

SECTION	WHAT IS EXAMINED	POINTS	FLOOR
1. Kata	One of Bassai Dai, Kanku Dai, Enpi, Jion; jumps as steps, drop as a lowered stance. Declare 14 days ahead.	30	18
2. Kihon	Nine combinations, three repetitions each	30	18
3. Self-defense (Path S)	Two combinations, slow with explanation then twice at realistic speed. Not thrown or taken to the ground. Declare 14 days ahead.	40	24
4. Jiyu ippon kumite (Path K)	The five standard attacks, one side, candidate defending (5 exchanges)	40	24

KIHON From gedan barai in front stance; turns stepped

1. Sanbon renzuki, stepping in
2. Age-uke, gyaku-zuki, stepping back
3. Soto-uke, yoko-empi, yoko-uraken, gyaku-zuki (straddle at moderate width, stepped stance changes)
4. Uchi-uke (back stance shortened or fudo-dachi), kizami-zuki, gyaku-zuki, stepping back
5. Shuto-uke (shortened back stance), nukite, stepping in
6. Mae-geri on the spot returning to stance, mae-geri stepping in
7. Mawashi-geri, support foot pre-set, stepping in
8. Yoko-geri keage in kiba-dachi, moderate width, stepped crossover
9. Yoko-kekomi in zenkutsu-dachi, support heel pre-set

KEY POINTS

- Kumite attacks: jodan oi-zuki, chudan oi-zuki, chudan mae-geri, chudan yoko-kekomi, mawashi-geri (attacker declares jodan or chudan).
- **Path choice.** Take self-defense (Path S) or jiyu ippon kumite (Path K), never both. Path S has no kumite; Path K has the five standard attacks on one side only and no self-defense. Each carries the same points. Declare the path 14 days ahead.

ADAPTATION RULES

- 1. Pre-set the support foot: roundhouse, support leg partly turned outward (spares knee shear); side thrust and back kick (ushiro-geri), support heel toward the kick.
- 2. Stepped turns, never pivots on a loaded foot.
- 3. Stance depth: natural length; back stance shortened or fudo-dachi; kiba at moderate width. Depth is not scored.
- 4. Kick height: front kicks knee to waist; others waist or below. Height is not scored.
- 5. No in-place multi-kicking on one loaded leg (except the Yondan in-place option), and no jumping.
- 6. Self-defense or jiyu ippon kumite, never both (Path S or Path K). No jiyu kumite round.

All grades: Two voting examiners and an optional third seat. Each scores every section independently; the head examiner decides where there is no consensus. Pass: 70 or more of 100 and the floor (60%) in every section. A section below its floor fails the grading; one retest of that section within six months. Bands: Model 90 to 100%, Solid 70 to 89%, Faulty 50 to 69%, Not at standard below 50%. Order on the day: kata, kihon, self-defense, kumite. Kumite is last on purpose. Over 60: rest of 2 to 3 minutes between sections on request. The whole examination is recorded on continuous, unedited video.

SECTION	WHAT IS EXAMINED	POINTS	FLOOR
1. Kata and bunkai	Favorite kata (20, jumps as steps) plus two bunkai (10). Declare 14 days ahead.	30	18
2. Kihon	Ten combinations, three repetitions each	25	15
3. Self-defense (Path S)	Three combinations against at least two categories of attack (a grab and a strike). Not thrown or taken to the ground.	45	27
4. Jiyu ippon kumite (Path K)	The five standard attacks, one side, both roles (10 exchanges)	45	27

KIHON From gedan barai in front stance; turns stepped

1. Chudan oi-zuki, stepping in
2. Jodan oi-zuki, chudan gyaku-zuki, stepping in
3. Sanbon renzuki, stepping in
4. Age-uke, soto-uke (same arm), gyaku-zuki, stepping back
5. Uchi-uke (shortened back stance), kizami-zuki, gyaku-zuki, stepping in
6. Shuto-uke (shortened back stance), nukite, stepping back
7. Mae-geri on the spot returning to stance, mae-geri stepping in
8. Yoko-geri keage and yoko-kekomi from a stepped straddle stance, foot down between, heel pre-set, right and left
9. Yoko-kekomi in zenkutsu-dachi, heel pre-set
10. Mawashi-geri (support foot pre-set), yoko-uraken, gyaku-zuki

KEY POINTS

- Kumite attacks: jodan oi-zuki, chudan oi-zuki, chudan mae-geri, chudan yoko-kekomi, mawashi-geri (attacker declares jodan or chudan). Attack crisp but controlled.
- **Path choice.** Take self-defense (Path S) or jiyu ippon kumite (Path K), never both. Path S has no kumite; Path K has the five standard attacks on one side only and no self-defense. Each carries the same points. Declare the path 14 days ahead.

ADAPTATION RULES

- 1. Pre-set the support foot: roundhouse, support leg partly turned outward (spares knee shear); side thrust and back kick (ushiro-geri), support heel toward the kick.
- 2. Stepped turns, never pivots on a loaded foot.
- 3. Stance depth: natural length; back stance shortened or fudo-dachi; kiba at moderate width. Depth is not scored.
- 4. Kick height: front kicks knee to waist; others waist or below. Height is not scored.
- 5. No in-place multi-kicking on one loaded leg (except the Yondan in-place option), and no jumping.
- 6. Self-defense or jiyu ippon kumite, never both (Path S or Path K). No jiyu kumite round.

All grades: Two voting examiners and an optional third seat. Each scores every section independently; the head examiner decides where there is no consensus. Pass: 70 or more of 100 and the floor (60%) in every section. A section below its floor fails the grading; one retest of that section within six months. Bands: Model 90 to 100%, Solid 70 to 89%, Faulty 50 to 69%, Not at standard below 50%. Order on the day: kata, kihon, self-defense, kumite. Kumite is last on purpose. Over 60: rest of 2 to 3 minutes between sections on request. The whole examination is recorded on continuous, unedited video.

SECTION	WHAT IS EXAMINED	POINTS	FLOOR
1. Kata and bunkai	Favorite kata (20, jumps as steps) plus three bunkai (10). Declare 14 days ahead.	30	18
2. Kihon	Seven combinations from free kamae, three repetitions each	20	12
3. Self-defense (Path S)	Three combinations against at least two categories of attack. Not thrown or taken to the ground.	40	24
4. Jiyu ippon kumite (Path K)	The five standard attacks, one side, both roles (10 exchanges)	40	24
5. Teaching	Teaching record (five-year rule) or a 10-minute demonstration	10	6

KIHON From free kamae; turns stepped

1. Kizami-zuki, jodan oi-zuki, chudan gyaku-zuki, stepping in
2. Age-uke, soto-uke (same arm), gyaku-zuki, stepping back
3. Uchi-uke (shortened back stance), kizami-zuki, gyaku-zuki, stepping in
4. Shuto-uke (shortened back stance), kizami mae-geri, nukite, stepping back
5. Mae-geri, yoko-kekomi, mawashi-geri, each with gyaku-zuki, heels and support foot pre-set
6. Ushiro-geri from a stepped-across position, heel pre-set, no pivot
7. Outside block on the 45, front-leg front kick, gyaku-zuki; inside block on the other 45, back kick (ushiro-geri), yoko-kekomi, gyaku-zuki

KEY POINTS

- Kumite attacks: the five standard attacks (attacker declares jodan or chudan for the roundhouse). Attack crisp but controlled.
- **Path choice.** Take self-defense (Path S) or jiyu ippon kumite (Path K), never both. Path S has no kumite; Path K has the five standard attacks on one side only and no self-defense. Each carries the same points. Declare the path 14 days ahead.

ADAPTATION RULES

- 1. Pre-set the support foot: roundhouse, support leg partly turned outward (spares knee shear); side thrust and back kick (ushiro-geri), support heel toward the kick.
- 2. Stepped turns, never pivots on a loaded foot.
- 3. Stance depth: natural length; back stance shortened or fudo-dachi; kiba at moderate width. Depth is not scored.
- 4. Kick height: front kicks knee to waist; others waist or below. Height is not scored.
- 5. No in-place multi-kicking on one loaded leg (except the Yondan in-place option), and no jumping.
- 6. Self-defense or jiyu ippon kumite, never both (Path S or Path K). No jiyu kumite round.

All grades: Two voting examiners and an optional third seat. Each scores every section independently; the head examiner decides where there is no consensus. Pass: 70 or more of 100 and the floor (60%) in every section. A section below its floor fails the grading; one retest of that section within six months. Bands: Model 90 to 100%, Solid 70 to 89%, Faulty 50 to 69%, Not at standard below 50%. Order on the day: kata, kihon, self-defense, kumite. Kumite is last on purpose. Over 60: rest of 2 to 3 minutes between sections on request. The whole examination is recorded on continuous, unedited video.

SECTION	WHAT IS EXAMINED	POINTS	FLOOR
1. Kata and bunkai	Tokui kata (15, declare 14 days ahead) plus three bunkai (10)	25	15
2. Kihon	Seven combinations from free kamae, four repetitions each. Option T: 20, floor 12. Option P: combinations 1 to 6, 15, floor 9	20	12
3. In-place kicking (Option P)	Front kick, side snap kick, back kick (ushiro-geri) from the same leg, stepping down after each combination, right and left	5	3
4. Self-defense (Path S)	Three combinations; at least one response in each traces to the tokui kata	35	21
5. Jiyu ippon kumite (Path K)	The five standard attacks, one side, both roles (10 exchanges)	35	21
6. Teaching	Teaching record (five-year rule) or a 10-minute demonstration	10	6
7. Contribution to the art	Paper or practical contribution; a candidate presenting this syllabus makes the syllabus and the examination themselves the contribution	10	6

KIHON From free kamae; turns stepped

1. Kizami-zuki, step and punch face, chest, chest, stepping forward
2. Age-uke, soto-uke (same arm), gyaku-zuki, stepping backward
3. Mae-geri (back leg), oi-zuki, gyaku-zuki, stepping forward
4. Shuto-uke (shortened back or rooted stance), kizami mae-geri, nukite, stepping backward
5. Kizami mawashi-geri (support leg partly turned out), mae-geri (back leg), gyaku-zuki, stepping forward
6. Step into back stance, uchi-uke, shift to front stance, kizami-zuki, gyaku-zuki
7. Option T: turn 45, soto-uke, kizami mae-geri, back-leg mawashi-geri, gyaku-zuki; turn 45 other way, uchi-uke, back-leg yoko-kekomi, back kick (ushiro-geri) with the same leg

KEY POINTS

- Choose Option T (combination 7 in the Kihon) or Option P (in-place kicking as Section 3), and Path S or Path K.
- Kumite attacks (Path K): jodan oi-zuki, chudan oi-zuki, chudan mae-geri, chudan yoko-kekomi, mawashi-geri, one side, both roles.
- **Path choice.** Take self-defense (Path S) or jiyu ippon kumite (Path K), never both. Path S has no kumite; Path K has the five standard attacks on one side only and no self-defense. Each carries the same points. Declare the path 14 days ahead.

ADAPTATION RULES

- 1. Pre-set the support foot: roundhouse, support leg partly turned outward (spares knee shear); side thrust and back kick (ushiro-geri), support heel toward the kick.
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- 4. Kick height: front kicks knee to waist; others waist or below. Height is not scored.
- 5. No in-place multi-kicking on one loaded leg (except the Yondan in-place option), and no jumping.
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