



# FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

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## 10<sup>th</sup> Kyu Examination Requirements Yellow Belt

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### **KIHON**

#### ***Zenkutsu dachi***

(Front stance)

1. Lunge punch	<i>Oi zuki</i>	4x fwd & back
2. Rising block	<i>Age uke</i>	4x fwd & back
3. Outside block	<i>Ude uke</i>	4x fwd & back
4. Inside block	<i>Uchi uke</i>	4x fwd & back
5. Down block	<i>Gedan barai</i>	4x fwd & back
6. Front snap kick	<i>Mae geri keage</i>	4x fwd & back

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### **KATA**

*Taikyoku Shodan*

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### **KUMITE**

#### **5-step sparring      *Gohon kumite***

Face punch	<i>Jo dan</i>
Body punch	<i>Chu dan</i>



# FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

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## 9<sup>th</sup> & 8<sup>th</sup> Kyu Examination Requirements Orange and Blue Belt

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### KIHON

#### **Zenkutsu dachi**

(front stance)

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|------------------|--------------------|---------------|
| 1. Lunge punch   | <i>Oi zuki</i>     | 4x fwd & back |
| 2. Rising block  | <i>Age uke</i>     | 4x fwd & back |
| 3. Outside block | <i>Ude uke</i>     | 4x fwd & back |
| 4. Inside block  | <i>Uchi uke</i>    | 4x fwd & back |
| 5. Down block    | <i>Gedan barai</i> | 4x fwd & back |

#### **Kokutsu dachi**

(back stance)

- |                     |                  |               |
|---------------------|------------------|---------------|
| 6. Knife hand block | <i>Shuto uke</i> | 4x fwd & back |
|---------------------|------------------|---------------|

#### **Zenkutsu dachi**

(front stance)

- |                      |                        |               |
|----------------------|------------------------|---------------|
| 7. Front snap kick   | <i>Mae geri keage</i>  | 4x fwd & back |
| 8. Front thrust kick | <i>Mae geri kekome</i> | 4x fwd & back |

#### **Kiba dachi**

(side stance)

- |                      |                         |               |
|----------------------|-------------------------|---------------|
| 9. Side snap kick    | <i>Yoko geri keage</i>  | 4x fwd & back |
| 10. Side thrust kick | <i>Yoko geri kekome</i> | 4x fwd & back |
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### KATA

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|----------------------|---------------------|
| 9 <sup>th</sup> Kyu: | <i>Heian Shodan</i> |
| 8 <sup>th</sup> Kyu: | <i>Heian Nidan</i>  |
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### KUMITE

#### **5-step sparring**

Face punch  
Body punch

#### **Gohon kumite**

*Jo dan*  
*Chu dan*



# FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

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## 7<sup>th</sup> & 6<sup>th</sup> Kyu Examination Requirements Green Belt

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### KIHON

#### **Zenkutsu dachi**

(front stance)

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|---------------------------------|--------------------------------|---------------|
| 1. Double punch                 | <i>Nidan zuki</i>              | 4x fwd & back |
| 2. Rising block, reverse punch  | <i>Age uke, gyaku zuki</i>     | 4x fwd & back |
| 3. Outside block, reverse punch | <i>Ude uke, gyaku zuki</i>     | 4x fwd & back |
| 4. Inside block, reverse punch  | <i>Uchi uke, gyaku zuki</i>    | 4x fwd & back |
| 5. Down block, reverse punch    | <i>Gedan barai, gyaku zuki</i> | 4x fwd & back |

#### **Kokutsu dachi**

(back stance)

- |  |   |               |
|--|---|---------------|
| 6. Knife hand block, spear hand thrust | <i>Shuto uke, nukite<br/>(zenkutsu dachi)</i> | 4x fwd & back |
|--|---|---------------|

#### **Zenkutsu dachi**

(front stance)

- |  |                        |               |
|--|------------------------|---------------|
| 7. Front snap kick                                 | <i>Mae geri keage</i>  | 4x fwd & back |
| 8. Front thrust kick                               | <i>Mae geri kekome</i> | 4x fwd & back |
| 9. Round house kick                                | <i>Mawashi geri</i>    | 4x fwd & back |
| 10. Back thrust kick (moving backward w/o turning) | <i>Ushiro geri</i>     | 4x fwd & back |

#### **Kiba dachi**

(side stance)

- |                      |                         |               |
|----------------------|-------------------------|---------------|
| 11. Side snap kick   | <i>Yoko geri keage</i>  | 4x fwd & back |
| 12. Side thrust kick | <i>Yoko geri kekome</i> | 4x fwd & back |

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### KATA

7<sup>th</sup> Kyu: *Heian Sandan*  
6<sup>th</sup> Kyu: *Heian Yondan*

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### KUMITE

#### **3-step sparring**

Face punch  
Body punch

#### **Sanbon kumite**

*Jo dan*  
*Chu dan*



# FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

## 5<sup>th</sup> & 4<sup>th</sup> Kyu Examination Requirements Purple Belt

### KIHON

#### Zenkutsu dachi (front stance)

1.	Triple punch	<i>Sanbon zuki</i>	4x fwd & back
2.	Rising block, double punch	<i>Age uke, nidan zuki</i>	4x fwd & back
3.	Outside block, double punch	<i>Ude uke, nidan zuki</i>	4x fwd & back
4.	Inside block, double punch	<i>Uchi uke, nidan zuki</i>	4x fwd & back
5.	Down block, double punch	<i>Gedan barai, nidan zuki</i>	4x fwd & back

#### Kokutsu dachi (back stance)

6.	Knife hand block, (front leg) front snap kick, spear hand thrust	<i>Shuto uke, mae ashi mae geri keage, nukite (zenkutsu dachi)</i>	4x fwd & back
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#### Zenkutsu dachi (front stance)

7.	Outside block, elbow strike (side stance)	<i>Ude uke, empi uchi (kiba dachi)</i>	4x fwd & back
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### KICKS (Alternating Legs)

#### Zenkutsu dachi (front stance)

8.	Front snap kick, front thrust kick	<i>Mae geri keage, Mae geri kekomi</i>	2x fwd & back
9.	Front snap kick, round house kick	<i>Mae geri keage, Mawashi geri</i>	2x fwd & back
10.	Front snap kick, side thrust kick	<i>Mae geri keage, yoko geri kekome</i>	2x fwd & back
11.	Round house kick, back thrust kick	<i>Mawashi geri, Ushiro geri</i>	2x fwd & back
12.	Side thrust kick, back thrust kick	<i>Yoko geri, Ushiro geri</i>	2x fwd & back

#### Kiba dachi (side stance)

13.	Side snap kick, side thrust kick	<i>Yoko geri keage, yoko geri kekomi</i>	2x fwd & back
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#### Zenkutsu dachi (front stance)

14.	Front snap kick, round house kick, side thrust kick, back thrust kick	<i>Mae geri keage, mawashi geri, yoko geri kekomi, ushiro geri</i>	1x fwd & back
15.	Front snap, lunge punch	<i>Mae geri keage, oi zuki</i>	4x fwd & back
16.	Reverse punch, front snap kick	<i>Gyaku zuki, mae geri keage</i>	4x fwd & back

#### Stationary Kick

17.	Front snap kick, side snap kick	<i>Mae geri keage, yoko geri keage</i>	5x each leg
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### KATA

5 <sup>th</sup> Kyu:	<i>Heian Godan</i>
4 <sup>th</sup> Kyu:	<i>Tekki Shodan</i>

### KUMITE

#### **1-step sparring (right & left)**

Face punch  
Body punch  
Front snap kick  
Round house kick  
Side thrust kick  
Back kick

#### **Ippon kumite**

*Jo dan*  
*Chu dan*  
*Mae geri keage*  
*Mawashi geri*  
*Yoko geri kekomi*  
*Ushiro geri*



# FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

## 3<sup>rd</sup>, 2<sup>nd</sup> & 1<sup>st</sup> Kyu Examination Requirements Brown Belt

### KIHON

#### (Free Style Stance)

1. Jab	<i>Kizami Zuki</i>	6x fwd & back
2. Back-fist strike	<i>Uraken Uchi</i>	6x fwd & back
3. Reverse Punch	<i>Gyaku Zuki</i>	6x fwd & back
4. Lunge Punch	<i>Oi Zuik</i>	4x fwd & back
5. Lunging Reverse Punch	<i>Oi-Gyaku Zuki</i>	4x fwd & back
6. Jab, Lunge Punch	<i>Kizami zuki, Oi Zuki</i>	4x fwd & back
7. Jab, half step, Reverse Punch	<i>Kizami zuki, ½ step, gyaku zuki</i>	4x fwd & back
8. Lunge punch, ½ step, reverse punch	<i>Oi zuki, ½ step, gyaku zuki</i>	3x fwd & back
9. Jab, Lunge punch, ½ step, reverse punch	<i>Kizami zuki, Oi zuki, ½ step, Gyaku zuki</i>	2x fwd & back
10. Any Punch Combination	<i>Any "Tsuki" combination</i>	1x fwd & back
11. Front kick, lunge punch	<i>Mae geri keage, oi zuki</i>	6x fwd & back
12. Reverse punch, front kick	<i>Gyaku zuki, mae geri keage</i>	6x fwd & back
13. Reverse Punch, round house kick	<i>Gyaku zuki, mawashi geri</i>	6x fwd & back
14. Reverse Punch, side thrust kick	<i>Gyaku zuki, yoko geri kekomi</i>	6x fwd & back
15. Back Kick, Reverse Punch	<i>Ushiro Geri, Gyaku zuki</i>	6x fwd & back
16. Any Kick Combination	<i>Geri Combination</i>	1x fwd & back

#### Stationary Kick

17. Front snap kick, side snap kick, back kick	<i>Mae geri keage, yoko geri keage, ushiro geri</i>	5 sets, each leg
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### KATA

3 <sup>rd</sup> Kyu:	<i>Bassai Dai</i>
2 <sup>nd</sup> Kyu:	<i>Bassai Dai, Jion</i>
1 <sup>st</sup> Kyu:	<i>Bassai Dai, Jion, Kanku Dai</i>

### KUMITE

#### Free step Sparring (Right & Left Side)

**FACE PUNCH:** Jab, Reverse Punch, Lunge Punch (sweeping block)

**BODY PUNCH:** Jab, Reverse Punch, Lunge Punch (sweeping block)

Front Kick (Downward inside forearm block)

Roundhouse Kick (Inside block)

Side Thrust Kick (Downward inside forearm block)

Back Kick (Downward inside forearm block)

#### *Jyu Ippon Kumite*

**JO-DAN:** *Kizami Zuki, Gyaku Zuki, Oi Zuki (Nagashi uke)*

**CHU-DAN:** *Kizami Zuki, Gyaku Zuki, Oi Zuki (Nagashi uke)*

*Mae geri (naiwan gedan uke)*

*Mawashi geri (Uchi uke)*

*Yoko geri kekomi (naiwan gedan uke)*

*Ushiro geri (naiwan gedan uke)*



# FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

## Shodan Examination Requirements Black Belt

### KIHON

#### (Free Style Stance)

1. Jab	<i>Kizami Zuki</i>	6x fwd & back
2. Back-fist strike	<i>Uraken Uchi</i>	6x fwd & back
3. Reverse Punch	<i>Gyaku Zuki</i>	6x fwd & back
4. Lunge Punch	<i>Oi Zuik</i>	4x fwd & back
5. Lunging Reverse Punch	<i>Oi-Gyaku Zuki</i>	4x fwd & back
6. Jab, Lunge Punch	<i>Kizami zuki, Oi Zuki</i>	4x fwd & back
7. Jab, half step, Reverse Punch	<i>Kizami zuki, ½ step, gyaku zuki</i>	4x fwd & back
8. Lunge Punch, ½ step, Jab	<i>Oi zuki, ½ step, Kizami zuki</i>	2x fwd & back
9. Lunge Punch, ½ step, Back Fist	<i>Oi zuki, ½ step, Uraken uchi</i>	2x fwd & back
10. Lunge punch, ½ step, Reverse Punch	<i>Oi zuki, ½ step, Gyaku zuki</i>	2x fwd & back
11. Reverse Punch, step fwd, Reverse punch	<i>Gyaku zuki, Gyaku zuki</i>	4x fwd & back
12. Reverse Punch, step fwd, Back fist	<i>Gyaku zuki, Uraken uchi</i>	4x fwd & back
13. Jab, Lunge punch, ½ step, reverse punch	<i>Kizami zuki, Oi zuki, ½ step, Gyaku zuki</i>	2x fwd & back
14. Any Punch Combination	<i>Any "Tsuki" combination</i>	1x fwd & back
15. Front kick, lunge punch	<i>Mae geri keage, oi zuki</i>	6x fwd & back
16. Reverse punch, front kick	<i>Gyaku zuki, mae geri keage</i>	6x fwd & back
17. Reverse Punch, round house kick	<i>Gyaku zuki, mawashi geri</i>	6x fwd & back
18. Reverse Punch, side thrust kick	<i>Gyaku zuki, yoko geri kekomi</i>	6x fwd & back
19. Back Kick, Reverse Punch	<i>Ushiro Geri, Gyaku zuki</i>	6x fwd & back
20. Front snap kick, lunge punch, ½ step reverse punch	<i>Mae geri keage, oi zuki, ½ step, gyaku zuki</i>	2x fwd & back
21. Any Kick Combination	<i>Geri Combination</i>	1x fwd & back
22. Front snap kick, side snap kick, Round house kick, back kick	<i>Mae geri keage, yoko geri keage, Mawashi geri, ushiro geri</i>	5 sets, each leg

### KATA

Pre-Shodan 1 :	<i>Bassai Dai, Jion, Kanku Dai, Hangetsu</i>
Pre-Shodan 2 :	<i>Bassai Dai, Jion, Jion, Kanku Dai, Hangetsu, Empi</i>
Pre-Shodan 3 :	<i>Bassai Dai, Jion, Kanku Dai, Hangetsu, Empi, Tekki Nidan</i>
SHODAN	ALL KATAS FOR PRE-SHODAN 3 PLUS THE APPLICATION OF THE KATAS

### KUMITE

Competitive: *Jyu Kumite* (tournament Style) *Shobu Ippon*

Non-Competitive: *Jyu Ippon Kumite*



# FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

## Nidan Examination Requirements Black Belt

### **KIHON**

#### **(Free Style Stance)**

1. Jab	<i>Kizami Zuki</i>	6x fwd & back
2. Back-fist strike	<i>Uraken Uchi</i>	6x fwd & back
3. Reverse Punch	<i>Gyaku Zuki</i>	6x fwd & back
4. Lunge Punch	<i>Oi Zuik</i>	4x fwd & back
5. Lunging Reverse Punch	<i>Oi-Gyaku Zuki</i>	4x fwd & back
6. Jab, Lunge Punch	<i>Kizami zuki, Oi Zuki</i>	4x fwd & back
7. Jab, half step, Reverse Punch	<i>Kizami zuki, ½ step, gyaku zuki</i>	4x fwd & back
8. Lunge Punch, ½ step, Jab	<i>Oi zuki, ½ step, Kizami zuki</i>	2x fwd & back
9. Lunge Punch, ½ step, Back Fist	<i>Oi zuki, ½ step, Uraken uchi</i>	2x fwd & back
10. Reverse Punch, step fwd, Reverse punch	<i>Gyaku zuki, Gyaku zuki</i>	4x fwd & back
11. Reverse Punch, step fwd, Back fist	<i>Gyaku zuki, Uraken uchi</i>	4x fwd & back
12. Reverse Punch, step fwd, Lunge Punch	<i>Gyaku zuki, Oi Zuki</i>	4x fwd & back
13. Reverse Punch, Jab, Reverse Punch	<i>Gyaku zuki, Kizami zuki, Gyaku zuki</i>	4x fwd & back
14. Reverse Punch, Jab, Lunge Punch	<i>Gyaku zuki, Kizami zuki, Oi zuki</i>	4x fwd & back
15. Jab, Lunge punch, ½ step, reverse punch, lunge punch, ½ step reverse punch	<i>Kizami zuki, Oi zuki, ½ step, Gyaku zuki, Oi zuki, ½ step Gyaku zuki</i>	1x fwd & back
16. Front kick, lunge punch	<i>Mae geri keage, oi zuki</i>	4x fwd & back
17. Round house kick, lunge punch	<i>Mawashi geri, oi zuki</i>	4x fwd & back
18. Round house kick, Reverse punch	<i>mawashi geri, Gyaku zuki</i>	4x fwd & back
19. Back Kick, Back fist strike	<i>Ushiro Geri, Uraken Uchi</i>	4x fwd & back
20. Front snap kick, lunge punch, ½ step reverse punch	<i>Mae geri keage, oi zuki, ½ step, gyaku zuki</i>	2x fwd & back
21. Any Punch-Kick Combination	<i>Tsuki-Geri Combination</i>	1x fwd & back

#### **Stationary Kick**

22. Front snap kick, Front thrust kick, side snap kick side thrust kick, Round house kick, back kick	<i>Mae geri keage, mae geri kekomi, yoko geri keage, yoko geri kekomi, Mawashi geri, ushiro geri</i>	5 sets, each leg
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### **KATA**

Pre-Nidan 1	:	<i>Kanku Sho</i>
Pre-Nidan 2	:	<i>Kanku Sho, Bassai Sho</i>
Pre-Nidan 3	:	<i>Kanku Sho, Bassai Sho, Jitte</i>
Pre-Nidan 4	:	<i>Kanku Sho, Bassai Sho, Jitte, Chinte</i>
Pre-Nidan 5	:	<i>Kanku Sho, Bassai Sho, Jitte, Chinte, Tekki Sandan</i>
NIDAN	:	ALL KATAS FOR PRE-NIDAN 5 PLUS THE APPLICATION OF THE KATAS

### **KUMITE**

Competitive: *Jyu Kumite* (tournament Style) *Shobu Ippon*

Non-Competitive: *Jyu Ippon Kumite*



# FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

## Sandan & Yondan Examination Requirements Godan & Rokudan Examination Requirements BLACK BELT

### **KIHON**

1.	<i>Kizami zuki, Oi Zuki</i>	3x fwd & back
2.	<i>Kizami zuki, ½ step, gyaku zuki</i>	3x fwd & back
3.	<i>Gyaku zuki, Gyaku zuki</i>	3x fwd & back
4.	<i>Gyaku zuki, Uraken uchi</i>	3x fwd & back
5.	<i>Oi zuki, ½ step, Kizami zuki</i>	2x fwd & back
6.	<i>Oi zuki, ½ step, Uraken uchi</i>	2x fwd & back
7.	<i>Gyaku zuki, Oi Zuki</i>	3x fwd & back
8.	<i>Gyaku zuki, Kizami zuki, Gyaku zuki</i>	3x fwd & back
9.	<i>Gyaku zuki, Kizami zuki, Oi zuki</i>	2x fwd & back
10.	<i>Kizami zuki, Oi zuki, ½ step, Gyaku zuki, Oi zuki, ½ 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 keage, uraken uchi, ½ step, gyaku zuki</i>	2x fwd & back
16.	<i>Yoko geri keage, uraken uchi, ½ step, gyaku zuki</i>	2x fwd & back
17.	<i>Ushiro geri, uraken uchi, q/w step, gyaku zuki</i>	2x fwd & back
18.	<i>Mae ashi (slide back leg fwd), Yoko geri keage, gyaku zuki</i>	4x fwd & back
19.	<i>Mae ashi (slide back leg fwd), Mae geri keage, gyaku zuki</i>	4x fwd & back
20.	<i>Kizami zuki, ½ step, gyaku zuki, mawashi geri</i>	2x fwd & back
21.	<i>Gyaku zuki, mawashi geri, gyaku zuki</i>	2x fwd & back
22.	<i>Mae ashi (slide back leg fwd), ura mawashi geri</i>	4x fwd & back
23.	<i>Ura mawashi geri (back leg)</i>	4x fwd & back
24.	<i>Ushiro uro mawashi geri</i>	4x fwd & back
25.	<i>Mae ashi (slide back leg fwd), mawashi geri, ushiro uro mawashi geri</i>	2x fwd & back
26.	<i>Mawashi geri (back leg) ushiro ura mawashi ger</i>	2x fwd & back

### **KATA**

Pre-Sandan 1	<i>Gankaku</i>
Pre-Sandan 2	<i>Gankaku, Sochin</i>
Pre-Sandan 3	<i>Gankaku, Sochin, Nijushiho</i>
Pre-Sandan 4	<i>Gankaku, Sochin, Nijushiho, Wankan</i>
Pre-Sandan 5	<i>Gankaku, Sochin, Nijushiho, Wankan, Jiin</i>
Pre-Sandan 6	<i>Gankaku, Sochin, Nijushiho, Wankan, Jiin, Meikyo</i>

**SANDAN:** ALL KATAS FOR PRE-SANDAN 6 PLUS THE APPLICATION OF THE KATAS

Pre-Yondan 1	<i>Gojushiho Sho</i>
Pre-Yondan 2	<i>Gojushiho Sho, Gojushiho Dai</i>
Pre-Yondan 3	<i>Gojushiho Sho, Gojushiho Dai, Unsu</i>

**YONDAN:** ALL KATAS FOR PRE-YONDAN 3 PLUS THE APPLICATION OF THE KATAS

### **KUMITE**

Competitive: *Jyu Kumite (tournament Style) Shobu Ippon*  
Non-Competitive: *Jyu Ippon Kumite*