

SECTION	WHAT IS EXAMINED	POINTS	FLOOR
1. Kata	One of Bassai Dai, Kanku Dai, Enpi, Jion. Declare 14 days ahead.	30	18
2. Kihon	Nine combinations, three repetitions each	30	18
3. Self-defense	One combination, slow with explanation then twice at realistic speed. Declare 14 days ahead.	15	9
4. Jiyu ippon kumite	Five attacks, both sides, candidate defending	25	15

KIHON From gedan barai in front stance

1. Sanbon renzuki, stepping in
2. Age-uke, gyaku-zuki, stepping back
3. Soto-uke, yoko-empi, yoko-uraken, gyaku-zuki (front to straddle to front)
4. Uchi-uke back stance, kizami-zuki, gyaku-zuki front stance, stepping back
5. Shuto-uke back stance, nukite front stance, stepping in
6. Mae-geri on the spot, mae-geri stepping in
7. Mawashi-geri, stepping in
8. Yoko-geri keage in kiba-dachi, right and left, stepping in
9. Yoko-kekomi in zenkutsu-dachi, stepping in

KEY POINTS

- Kumite attacks: jodan oi-zuki, chudan oi-zuki, chudan mae-geri, chudan yoko-kekomi, mawashi-geri (attacker declares jodan or chudan).
- Examiners want: kime, fluid block-and-counter, distance, timing, and getting off the power line.
- Self-defense: realism, economy, finishing position, adaptation, link to a kata principle.

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, declare 14 days ahead) plus two bunkai (10)	30	18
2. Kihon	Ten combinations, three repetitions each	25	15
3. Self-defense	Two combinations: a grab and a strike. Declare 14 days ahead.	20	12
4. Kumite	Jiyu ippon, five attacks, both sides and roles (15), plus one 2-minute round of jiyu kumite (10)	25	15

KIHON
 From gedan barai in front stance

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 back stance, kizami-zuki, gyaku-zuki, stepping in
6. Shuto-uke back stance, nukite, stepping back
7. Mae-geri on the spot, mae-geri stepping in
8. Yoko-geri keage, yoko-kekomi, kiba-dachi, alternating feet
9. Yoko-kekomi in zenkutsu-dachi, stepping in
10. Mawashi-geri, yoko-uraken, chudan gyaku-zuki, stepping in

KEY POINTS

- Bunkai: fidelity to the kata, function against a partner who attacks with intent, clear explanation.
- As attacker: crisp and committed but controlled. Jiyu kumite round: initiative, distance, control, composure.

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SECTION	WHAT IS EXAMINED	POINTS	FLOOR
1. Kata and bunkai	Favorite kata (20, declare 14 days ahead) plus three bunkai (10)	30	18
2. Kihon	Seven combinations from free kamae, three repetitions each	20	12
3. Self-defense	Two combinations against two different attacks	15	9
4. Kumite	Jiyu ippon, five attacks, both sides and roles (15), plus one 2-minute round of jiyu kumite (10)	25	15
5. Teaching	Teaching record if five or more years as instructor of record; otherwise a 10-minute demonstration	10	6

KIHON From free kamae

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 back stance, kizami-zuki, gyaku-zuki, stepping in
4. Shuto-uke back stance, kizami mae-geri, nukite, stepping back
5. Mae-geri, yoko-kekomi, mawashi-geri, each with gyaku-zuki, stepping in
6. Ushiro-geri, stepping in
7. Mae-geri, yoko-kekomi, ushiro-geri on the same leg, right and left

KEY POINTS

- Bunkai: answer a "what if" from the board without stalling.
- Teaching record: years and where; membership by grade; students graded with dates; other instructor qualifications.

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	20	12
3. Self-defense	Two combinations; at least one traces to a movement in the tokui kata	15	9
4. Kumite	Jiyu ippon, five attacks, both sides and roles (12), plus one 2-minute round of jiyu kumite (8)	20	12
5. Teaching	Teaching record (five-year rule) or a 10-minute demonstration	10	6
6. Contribution to the art	Paper of 2,500 to 4,000 words, or a practical contribution presented in up to 10 minutes after the kumite	10	6

KIHON From free kamae

1. Kizami-zuki, sanbon renzuki, stepping in
2. Age-uke, soto-uke (same arm), gyaku-zuki, stepping back
3. Uchi-uke back stance, kizami-zuki, gyaku-zuki, stepping in
4. Shuto-uke back stance, kizami mae-geri, nukite, stepping back
5. Mae-geri, oi-zuki, gyaku-zuki, stepping in
6. Kizami mawashi-geri, yoko-kekomi, gyaku-zuki, stepping in
7. Mae-geri, yoko-kekomi, ushiro-geri on the same leg, right and left

KEY POINTS

- Paper or practical contribution: accuracy and depth, originality, honesty about limits, clarity; a practical contribution must be usable by someone else.

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