



FUNAKOSHI'S SHOTOKAN KARATE ASSOCIATION

Shodan Examination Requirements Black Belt

Kihon

Kamae

- | | |
|--|---------------|
| 1. <i>Kizami zuki</i> | 6x fwd & back |
| 2. <i>Uraken</i> | 6x fwd & back |
| 3. <i>Gyaku zuki</i> | 6x fwd & back |
| 4. <i>Oi-zuki</i> | 4x fwd & bak |
| 5. <i>Oi-gyaku zuki</i> | 4x fwd & back |
| 6. <i>Kizami zuki, oi zuki</i> | 3x fwd & back |
| 7. <i>Kizami zuki, half-step, gyaku zuki</i> | 3x fwd & back |
| 8. <i>Oi zuki, half-step, kizami zuki</i> | 3x fwd & back |
| 9. <i>Oi zuki, half-step, uraken</i> | 3x fwd & back |
| 10. <i>Oi zuki, half-step, gyaku zuki</i> | 3x fwd & back |
| 11. <i>Gyaku zuki, step forward, gyaku zuki</i> | 4x fwd & back |
| 12. <i>Gyaku zuki, step forward, uraken</i> | 3x fwd & back |
| 13. <i>Kizami zuki, oi zuki, half-step, gyaku zuki</i> | 2x fwd & back |
| 14. Any <i>tsuki</i> combination | 1x fwd & back |
| 15. <i>Mae geri, oi zuki</i> | 6x fwd & back |
| 16. <i>Gyaku zuki, mae geri</i> | 6x fwd & back |
| 17. <i>Gyaku zuki, mawashi geri</i> | 6x fwd & back |
| 18. <i>Gyaku zuki, yoko geri</i> | 6x fwd & back |
| 19. <i>Ushiro geri, gyaku zuki</i> | 6x fwd & back |
| 20. <i>Mae geri, oi zuki, half-step, gyaku zuki</i> | 2x fwd & back |
| 21. Any <i>keri</i> combination | 1x fwd & back |

Stationary kick

- | | |
|---|-----------------|
| 22. <i>Mae geri, yoko geri, mawashi geri, ushiro geri</i> | 5 sets each leg |
|---|-----------------|

Focus pencil

- | | |
|-----------------------|--|
| 23. <i>Gyaku zuki</i> | |
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Kata

Preshodan 1: *Bassai Dai, Jion, Kanku Dai, Hangetsu*

Preshodan 2: *Bassai Dai, Jion, Kanku Dai, Hangetsu, Empi*

Preshodan 3: *Bassai Dai, Jion, Kanku Dai, Hangetsu, Empi, Tekki Nidan*

Shodan: All katas for preshodan 3 plus the applications of the katas

Kumite

Competitive: *Jyu kumite* (tournament style)

Non-competitive: *Jyu ippon kumite*



FUNAKOSHI'S SHOTOKAN KARATE ASSOCIATION

Nidan Examination Requirements Black Belt

Kihon

Kamae

- | | |
|--|------------------|
| 1. <i>Kizami zuki</i> | 6x fwd & back |
| 2. <i>Uraken uchi</i> | 6x fwd & back |
| 3. <i>Gyaku zuki</i> | 6x fwd & back |
| 4. <i>Oi zuki</i> | 4x fwd & back |
| 5. <i>Oi-gyaku zuki</i> | 4x fwd & back |
| 6. <i>Kizami zuki, half-step, gyaku zuki</i> | 3x fwd & back |
| 7. <i>Kizami zuki, oi zuki</i> | 3x fwd & back |
| 8. <i>Gyaku zuki, step forward, gyaku zuki</i> | 4x fwd & back |
| 9. <i>Gyaku zuki, step forward, uraken</i> | 3x fwd & back |
| 10. <i>Oi zuki, half-step, kizami zuki</i> | 2x fwd & back |
| 11. <i>Oi zuki, half-step, uraken</i> | 2x fwd & back |
| 12. <i>Gyaku zuki, oi zuki</i> | 3x fwd & back |
| 13. <i>Gyaku zuki, kizami zuki, gyaku zuki</i> | 3x fwd & back |
| 14. <i>Gyaku zuki, kizami zuki, oi zuki</i> | 2x fwd & back |
| 15. <i>Kizami zuki, oi zuki, gyaku zuki, oi zuki, gyaku zuki</i> | 1x fwd & back |
| 16. <i>Mae geri, oi zuki</i> | 4x fwd & back |
| 17. <i>Mawashi geri, oi zuki</i> | 4x fwd & back |
| 18. <i>Mawashi geri, gyaku zuki</i> | 4x fwd & back |
| 19. <i>Ushiro geri, uraken</i> | 4x fwd & back |
| 20. <i>Mae geri keage, oi zuki, half step, gyaku zuki</i> | 2x fwd & back |
| 21. <i>Any Tsuki –keri combination</i> | 1x fwd & back |
| 22. <i>Mae geri keage, mae geri kekomi, yoko geri keage</i> | 5 sets, each leg |
| <i>yoko geri kekomi, mawashi geri, ushiro geri</i> | |

Kata

- Pre-nidan 1: *Kanku Sho*
- Pre-nidan 2: *Kanku Sho, Bassai Sho*
- Pre-nidan 3: *Kanku Sho, Bassai Sho, Jitte*
- Pre-nidan 4: *Kanku Sho, Bassai Sho, Jitte, Chinte*
- Pre-nidan 5: *Kanku Sho, Bassai Sho, Jitte, Chinte, Tekki Sandan*
- Nidan: All katas for pre-nidan 5 plus the applications of the katas

Kumite

- Competitive: *Jyu kumite* (tournament style)
- Non-competitive: *Jyu ippon kumite*



FUNAKOSHI'S SHOTOKAN KARATE ASSOCIATION

Sandan and Godan Examination Requirements

Black Belt

Kihon

Kamae

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|--|---------------|
| 1. <i>Kizami zuki</i> , half-step, <i>gyaku zuki</i> | 3x fwd & back |
| 2. <i>Kizami zuki</i> , <i>oi zuki</i> | 3x fwd & back |
| 3. <i>Gyaku zuki</i> , step forward, <i>gyaku zuki</i> | 4x fwd & back |
| 4. <i>Gyaku zuki</i> , step forward, <i>uraken</i> | 3x fwd & back |
| 5. <i>Oi zuki</i> , half-step, <i>kizami zuki</i> | 2x fwd & back |
| 6. <i>Oi zuki</i> , half-step, <i>uraken</i> | 2x fwd & back |
| 7. <i>Gyaku zuki</i> , <i>oi zuki</i> | 3x fwd & back |
| 8. <i>Gyaku zuki</i> , <i>kizami zuki</i> , <i>gyaku zuki</i> | 3x fwd & back |
| 9. <i>Gyaku zuki</i> , <i>kizami zuki</i> , <i>oi zuki</i> | 2x fwd & back |
| 10. <i>Kizami zuki</i> , <i>oi zuki</i> , <i>gyaku zuki</i> , <i>oi zuki</i> , <i>gyaku zuki</i> | 1x fwd & back |
| 11. <i>Mae geri</i> , <i>oi zuki</i> | 4x fwd & back |
| 12. <i>Mawashi geri</i> , <i>oi zuki</i> | 4x fwd & back |
| 13. <i>Mawashi geri</i> , <i>gyaku zuki</i> | 4x fwd & back |
| 14. <i>Ushiro geri</i> , <i>uraken</i> | 4x fwd & back |
| 15. <i>Mawashi geri</i> , <i>uraken</i> , half-step, <i>gyaku zuki</i> | 2x fwd & back |
| 16. <i>Yoko geri</i> , <i>uraken</i> , half-step, <i>gyaku zuki</i> | 2x fwd & back |
| 17. <i>Ushiro geri</i> , <i>uraken</i> , half-step, <i>gyaku zuki</i> | 2x fwd & back |
| 18. <i>Yoko geri</i> (front leg), <i>gyaku zuki</i> | 4x fwd & back |
| 19. <i>Mae geri</i> (front leg), <i>kizami zuki</i> | 4x fwd & back |
| 20. <i>Kizami zuki</i> , half-step, <i>gyaku zuki</i> , <i>mawashi geri</i> | 2x fwd & back |
| 21. <i>Gyaku zuki</i> , <i>mawashi geri</i> , <i>gyaku zuki</i> | 2x fwd & back |
| 22. Hook kick (front leg) | 4x fwd & back |
| 23. Hook kick (back leg) | 4x fwd & back |
| 24. Reverse wheel kick (back leg) | 4x fwd & back |
| 25. <i>Mawashi geri</i> (front leg), reverse wheel kick (back leg) | 2x fwd & back |
| 26. <i>Mawashi geri</i> (back leg), reverse wheel kick (change leg) | 2x fwd & back |

Kata

Pre-sandan 1: *Gankaku*
Pre-sandan 2: *Gankaku*, *Sochin*
Pre-sandan 3: *Gankaku*, *Sochin*, *Nijushiho*
Pre-sandan 4: *Gankaku*, *Sochin*, *Nijushiho*, *Wankan*
Pre-sandan 5: *Gankaku*, *Sochin*, *Nijushiho*, *Wankan*, *Jiin*, *Meykio*
Sandan: All katas for pre-sandan 5 plus the applications of the katas

Pre-yodan 1: *Gojushiho-sho*
Pre-yodan 2: *Gojushiho-sho*, *Gojushiho-dai*
Pre-yodan 3: *Gojushiho-sho*, *Gojushiho-dai*, *Unsu*
Yodan: All katas for pre-yodan 5 plus the applications of the katas

Kumite

Competitive: *Jyu kumite* (tournament style)
Non-competitive: *Jyu ippon kumite*