

# TEST FOR 9<sup>th</sup> KYU (child first test, yellow belt)

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KATA: Heian Shodan (to first kiai point)

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KIHON: Assume natural stance; on command assume front stance. Then, on command:

1. Step forward, lunge punch to stomach (2 sets).
  2. Step back, rising block (2 sets).
  3. Step forward, outside-forearm block (2 sets). -TURN-
  4. Step forward, rear leg front-snap kick to the stomach (2 sets).
  5. Shift to kiba-dachi stance, facing the panel of examiners. Then on command:
    1. Step to the left, side-snap kick (2 sets); then
    2. Step to the right, side-snap kick (2 sets).
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KUMITE:

Three-point sparring (sanbon kumite):

1. *Attack side*: step in, attacking face with lunge punch, three times in succession (wait for separate command for each attack); *Defense side*: step back, execute rising block three times, executing a counter punch to the stomach after the third rising block.
2. *Attack side*: step in, attacking stomach with lunge punch, three times in succession (wait for separate command for each attack); *Defense side*: step back, execute down block three times, executing a counter punch to the stomach after the third down block.

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## TEST FOR 8<sup>th</sup> KYU (first test, yellow belt)

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KATA: Heian Shodan

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KIHON: Assume natural stance; on command assume front stance. Then, on command:

1. Step forward, lunge punch to stomach (2 sets).
  2. Step back, rising block (2 sets).
  3. Step forward, outside-forearm block (2 sets).
  4. Step back, back stance knifehand block (2 sets).
  5. Step forward, rear leg front-snap kick to the stomach (2 sets).
  6. Shift to kiba-dachi stance, facing the panel of examiners. Then on command:
    1. Step to the left, side-snap kick (2 sets); then
    2. Step to the right, side-snap kick (2 sets).
  7. Remaining in kiba-dachi stance, on command:
    1. Step to the left, side-thrust kick (2 sets); then
    2. Step to the right, side-thrust kick (2 sets).
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KUMITE:

Three-point sparring (sanbon kumite):

1. *Attack side*: step in, attacking face with lunge punch, three times in succession (wait for separate command for each attack); *Defense side*: step back, execute rising block three times, executing a counter punch to the stomach after the third rising block.
2. *Attack side*: step in, attacking stomach with lunge punch, three times in succession (wait for separate command for each attack); *Defense side*: step back, execute down block three times, executing a counter punch to the stomach after the third down block.

# TEST FOR 7<sup>th</sup> KYU (orange belt)

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KATA: Heian Nidan

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KIHON: Assume natural stance; on command assume front stance. Then, on command:

1. Step forward, lunge punch to face level (2 sets).
  2. Step back, rising block, reverse punch to stomach (2 sets).
  3. Step forward, outside-forearm block, reverse punch to face (2 sets).
  4. Step back, back stance knifehand block, front snap kick with front leg (2 sets).
  5. Step forward, rear leg front-snap kick to the face level (2 sets).
  6. Step forward, roundhouse kick to middle level, reverse punch (2 sets).
  7. Shift to kiba-dachi stance, facing the panel of examiners. Then on command:
    1. Step to the left, side-snap kick (2 sets); then
    2. Step to the right, side-snap kick (2 sets).
  8. Remaining in kiba-dachi stance, on command:
    1. Step to the left, side-thrust kick (2 sets); then
    2. Step to the right, side-thrust kick (2 sets).
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KUMITE:

Three-point sparring (sanbon kumite):

1. *Attack side*: step in, attacking face with lunge punch, three times in succession (wait for separate command for each attack); *Defense side*: step back, execute rising block three times, executing a counter punch to the stomach after the third rising block.
2. *Attack side*: step in, attacking stomach with lunge punch, three times in succession (wait for separate command for each attack); *Defense side*: step back, execute down block three times, executing a counter punch to the stomach after the third down block.

# TEST FOR 6<sup>th</sup> KYU (green belt)

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KATA: Heian Sandan

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KIHON: Assume natural stance; on command assume front stance. Then, on command:

1. Step forward, face punch, double punch to stomach (2 sets).
  2. Step back, rising block, reverse punch to stomach (2 sets).
  3. Step forward, outside-forearm block, shift to kiba-dachi stance, elbow strike, backfist strike (2 sets).
  4. Step back, back stance knifehand block, front snap kick with front leg, shift to front stance, spearhand attack to stomach (2 sets).
  5. Step forward, double front-snap kick starting with rear leg: first kick to stomach level, then, moving forward, to face level (2 sets, changing legs in between).
  6. Step forward, double roundhouse kick starting with rear leg: first kick to stomach level, then, moving forward to face level; follow with counterpunch (2 sets, changing legs in between).
  7. Shift to kiba-dachi stance, facing the panel of examiners. Then on command:
    1. Step to the left, side-snap kick (2 sets); then
    2. Step to the right, side-snap kick (2 sets).
  8. Remaining in kiba-dachi stance, on command:
    1. Step to the left, side-thrust kick (2 sets); then
    2. Step to the right, side-thrust kick (2 sets).
  9. Stepping forward, rear leg front-snap kick stomach level, then lunge-punch face.
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KUMITE:

Ippon Kumite: *Attack side*: attack face punch, stomach punch, front snap kick. For each point of attack, first attack starting with left leg forward, then with right leg forward.

*Defense side*: stand in natural stance, allowing the attacker to set the distance. Block and counter with appropriate techniques.

# TEST FOR 5<sup>th</sup> KYU (blue belt)

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KATA: Heian Yondan

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KIHON: Assume natural stance; on command assume front stance. Then, on command:

1. Step forward, face punch, double punch to stomach; rear leg front snap kick in place (2 sets).
  2. Step back, rising block, reverse punch to stomach, rear leg front snap kick in place (2 sets).
  3. Step forward, outside-forearm block, shift to kiba-dachi stance, elbow strike, backfist strike, then shift to front stance, counter punch (2 sets).
  4. Step back, back stance knifehand block, front snap kick with front leg, shift to front stance, spearhand attack to stomach, short punch face, then counter punch stomach (2 sets).
  5. Step forward, double front-snap kick starting with rear leg: first kick to stomach level, then, moving forward, to face level, then counterpunch stomach (2 sets, changing legs in between).
  6. Step forward, double roundhouse kick starting with rear leg: first kick to stomach level, then, moving forward to face level; then counterpunch stomach (2 sets, changing legs in between).
  7. Shift to kiba-dachi stance, facing the panel of examiners. Then on command:
    1. Step to the left, side-snap kick (2 sets); then
    2. Step to the right, side-snap kick (2 sets).
  8. Remaining in kiba-dachi stance, on command:
    1. Step to the left, side-thrust kick (2 sets); then
    2. Step to the right, side-thrust kick (2 sets).
  9. With rear leg, moving forward, front-snap kick, moving forward again, side thrust kick; then counter-punch stomach.
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KUMITE:

Ippon Kumite: *Attack side*: attack face punch, stomach punch, front snap kick, side-thrust kick. For each point of attack, first attack starting with left leg forward, then with right leg forward. *Defense side*: stand in natural stance, allowing the attacker to set the distance. Block and counter with appropriate techniques.

# TEST FOR 4<sup>th</sup> KYU (purple belt)

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KATA: Heian Godan

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KIHON: Assume natural stance; on command assume front stance. Then, on command:

1. Step forward, face punch, double punch to stomach; front leg front snap kick in place (2 sets).
  2. Step back, rising block, reverse punch to stomach, front snap kick in place using front leg (2 sets).
  3. Step forward, outside-forearm block, shift to kiba-dachi stance, elbow strike, backfist strike, then shift to front stance, down block, counter punch stomach (2 sets).
  4. Step back, back stance knifehand block, front snap kick with front leg, shift to front stance, spearhand attack to stomach, then, in place, rear leg front snap kick to stomach and reverse punch as kicking leg returns to front stance position (2 sets).
  5. Step forward, double front-snap kick starting with front leg: first kick to stomach level, then, moving forward, to face level, then counter punch face (2 sets, changing legs in between).
  6. Step forward, double roundhouse kick starting with front leg: first kick to stomach level, then, moving forward to face level; then counter punch face (2 sets, changing legs in between).
  7. Shift to kiba-dachi stance, facing the panel of examiners. Then on command:
    1. Step to the left, side-snap kick (2 sets); then
    2. Step to the right, side-snap kick (2 sets).
  8. Remaining in kiba-dachi stance, on command:
    1. Step to the left, side-thrust kick (2 sets); then
    2. Step to the right, side-thrust kick (2 sets).
  9. With rear leg, moving forward, side thrust kick, roundhouse kick, back kick, counter punch stomach.
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KUMITE:

Ippon Kumite: *Attack side*: attack face punch, stomach punch, front snap kick, side-thrust kick and roundhouse kick. For each point of attack, first attack starting with left leg forward, then with right leg forward. *Defense side*: stand in natural stance, allowing

the attacker to set the distance. Block and counter with appropriate techniques.

# TEST FOR 3<sup>th</sup> KYU (brown belt)

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KATA: Tekki Shodan

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KIHON: Assume natural stance; on command assume front stance. Then, on command:

1. Step forward, face punch, double punch to stomach; rear leg front snap kick, then front leg front snap kick in place (2 sets).
  2. Step back, rising block, reverse punch to stomach, front snap kick in place using first rear leg, then front leg (2 sets).
  3. Step forward, outside-forearm block, shift to kiba-dachi stance, elbow strike, backfist strike, then shift to front stance, down block, counterpunch face (2 sets).
  4. Step back, back stance knifehand block, front snap kick with front leg, shift to front stance, spearhand attack to stomach, then, in place, rear leg roundhouse kick to stomach, counterpunch (2 sets).
  5. Step forward, double front-snap kick starting with front leg: first kick to stomach level, then, moving forward, to face level; then, backfist strike to temple, counter punch stomach (2 sets).
  6. Step forward, double roundhouse kick starting with front leg: first kick to stomach level, then, moving forward, to face level; then, backfist strike to temple, counter punch stomach (2 sets).
  7. Shift to kiba-dachi stance, facing the panel of examiners. Then on command:
    1. Step to the left, side-snap kick (2 sets); then
    2. Step to the right, side-snap kick (2 sets).
  8. Remaining in kiba-dachi stance, on command:
    1. Step to the left, side-thrust kick (2 sets); then
    2. Step to the right, side-thrust kick (2 sets).
  9. Starting with front leg, moving forward: side thrust kick, roundhouse kick, back kick, reverse punch stomach (2 sets, changing legs in between).
  10. Kicking in place: first, front-snap kick, side-snap kick (2 sets); then front-snap kick, side-thrust kick (2 sets). Then change legs and repeat on the other side.
  11. With an examiner holding a pencil, counter punch one inch away from the tip of the pencil without hitting it, as it is held stationary.
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KUMITE:

Ippon Kumite: *Attack side*: attack face punch, stomach punch, front snap kick, side-



thrust kick, roundhouse kick, and back kick. For each point of attack, first attack starting with left leg forward, then with right leg forward. *Defense side:* stand in natural stance, allowing the attacker to set the distance. Block and counter with appropriate techniques.

## TEST FOR 2<sup>nd</sup> KYU (brown belt)

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**KATA:** Your choice from the group *Tekki Nidan, Tekki Sanda, Bassai Dai, Kanku Dai, Jitte, Jion, Hangetsu, Empi, Gankaku, Chintei*

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**KIHON:** Assume natural stance; on command assume front stance. Then, on command:

1. Step forward, face punch, double punch to stomach; front leg front snap kick, then rear leg front snap kick in place (2 sets).
2. Step back, rising block, reverse punch to stomach, front snap kick in place using first front leg, then rear leg (2 sets).
3. Step forward, outside-forearm block, shift to kiba-dachi stance, elbow strike, backfist strike, then with rear leg roundhouse kick stomach level moving forward and counter punch stomach as the leg comes down (2 sets).
4. Step back, back stance knifehand block, front snap kick with front leg, shift to front stance, spearhand attack to stomach, then, in rear leg roundhouse kick to stomach (in place), backfist strike temple level, counterpunch stomach (2 sets).
5. Step forward, double front-snap kick starting with front leg: first kick to stomach level, then, moving forward, to face level; then, backfist strike to temple, outside forearm block (2 sets).
6. Step forward, double roundhouse kick starting with front leg: first kick to stomach level, then, moving forward, to face level; then, backfist strike to temple, outside forearm block (2 sets).
7. Shift to kiba-dachi stance, facing the panel of examiners. Then on command:
  1. Step to the left, side-snap kick (2 sets); then
  2. Step to the right, side-snap kick (2 sets).
8. Remaining in kiba-dachi stance, on command:
  1. Step to the left, side-thrust kick (2 sets); then
  2. Step to the right, side-thrust kick (2 sets).
9. Starting with front leg, moving forward: side thrust kick, roundhouse kick, back kick, reverse punch stomach (2 sets, changing legs in between).
10. Kicking in place: first, front-snap kick, side-snap kick, roundhouse kick; then front-snap kick, side-thrust kick, roundhouse kick (2 sets) Then change legs and repeat on the other side.
11. With an examiner holding a pencil, counter punch one inch away from the tip of the pencil without hitting it, as it is moved sequentially. Your choice of punching hand.

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**KUMITE:**

Ippon Kumite: *Attack side*: attack face punch, stomach punch, front snap kick, side-thrust kick, roundhouse kick, and back kick. For each point of attack, first attack starting with left leg forward, then with right leg forward. *Defense side*: stand in natural stance, allowing the attacker to set the distance. Block and counter with appropriate techniques.

## TEST FOR 1<sup>st</sup> KYU (brown belt)

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**KATA:** Your choice from the group *Tekki Nidan, Tekki Sanda, Bassai Dai, Kanku Dai, Jitte, Jion, Hangetsu, Empi, Gankaku, Chintei*

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**KIHON:** Assume natural stance; on command assume front stance. Then, on command:

1. Step forward, face punch, double punch to stomach; front leg front snap kick, then rear leg front snap kick in place, counter-punch stomach (2 sets).
2. Step back, rising block, reverse punch to stomach, front snap kick in place using first front leg, then rear leg, then counter-punch stomach (2 sets).
3. Step forward, outside-forearm block, shift to kiba-dachi stance, elbow strike, backfist strike, then pulling front leg back a half step, back kick, counter punch stomach (2 sets, switch legs in between).
4. Step back, back stance knifehand block, front snap kick with front leg, shift to front stance, spearhand attack to stomach, then in rear leg roundhouse kick to stomach (in place), backfist strike temple level, outside-forearm block (2 sets).
5. Step forward, double front-snap kick starting with front leg: first kick to stomach level, then, moving forward, to face level; then, backfist strike to temple, outside forearm block, then counter punch stomach (2 sets).
6. Step forward, double roundhouse kick starting with front leg: first kick to stomach level, then, moving forward, to face level; then, backfist strike to temple, outside forearm block, then counter punch stomach (2 sets).
7. Shift to kiba-dachi stance, facing the panel of examiners. Then on command:
  1. Step to the left, side-snap kick (2 sets); then
  2. Step to the right, side-snap kick (2 sets).
8. Remaining in kiba-dachi stance, on command:
  1. Step to the left, side-thrust kick (2 sets); then
  2. Step to the right, side-thrust kick (2 sets).
9. Alternating sides while stepping forward, front snap kick, side thrust kick, roundhouse kick, back kick, counter-punch face level (2 sets, changing legs in between).
10. Kicking in place: first, front-snap kick, side-snap kick, roundhouse kick, back kick; then front-snap kick, side-thrust kick, roundhouse kick, reverse punch (2 sets). Then change legs and repeat on the other side.
11. With an examiner holding a pencil, counter punch one inch away from the tip of the pencil without hitting it, as it is moved sequentially. Your choice of punching hand.

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**KUMITE:**

Ippon Kumite: *Attack side*: attack face punch, stomach punch, front snap kick, side-thrust kick, roundhouse kick, and back kick. For each point of attack, first attack starting with left leg forward, then with right leg forward. *Defense side*: stand in natural stance, allowing the attacker to set the distance. Block and counter with appropriate techniques.

## TEST FOR 1<sup>st</sup> DAN (SHODAN – BLACK BELT)

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### **KATA:**

1. Your choice from the group *Tekki Nidan, Tekki Sandan, Bassai Dai, Kanku Dai, Jion, Jitte, Hangetsu, Empi, Gankaku, Chinte*.
  2. One of the *Heian* kata, chosen at random by the examiners.
  3. (At the option of the examiners) one of the *Tekki* kata.
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**KIHON:** Assume natural stance; on command, assume front stance. Then, on command:

1. Step forward, face punch, double punch to stomach; front leg front-snap kick, rear leg front-snap kick in place, counter-punch stomach (2 sets).
2. Step back, rising block, reverse punch to stomach, front-snap kick in place using first front leg, then rear leg, then counter-punch stomach.
3. Step forward, outside-forearm block, shift to kiba-dachi stance, elbow strike, backfist strike, then shifting the front leg rearward one-half step, spinning back kick, reverse punch to stomach (2 sets, switch legs in between).
4. Step back, backstance knifehand block, front snap kick with front leg, shift to front stance, spearhand attack to stomach, rear leg roundhouse kick forward: as the leg returns, backfist strike with front arm to temple level, outside forearm block, counterpunch to stomach (2 sets).
5. Step forward, double front-snap kick starting with front leg: first kick to stomach level, then moving forward, to face level; then, backfist-strike to temple, outside forearm block, then counter punch to stomach (2 sets).
6. -Turn-
7. Step forward, double roundhouse kick starting with front leg: first kick to stomach level, then, moving forward, to face level; then backfist-strike to temple, outside forearm block, counter punch to stomach (2 sets).
8. Shift to kiba-dachi stance, facing the panel of examiners. Then, on command:
  1. Step to the left, side-snap kick (2 sets); then
  2. Step to the right, side-snap kick (2 sets).
9. Remaining in kiba-dachi stance, on command:
  1. Step to the left, side-thrust kick (2 sets); then
  2. Step to the right, side-thrust kick (2 sets).
10. Starting with front leg, in place: side thrust kick forward, moving forward with roundhouse kick, back kick, step in, lunge punch to stomach.

11. Kicking in place: first, front-snap kick, side-snap kick, roundhouse kick, back kick, reverse punch; then front-snap kick, side-thrust kick, roundhouse kick, back kick, reverse punch (2 sets). Then change legs and repeat on the other side.
  12. With an examiner holding a pencil, counter punch one inch away from the tip of the pencil without hitting it, as it is moved sequentially. Your choice of punching hand.
  13. Step in lunge-punch face, three times continuously (2 sets).
  14. Stepping back, outside forearm block, short punch with blocking arm, and simultaneously front-snap kick with front leg.
  15. With front leg, roundhouse kick in place, then side-thrust kick in place without putting the leg down; then step in face punch.
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### **KUMITE:**

1. *Jiyu-Ippon Kumite* (semi-free): *Attack side*: attack face punch, stomach punch, front snap kick, side-thrust kick, roundhouse kick, and back kick. For each point of attack, first attack starting with left leg forward, then with right leg forward. *Defense side*: stand in fighting stance, allowing the attacked to set the distance. Block and counter attack with appropriate techniques.
2. (At the option of the examiners) sparring with higher-ranked member.

## TEST FOR 2<sup>nd</sup> DAN (NIDAN)

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### **KATA:**

1. Your choice from the group *Sochin, Nijushiho, Kanku Sho, Bassai Sho*
  2. Your choice from the group *Tekki Nidan, Tekki Sandan, Bassai Dai, Kanku Dai, Jion, Jitte, Hangetsu, Empi, Gankaku, Chintei.*
  3. (At the option of the examiners) one of the *Tekki* kata.
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**KIHON:** Assume natural stance; on command, assume front stance. Then, on command:

1. In place short punch, then moving forward, three continuous step in lunge-punches to face (2 sets).
  2. Stepping forward, outside-forearm block, short punch, front snap kick with front leg, reverse punch (3 sets with speed).
  3. Stepping back, outside forearm block, front leg front snap kick, short punch, counter punch (3 sets).
  4. In place, front leg knee-level side thrust kick, same leg roundhouse kick; stepping forward rear leg sweep, spinning back kick, step in face punch (2 sets).
  5. Step in face punch, backfist strike with same arm, roundhouse kick stomach, stepping forward steep, backfist strike, counter punch stomach level.
  6. Front leg front-snap kick, step back, counter punch; front leg side-thrust kick, step back, counter punch; front leg roundhouse kick, step back, counter punch, front leg back kick, step back, counter punch.
  7. Starting with front leg, in place: front-snap kick, side-snap kick, roundhouse kick, back kick, counter punch; then front-snap kick, side-thrust kick, roundhouse kick, back kick, counter punch. Change legs and repeat the sequence.
  8. Any combinations requested by members of the examining board.
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### **KUMITE:**

1. Free attack and defense with member of same rank or higher.
2. Either
  1. Free sparring with member of same rank or higher. OR
  2. Defense application techniques demonstration.