 7th Dan.

B Level with B Instructor/B Judge Licences, and Rokudan and higher

Bernice Hughes, 6th Dan, Janice Pyke, 6th Dan, Marc Cordice, 6th Dan,
David Richards, 6th Dan, Clive Hinds, 6th Dan, Marcel Lussier, 6th Dan,
Guy Bourgon, 6th Dan, Bryan Mattias, 6th Dan, Gilles Periard, 6th Dan,
Claude Deschênes, 6th Dan, Dr. Annette Alexis, 6th Dan,
Frieda Shim, 6th Dan, Luis Aguero, 6th Dan.

C Level with C Instructor/C Judge Licences, and Godan and higher

Ron Porath, 6th Dan.

D4 Level with D Instructor/D Judge Licences, and Yondan and higher

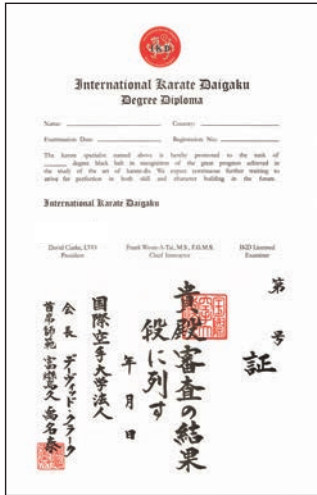
Amir Khouri, 6th Dan, Jeffrey Wong, 6th Dan, Karl Woolery, 6th Dan,
Deborah Hinds, 6th Dan, Allan Burke, 5th Dan,
Chris Lair, 5th Dan, Cameron King, 5th Dan.

D3 Level with D Instructor/D Licences and Sandan and higher

Although the list of IKD Kyu Examiners is shown in this Manual,
they are obligated to renew their Examiner's Licenses annually in order to
administer authorised examinations.

Moreover, they are obligated to attend annual refresher courses.
The complete and updated list will be posted on the IKD Website.

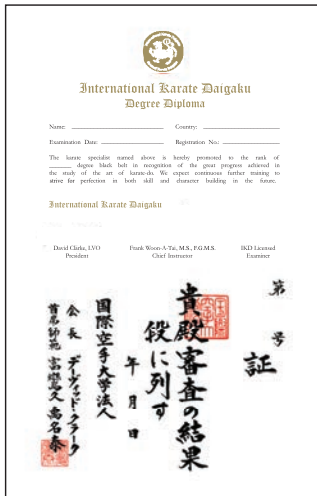
Dan Certification



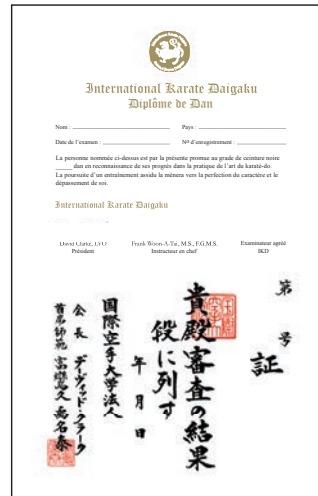
English 1st - 4th Dan Embossed



French 1st - 4th Dan Embossed



English 5th - 10th Dan Embossed Gold Foil



French 5th - 10th Dan Embossed Gold Foil

Official IKD Dan Diplomas shall be issued by IKD Headquarters only, signed by a Licensed IKD Examiner, and presented to all examinees after registration.

IKD Dan Examiners

A Level – Shihan-kai

Frank Woon-A-Tai, Shuseki Shihan

Dr. Dexter Shim, 8th Dan, Maureen Woon-A-Tai, 8th Dan

Alice Bernstein, 7th Dan, Keith DaCosta, 7th Dan, Charles Woon-A-Tai, 7th Dan,

Josef Woon-A-Tai, 7th Dan, David Pyke, 7th Dan, Paul Bernstein, 7th Dan.

B Level with B Instructor/B Judge Licences, and Rokudan and higher

Bernice Hughes, 6th Dan, Janice Pyke, 6th Dan, Marc Cordice, 6th Dan,

David Richards, 6th Dan, Clive Hinds, 6th Dan, Marcel Lussier, 6th Dan,

Guy Bourgon, 6th Dan, Bryan Mattias, 6th Dan, Gilles Periard, 6th Dan,

Claude Deschênes, 6th Dan, Dr. Annette Alexis, 6th Dan,

Frieda Shim, 6th Dan, Luis Aguero, 6th Dan.

C Level with C Instructor/C Judge Licences, and Godan and higher

Ron Porath, 6th Dan.

Although the list of IKD Dan Examiners is shown in this Manual, they are obligated to renew their Examiner's Licenses annually in order to administer authorised examinations.

Moreover, they are obligated to attend annual refresher courses.

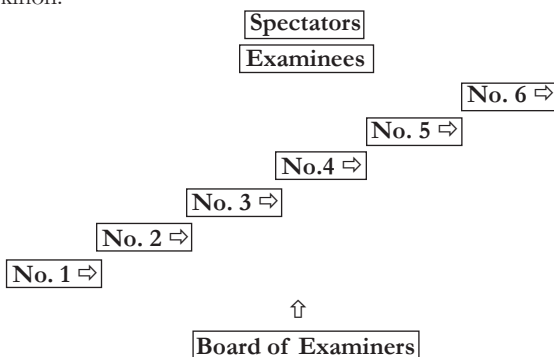
The complete and updated list will be posted on the IKD Website.

In extraordinary cases, examiners may use their discretion and modify the Dan Syllabus.

Examination Venue

Whenever rank examinations are held in school gymnasiums or other similar non-dojo venues, IKD organizations are requested to follow these guidelines when at all possible:

- The front and two sides of the examination place must be free of spectators.
- All mobile devices (cell phones) must be powered off.
- Examinees are seated in front of the spectators and are not allowed to converse with them.
- The examiner's table backs the shomen and the examiner faces the seated students.
- When called, examinees take up their positions facing the wall on the examiner's right for kihon:



- For kumite, no. 2 faces no. 1, no. 4 faces no. 3, and no. 6 faces no. 5.
- For kata, examinees form a straight line facing the examiner with no. 1 on the examiner's left.
- Nos. 2, 4 and 6, takes two steps forward.
- The response to all commands is “Osu Sensei”!, with a strong and loud voice.

Opening Ceremony commands by senior student:

1. Seiza (say za)!
2. Mokuso (30 – 60 seconds)!
3. Yame!
4. Shomen ni – rei (ray)!
5. Shuseki Shihan ni – rei! (chief master) or Shihan ni – rei (master 7th Dan and above)!
6. Sensei ni – ri!

Closing Ceremony commands by senior student:

1. Seiza!
2. Mokuso!
3. Yame!
4. Dojo Kun!
5. Shomen ni – rei!
6. Shuseki Shihan ni – rei or Shihan ni – rei!
7. Sensei ni – ri!

Chapter 2

10th Kyu to 9B/9 Kyu White Belt with Yellow stripe

1. Pre-requisite for all ages: two to three months after start training.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon - three counts:

1. ⇨ Zenkutsu-dachi jodan oi-zuki.
2. ⇩ Zenkutsu-dachi jodan age-uke.
3. ⇨ Zenkutsu-dachi chudan oi-zuki.
4. ⇩ Zenkutsu-dachi chudan soto-uke.
5. ⇨ Zenkutsu-dachi nihon mae-geri (two kicks with the same leg any height).
6. ⇩ Zenkutsu-dachi gedan barai.

Sanbon kumite - by count:

1. Jodan
2. Chudan

Heian shodan - by count:

1. Movements 1 to 9 to the first ki-ai point.
2. Important points - after movement 2, turn right, and after movement 5, turn left.

Main points of examination - ability to demonstrate:

1. Concentration.
2. Correct stance / sit in the front stance with front knee bent/back knee straight.
3. Correct posture.
4. Correct technique.
5. 1 of 10 degrees of power.

9B/9 Kyu to 8B/8 Kyu

Yellow Belt

1. Pre-requisite for all ages: two to three months after 9B/9 kyu.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon - three counts:

1. ⇨ Zenkutsu-dachi jodan oi-zuki.
2. ⇨ Zenkutsu-dachi jodan age-uke.
3. ⇨ Zenkutsu-dachi chudan oi-zuki.
4. ⇨ Zenkutsu-dachi chudan soto-uke.
5. ⇨ Zenkutsu-dachi nihon mae-geri (two kicks with the same leg any height).
6. ⇨ Zenkutsu-dachi gedan barai.

Sanbon kumite - by count:

1. Jodan
2. Chudan

Heian shodan - by count:

1. Important – ability to perform all turning points.

Main points of examination - ability to demonstrate:

1. Concentration.
2. Correct stance/sit in the front stance with front knee bent/back knee straight.
3. Correct posture.
4. Correct technique.
5. Stepping backward without lifting heel off the floor.
6. 2 of 10 degrees of power.

8B/8 Kyu to 7B/7 Kyu

Orange Belt

1. Pre-requisite for all ages: two to three months after 8B/8 kyu.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon - three counts:

1. ⇨ Zenkutsu-dachi jodan oi-zuki.
2. ⇩ Zenkutsu-dachi jodan age-uke.
3. ⇨ Zenkutsu-dachi chudan oi-zuki.
4. ⇩ Zenkutsu-dachi chudan soto-uke.
5. ⇨ Kokutsu-dachi chudan uchi-uke.
6. ⇩ Kokutsu-dachi chudan shuto-uke.
7. ⇨ Zenkutsu-dachi nihon mae-geri (two kicks with the same leg – jodan and chudan.
8. ⇩ Zenkutsu-dachi gedan barai.

Sanbon kumite - no count:

1. Jodan
2. Chudan

Heian Nidan - no count

Main points of examination - ability to demonstrate:

1. Concentration.
2. Correct back stance/sit in the back stance with feet at right angle.
3. Correct posture.
4. Correct combination techniques.
5. Stepping backward without lifting heel off the floor.
6. 3 of 10 degrees of power.

7B/7 Kyu to 6B/6 Kyu

Green Belt

1. Pre-requisite for all ages: two to three months after 7B/7 kyu.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon - three counts:

1. ⇒ Zenkutsu-dachi jodan oi-zuki.
2. ⇐ Zenkutsu-dachi jodan age-uke.
3. ⇒ Zenkutsu-dachi chudan oi-zuki.
4. ⇐ Zenkutsu-dachi chudan soto-uke.
5. ⇒ Kokutsu-dachi chudan uchi-uke.
6. ⇐ Kokutsu-dachi chudan shuto-uke.
7. ⇒ Zenkutsu-dachi chudan mae-geri. ⇐
8. ⇐ Zenkutsu-dachi jodan mae-geri.
9. ⇒ Kiba-dachi nihon yoko-geri keage (two chudan sidekicks with same leg).

Sanbon kumite – Jodan, chudan, gedan:

1. Attacker announces "jodan, chudan, gedan". First step attack Jodan, second step attack chudan, third step attack gedan.
2. Defender blocks using age-uke, soto-uke and gedan barai with gyaku-zuki counter attack.

Heian Sandan

Main points of examination - ability to demonstrate:

1. Concentration.
2. Correct side stance/sit in the side stance with feet parallel.
3. Correct posture.
4. Correct simultaneous techniques.
5. Body expansion and contraction.
6. 4 of 10 degrees of power.

6B/6 Kyu to 5B/5 Kyu

Blue Belt

1. Pre-requisite for all ages: two to three months after 6B/6 kyu.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon - three counts:

1. ⇨ Zenkutsu-dachi jodan oi-zuki.
2. ⇩ Zenkutsu-dachi jodan age-uke chudan gyaku-zuki.
3. ⇨ Zenkutsu-dachi chudan oi-zuki.
4. ⇩ Zenkutsu-dachi chudan soto-uke chudan gyaku-zuki.
5. ⇨ Kokutsu-dachi chudan uchi-uke/zenkutsu-dachi chudan gyaku-zuki.
6. ⇩ Kokutsu-dachi chudan shuto-uke/zenkutsu-dachi - jodan nukite (palm down).
7. ⇨ Zenkutsu-dachi chudan mae-geri. ⇩
8. ⇩ Zenkutsu-dachi jodan mae-geri. ⇩
9. ⇨ Kiba-dachi nihon yoko-geri keage (two chudan side snap kicks with same leg). ⇩
10. ⇩ Kiba-dachi nihon yoko-geri kekomi (two chudan side thrust kicks with same leg).

Sanbon kumite – Jodan, chudan, gedan:

1. Attacker announces "jodan, chudan, gedan". First step attack Jodan, second step attack chudan, third step attack gedan.
2. Defender blocks using age-uke gyaku-zuki, soto-uke gyaku-zuki, and gedan barai gyaku-zuki counter attacks after each attack.

Heian Yondan

Main points of examination - ability to demonstrate:

1. Concentration.
2. Correct side stance/sit in the side stance with feet parallel.
3. Correct posture.
4. Difference between side snap and side thrust kicks.
5. Correct use of hip rotation in kihon, kata, and kumite.
6. Correct application of power, speed and body expansion and contraction.
7. 5 of 10 degrees of power.

5B/5 Kyu to 4B/4 Kyu

Purple Belt

1. Pre-requisite for all ages: two to three months after 5B/5 kyu.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon - three counts:

1. ⇨ Zenkutsu-dachi jodan oi-zuki.
2. ⇩ Zenkutsu-dachi jodan age-uke chudan gyaku-zuki.
3. ⇨ Zenkutsu-dachi chudan oi-zuki.
4. ⇩ Zenkutsu-dachi chudan soto-uke chudan gyaku-zuki.
5. ⇨ Kokutsu-dachi chudan uchi-uke/zenkutsu-dachi chudan gyaku-zuki.
6. ⇩ Kokutsu-dachi chudan shuto-uke/zenkutsu-dachi jodan nukite (palm down).
7. ⇨ Zenkutsu-dachi chudan mae-geri. ⇨
8. ⇩ Zenkutsu-dachi jodan mae-geri.
9. ⇨ Kiba-dachi nihon yoko-geri keage (two chudan side snap kicks with same leg). ⇨
10. ⇩ Kiba-dachi nihon yoko-geri kekomi (two chudan side thrust kicks with same leg).

Kihon ippon kumite – Jodan and chudan:

1. One step attack to jodan using right arm, followed by same to chudan. Then, same using left arm attacks.
2. Defender must block and counter, first using left blocks against right attacks, and right blocks against left attacks.

Heian Godan

Main points of examination - ability to demonstrate:

1. Concentration.
2. Difference between side snap and side thrust kicks.
3. Correct use of hip and arm rotation in kihon, kata, and kumite.
4. Correct use of left and right defence against one attack. Do not use reverse blocks.
5. Correct application of power, speed and body expansion and contraction.
6. 6 of 10 degrees of power.

4B/4 Kyu to 3B/3 Kyu

Brown Belt

1. Pre-requisite for all ages: two to three months after 4B/4 kyu.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon - three counts:

1. ⇨ Zenkutsu-dachi sanbon-zuki.
2. ⇩ Kokutsu-dachi chudan uchi-uke/zenkutsu-dachi kizami-zuki chudan gyaku-zuki.
3. ⇨ Zenkutsu-dachi chudan soto-uke/kiba-dachi yoko-enpi uraken uchi.
4. ⇩ Kokutsu-dachi chudan shuto-uke/kizami mae-geri/zenkutsu-dachi jodan nukite.
5. ⇨ Zenkutsu-dachi chudan kizami mae-geri/jodan mae-geri. ⇩
6. ⇩ Zenkutsu-dachi mawashi-geri.
7. ⇨ Kiba-dachi nihon yoko-geri keage (two chudan side snap kicks with same leg). ⇩
8. ⇩ Kiba-dachi nihon yoko-geri kekomi (two chudan side thrust kicks with same leg).

Kihon ippon kumite – Jodan, chudan, mae-geri, kekomi: (right and left attacks)

Tekki Shodan

Main points of examination - ability to demonstrate:

1. Concentration.
2. Timing using arm techniques: one, pause; two/three, no pause.
3. Difference between side snap and side thrust kicks.
4. Correct use of hip and arm rotation in kihon, kata, and kumite.
5. Correct application of power, speed and body expansion and contraction.
6. 7 of 10 degrees of power.

3B/3 Kyu to 2B/2 Kyu

Brown Belt

1. Pre-requisite for all ages: two to three months after 3B/3 kyu.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon - three counts:

1. ⇨ Zenkutsu-dachi sanbon-zuki.
2. ⇨ Kokutsu-dachi chudan uchi-uke/zenkutsu-dachi kizami-zuki chudan gyaku-zuki.
3. ⇨ Zenkutsu-dachi chudan soto-uke/kiba-dachi yoko-enpi uraken-uchi.
4. ⇨ Kokutsu-dachi chudan shuto-uke/kizami mae-geri/zenkutsu-dachi jodan nukite.
5. ⇨ Zenkutsu-dachi chudan kizami mae-geri/jodan mae-geri. ⇨
6. ⇨ Zenkutsu-dachi kizami mawashi-geri/mawashi-geri.
7. ⇨ Kiba-dachi jodan or chudan yoko-geri keage/chudan or gedan yoko-geri kekomi (same leg, two different heights).

Jiyu ippon kumite:

1. Jodan, chudan, mae-geri, kekomi, mawashi-geri: (Favourite sides for each attack. However, once announced attacker cannot change sides).

Bassai-dai

Main points of examination - ability to demonstrate:

1. Concentration.
2. Timing using arm techniques: one, pause; two/three, no pause.
3. Difference between side snap and side thrust kicks.
4. Correct use of hip and arm rotation in kihon, kata, and kumite.
5. Correct application of power, speed and body expansion and contraction.
6. 8 of 10 degrees of power.

2B/2 Kyu to 1B/1 Kyu

Brown Belt

1. Pre-requisite for all ages: two to three months after 2B/2 kyu.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon - three counts:

1. ⇨ Zenkutsu-dachi sanbon-zuki.
2. ⇩ Kokutsu-dachi chudan uchi-uke/zenkutsu-dachi kizami-zuki chudan gyaku-zuki.
3. ⇨ Zenkutsu-dachi chudan soto-uke/kiba-dachi yoko-enpi uraken-uchi.
4. ⇩ Kokutsu-dachi chudan shuto-uke/kizami mae-geri/zenkutsu-dachi jodan nukite.
5. ⇨ Zenkutsu-dachi chudan kizami mae-geri/jodan mae-geri. ⇩
6. ⇩ Zenkutsu-dachi kizami mawashi-geri/mawashi-geri.
7. ⇨ Kiba-dachi jodan or chudan yoko-geri keage/chudan or gedan- yoko-geri kekomi (same leg, two different heights).

Jiyu kumite

1. Defensive free sparring.
2. Offensive free sparring.

Bassai-dai

Main points of examination - ability to demonstrate:

1. Correct application of power.
2. Speed of Technique.
3. Body expansion and contraction.
4. Ki - Mind, spirit, feeling, energy.
5. 9 of 10 degrees of power.

1B/1 Kyu to Shodan Black Belt

1. Pre-requisite for all ages: two to three months after 1B/1kyu.
Not less than two years total training.
2. Average age – 8 years and older.
3. Minimum B (80%) training attendance or discretion of Instructor.
4. Member in good standing with a valid IKD Passport.

Kihon - three counts:

1. ⇨ Zenkutsu-dachi sanbon-zuki.
2. ⇨ Kokutsu-dachi chudan uchi-uke/zenkutsu- dachi kizami-zuki chudan gyaku-zuki.
3. ⇨ Zenkutsu-dachi chudan soto-uke/kiba-dachi yoko-enpi uraken-uchi.
4. ⇨ Kokutsu-dachi chudan shuto-uke/kizami mae-geri/zenkutsu-dachi jodan nukite.
5. ⇨ Zenkutsu-dachi kizami mae-geri/ ⇨ jodan mae-geri. ⇨
6. ⇨ Zenkutsu-dachi mawashi-geri uraken-uchi gyaku-zuki.
7. ⇨ Kiba-dachi jodan or chudan yoko-geri keage/chudan or gedan- yoko-geri kekomi (same leg, two different heights).

Kata:

1. Examinee: one kata from Group 2:
 - Sentei kata (**Tekki nidan** - Bassai-dai, Kanku-dai, Enpi, **Jion**).
2. Examiner: one kata from Group 1:
 - Shitei kata (Heian shodan to Heian godan or **Tekki shodan**).
3. Examinee: Heian shodan traditional bunkai.

Jiyu kumite:

1. One opponent – two minutes.

Main points of examination:

1. Correct application of power.
2. Speed of technique.
3. Body expansion and contraction.
4. Ki - Mind, spirit, feeling, energy.
5. 10 of 10 degrees of power.
6. Mastery of the basic techniques and the ability to use them effectively and practically.

Shodan to Nidan

1. 15 years and older; more than one year after shodan.
2. 10 to 14 years; more than two years after shodan.
3. Minimum B (80%) training attendance or discretion of Instructor.
4. Member in good standing with a valid IKD Passport.

Kihon - three counts:

1. ⇨ Kamae ryu/zenkutsu-dachi kizami-zuki sanbon-zuki/kamae ryu.
2. ⇐ Kamae ryu/zenkutsu-dachi kizami-zuki/kokutsu-dachi chudan uchi- uke/
zenkutsu-dachi kizami-zuki chudan gyaku-zuki/kamae ryu.
3. ⇨ Kamae ryu/zenkutsu-dachi kizami-zuki/zenkutsu-dachi chudan
soto-uke/kiba-dachi yoko-enpi uraken-uchi gyaku-zuki/kamae ryu.
4. ⇐ Kamae ryu/zenkutsu-dachi kizami-zuki/kokutsu-dachi chudan
shuto-uke/kizami mae-geri/zenkutsu-dachi jodan nukite/kamae ryu.
5. ⇨ Kamae ryu chudan kizami mae-geri/jodan mae-geri gyaku-zuki/kamae ryu. ⇨
6. ⇐ Kamae ryu kizami mawashi-geri/mawashi-geri uraken-uchi gyaku-zuki/
kamae ryu.
7. ⇨ Kiba-dachi hidari yoko-geri keage/migi yoko-geri kekomi.
8. ⇐ Kamae ryu jodan kizami-zuki/ ⇐ zenkutsu-dachi jodan age-uke ⇨
mawashi-geri uraken-uchi oi-zuki/kamae ryu.

Kata:

1. Examinee: one kata from Group 3: **2 and 3**
 - Tokui kata (**Tekki sandan, Jutte**, Gankaku, Kanku-sho, Nijushiho).
2. Examiner: one kata from Group 2:
 - Tokui kata (**Tekki nidan**, Bassai-dai, Kanku-dai, Enpi, **Jion**).
3. Examinee: Heian nidan traditional bunkai.

Jiyu kumite:

Two opponents – two minutes each with rest between matches.

1. 40 years and older (masters age), jiyu kumite or self-defence.
2. Self-defence from standing position must show ability to sense attack accurately, and use basic techniques with power, speed, sharpness and ki. Attack degree angles: 0 (right side), 45, 90 (front), 135 180 (left side), 225, 270, 315, 360.
3. Defender shall stand in yoi without moving, except at onset of attack. Defender may turn head only to face attacker at 0 degree to 180 degree angles (right to left). Defend by sight. At angles (back) 225 to 315, attacker shall only apply chokes, grabs, or bear hugs. React to touch.

Main points of examination:

1. Correct application of power, speed of technique, body expansion and contraction.
2. Ki - mind, spirit, feeling, energy.
3. Smooth transition from free stance to traditional stance (complete technique with power) to free stance. Show zero power, maximum power, zero power.
4. Mastery of advanced techniques and the ability to use them effectively and practically.

Nidan to Sandan

1. 16 years and older; more than two years after nidan.
2. 13 to 15 years - more than three years after nidan.
3. Minimum B (80%) training attendance or discretion of Instructor.
4. Member in good standing with a valid IKD Passport.

Kihon - three counts:

1. ⇨ Kamae ryu/jodan oi-zuki/kamae ryu ⇨ yori-ashi ⇨ yori-ashi gyaku-zuki/kamae ryu ⇨ zenkutsu-dachi gyaku-hanmi kizami-zuki. Finish and return to starting position ⇨ .
2. ⇨ Kamae ryu/jodan oi-zuki/kamae ryu ⇨ yori-ashi nagashi uke ⇨ yori-ashi gyaku-zuki. finish and return to starting position).
3. ⇨ Kamae ryu/chudan mae-geri/kamae ryu gedan-barai gyaku-zuki (block and counter at the same time). Finish and return to starting position.
4. ⇨ Kamae ryu chudan mae-geri/kamae ryu kizami-zuki kamae ryu. Finish and return to starting position.

Kata:

1. Examinee: one kata from Group 4: **3 and 4**
 - Tokui kata (**Hangetsu**, Bassai-sho, Chinte, **Sochin**, Unsu).
2. Examiner: one kata from Group 3:
 - Tokui kata (**Tekki sandan**, **Jutte**, Gankaku, Kanku-sho, Nijushiho).
3. Examinee: Heian sandan traditional bunkai.

Jiyu kumite: three opponents – two minutes each with rest between matches.

1. 40 years and older (masters age), jiyu kumite or self-defence.
2. Self-defence from sitting position (chair or seiza) must show ability to sense attack accurately, and use basic techniques with power, speed, sharpness and ki. Attack degree angles: 0 (right side), 45, 90 (front), 135 180 (left side), 225, 270, 315, 360.
3. Defender shall not move, except at onset of attack. Defender may turn head only to face attacker at 0 degree to 180 degree angles (right to left).
4. At degree angles (back) 225 to 315, attacker shall ki-ai at the onset of the attack. No grabs, etc. Defender shall turn to face attacker upon hearing ki-ai. Defender shall defend by sound.

Main points of examination:

1. Correct application of power, speed of technique, body expansion and contraction.
2. Ki - mind, spirit, feeling, energy.
3. Mastery of kumite defensive techniques and the ability to use them effectively.

Sandan to Yondan

1. From age 16 years and older, more than three years after sandan.
2. Must be 20 years and older.
3. Minimum B (80%) training attendance or discretion of Instructor.
4. Member in good standing with a valid IKD Passport.

Kihon - three counts:

1. ⇨ Kamae ryu kizami-zuki gyaku-zuki ⇨ gyaku-zuki kizami-zuki. ☞
2. (same)
3. ⇨ Kamae ryu yori-ashi kizami-mae-geri gyaku-zuki ⇨ chudan mae-geri jodan gyaku-zuki. ☞
4. (same)
5. ⇨ Kamae ryu yori-ashi kizami mawashi-geri gyaku-zuki ⇨ mawashi-geri/oi-zuki. ☞
6. (same)
7. ⇨ Kamae ryu chudan ushiro-geri gyaku-zuki mae-geri gyaku-zuki. ☞
8. (same)
9. ⇨ Kamae ryu yori-ashi jodan uraken-uchi gyaku-zuki ⇨ gyaku-haito-uchi kizami-zuki. ☞
(same)

Kata:

1. Examinee: one kata from Group 5: **4 and 5**
 - Tokui kata (Gojushiho-sho, Gojushiho-dai, **Meikyo**, Wankan, **Jiin**).
2. Examiner: one kata from Group 4:
 - Tokui kata (**Hangetsu**, Bassai-sho, Chinte, **Sochin**, Unsu).
3. Examinee: Heian yondan traditional bunkai.

Jiyu kumite: two simultaneous opponents - two minutes; frontal fighting only.

1. 40 years and older (masters age), jiyu kumite or self defence.
2. Self defence from free stance against a rubber knife. Must show ability to sense attack accurately, and use basic techniques with power, speed, sharpness and ki.
3. Five attacks in order of: face or stomach thrust, downward or upward vertical slash, right or left diagonal slash from top to bottom, right or left diagonal slash from bottom up, and left or right horizontal slash to stomach or face.

Main points of examination:

1. An understanding of the general technical principles of karate techniques namely - stance, posture, form, and body mechanics of power, speed, and sharpness.
2. Understanding the principles of ki – mind, spirit, feeling and energy.
3. Mastery of kumite attacking techniques and the ability to use them effectively.
4. Ability to teach and communicate karate to others.

Yondan to Godan

1. More than four years after yondan.
2. Must be 25 years and older.
3. Minimum B (80%) training attendance or discretion of Instructor.
4. Member in good standing with a valid IKD Passport.
5. Service contribution to IKD.

Kata:

1. Examinee: one kata from Group 2 to 5.
2. Examinee: complete traditional bunkai for chosen kata.
3. Examiner: one kata from Group 3 to 5.
4. Examinee: Heian godan traditional bunkai.

Jiyu kumite:

Two simultaneous opponents - two minutes, or 40 years and older self defence.

1. Self defence from free stance against a rubber club representing a machete. Must show ability to sense attack accurately, and use basic techniques with power, speed, sharpness and ki.
2. Five attacks in order of: face or stomach thrust, downward or upward vertical slash, right or left diagonal slash from top to bottom, right or left diagonal slash from bottom up, and left or right horizontal slash to stomach or face.

Research presentation:

1. Examinee: ten minute presentation of limited research with demonstration.
2. Examiner: questions on presentation.

Main points of examination:

1. Possess a high level of karate-do – physically, mentally and spiritually.
2. Performed karate research beneficial to dojo or regional or national or International members.
3. Made a contribution to IKD karate-do at the dojo or regional or national or International level.
4. Ability to teach and communicate karate to others.

Godan to Rokudan

1. More than five years after godan.
2. Must be 30 years and older.
3. Minimum B (80%) training attendance or discretion of Instructor.
4. Member in good standing with a valid IKD Passport.
5. Service contribution to IKD.

Kata:

1. Examinee: one kata from Group 2 to 5.
2. Examinee: complete traditional bunkai for chosen kata.
3. Examiner: one kata from Group 3 to 5.
4. Examinee: Tekki shodan traditional bunkai.

Enbu:

1. Self defence demonstration against one attacker – one minute. Todome waza applied at end of demonstration.

Research presentation:

1. Examinee: fifteen minute presentation of research with demonstration.
2. Examiner: questions on presentation.

Main points of examination:

1. Possess a higher level of karate-do – physically, mentally and spiritually.
2. Performed in depth karate research beneficial to regional or national or International members.
3. Made a contribution to IKD karate-do at the regional or national or International level.
4. Dedication to karate-do.

Rokudan to Shichidan

1. Shihan-kai recommendation.
2. More than six years after rokudan
3. Must be 40 years and older.
4. Member in good standing with a valid IKD Passport.
5. Service contribution to IKD.

Kata:

1. Examinee: favourite kata from Group 2 to 5, except Bassai-dai.
2. Examinee: complete traditional bunkai of favourite kata.
3. Examinee: secondary kata from Group 2 to 5, except Bassai-dai.
4. Examinee: complete traditional bunkai of secondary kata.
5. Examiner: Bassai-dai traditional bunkai.

Research presentation:

1. Examinee: twenty minute presentation of research with demonstration.
2. Examiner: questions on presentation.

Shihan-kai examination criteria:

1. Possess the highest level of karate-do – physically, mentally and spiritually.
2. Performed thorough karate research beneficial to International members.
3. Contribution to IKD karate-do at the International level.
4. Physical and mental maturity in karate.
5. Character reference letter.
6. Certificate of police clearance.
7. Understands the moral, legal and political implications of karate-do.
8. Possess the character and qualities of a member of the IKD Shihan-kai.
9. Possess unbiased leadership qualities.
10. Excellent interpersonal skills- ability to create good relationships and harmony between you, your colleagues and students with mutual respect.

Shichidan to Hachidan

1. Shihan-kai recommendation.
2. More than seven years after shichidan.
3. Must be 50 years and older.
4. Member in good standing with a valid IKD Passport.
5. Service contribution to IKD.

Kata:

1. Examinee: favourite kata from Group 2 to 5.
2. Examinee: complete traditional bunkai of favourite kata.
3. Examinee: secondary kata from Group 2 to 5.
4. Examinee: complete traditional bunkai of secondary kata.
5. Examiner: one kata from Group 1.

Research presentation:

1. Examinee: twenty minute presentation of research with demonstration.
2. **Examiner: questions on presentation.**

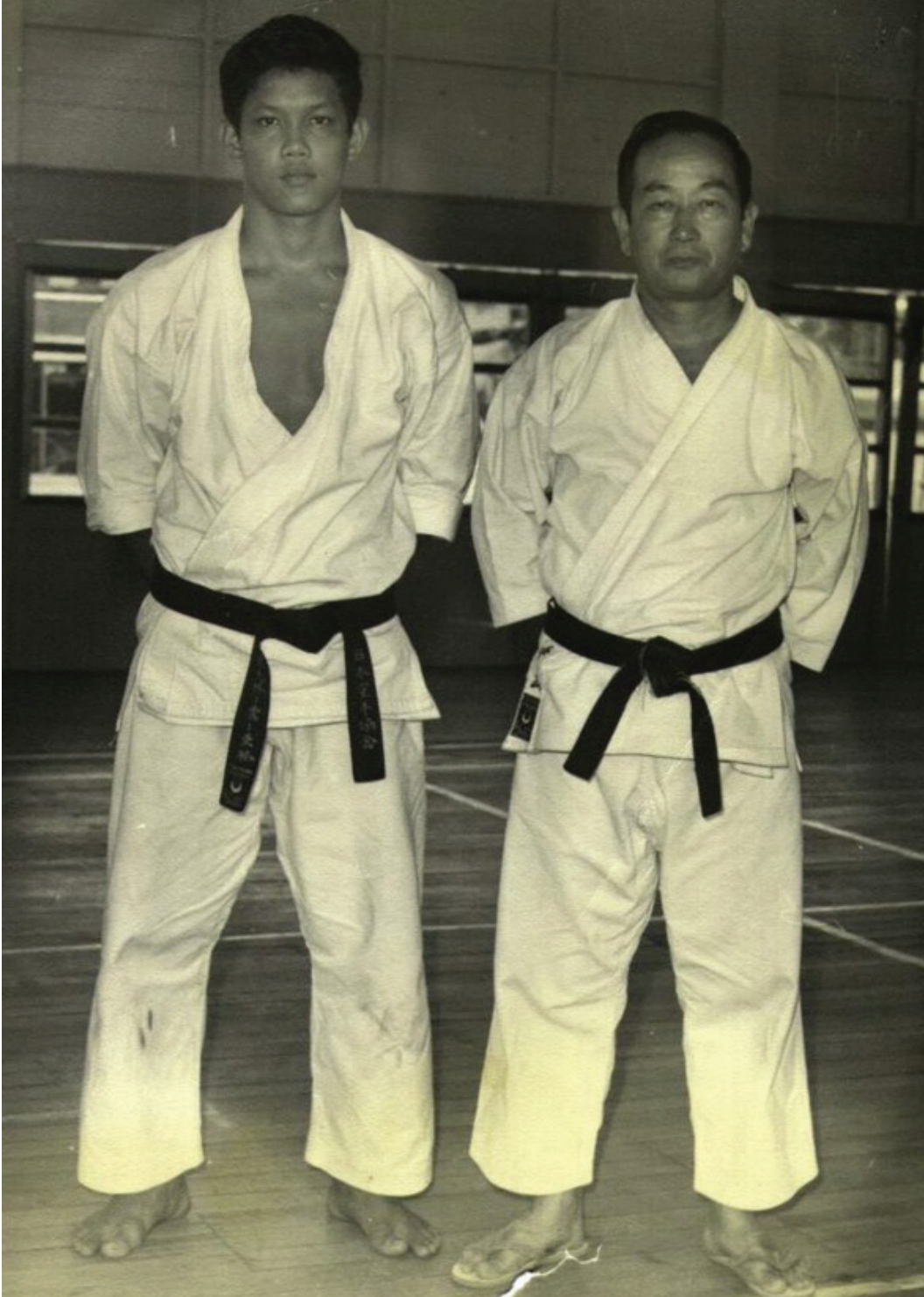
Shihan-kai examination criteria:

1. Possess the highest level of karate-do – physically, mentally and spiritually.
2. Performed thorough karate research beneficial to International members.
3. Contribution to IKD karate-do at the International level.
4. Physical and mental maturity in karate.
5. Character reference letter.
6. Certificate of police clearance.
7. Understands the moral, legal and political implications of karate-do.
8. Possess the character and qualities of a member of the IKD Shihan-kai.
9. Possess unbiased leadership qualities.
10. Excellent interpersonal skills- ability to create good relationships and harmony between you, your colleagues and students with mutual respect.

Acknowledgement

This Manual marks the first anniversary of the founding and establishment of the International Karate Daigaku. The Kyu and Dan Examination Syllabus is the result of one year of intensive research, development, and testing in the majority of member organizations shown below. The IKD Shihan-kai made a significant contribution. As this Manual is a living document, further editions will become available in the future. Its contents are influenced by the work of Master Masatoshi Nakayama in his *Best Karate* series, his *bunkai* in *Shotokan 15 Kata Karate-do* series, and his self defence techniques in *Practical Karate* series and *Karate in Action* series. It is also influenced by the teachings and *bunkai* of Master Hidetaka Nishiyama:

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Frank Woon-A-Tai and Masatoshi Nakayama. Guyana 1974.



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