



10th kyu Yellow Belt

Test Fee: \$30.

Kata

Adults: Taikyoku Shodan

Kids: Taikyoku Shodan, by count

Basics

Stances:

1. Attention Stance (musubi dachi)
2. Ready Stance (yoi, hachiji or heiko dachi)
3. Front Stance (zenkutsu dachi)
4. Horse Stance (kiba dachi)

Punches and Strikes:

1. Straight Punch (choko zuki)
2. Lunge Punch (oi zuki)
3. Reverse Punch (gyaku zuki)
4. Hammer fist strike (tetsui uchi)

Blocks:

1. Down Block (gedan barai)
2. High Rising block (age uke)
3. Outside Forearm Block (soto ude uke)

Kicks:

1. Front kick (mae geri)
2. Side Snap Kick (yoko geri keage)
3. Roundhouse Kick (mawashi geri)

Kumite

1. Gohon Kumite Jodan
 2. Gohon Kumite Chudan
 3. Gohon Kumite Gedan
- All with count.

General Knowledge

1. Meaning of Karate: Empty hand
2. Our karate style: Shotokan
3. Founder of Shotokan Karate:
Gichen Funakoshi
4. Bowing etiquette
5. Count to 10 in Japanese
6. Dojo Kun (school rules)
7. Our organization: SKIF
8. Our past teacher: Shihan Robert
Halliburton 7th dan
9. President and Founder of SKIF:
Kancho Hirokazu Kanazawa 10th
dan
10. Define these terms: Sensei, Senpai,
dojo, kiai and Oss!

Must have passbook in order to take examination



9th kyu Orange Belt

Test Fee: \$30.

All previous requirements plus,

Kata

Heian Shodan
Basic weapon kata

Kihon Kata #1

Basics

Stances:

1. Back Stance (kokutsu dachi)
2. Square Stance (shiko dachi)
3. Fighting stance (kamae te)

Punches and Strikes:

1. Knife hand strike (shuto uchi)
2. Back fist strike (uraken uchi)
3. Palm heel strike (teisho uchi)

Blocks:

1. Knife hand block (shuto uke) high, middle and lower
2. Inside forearm block (uchi ude uke)

Kicks:

1. Side thrust kick (yoko geri kekomi)
2. Back kick (ushiro geri)

Kumite

1. Gohon Kumite Jodan with Attacker
2. Gohon Kumite Chudan with attacker

3. Gohon Kumite Gedan with attacker.

Self Defense

1. Defense against face punch
2. Defense against kick to body
3. Escape from front wrist grab and cross front wrist grab

General Knowledge

1. SKIF meaning.
2. SKI-USF meaning and position in organization.
3. Chief instructor for SKI-USF.
4. Give history of Gichen Funakoshi.
5. Define Focus, kyu and dan grades.
6. Define Jodan, Chudan and Gedan.

Must have passbook in order to take examination



8th kyu Blue Belt

Test Fee: \$30.

All previous requirements plus,

Kata

Heian Shodan

Kihon Kata #1

Basic Weapon Kata

Basics

Stances:

1. Cat stance (nekoashi dachi)
2. L stance (renoji dachi)

Punches and Strikes:

1. Forward hand jab (kizami zuki)
2. Inverted punch (ura zuki)
3. Ridge hand strike (haito uchi)
4. Spear hand strike (nukite)

Blocks:

1. Augmented block (morote uke)
2. Back forearm block (haiwan uke)
3. X block, upper and lower (juji uke)
4. Reverse blocking (gyaku uke)

Kicks:

1. Stomping kicks, front, side and back.

Kumite

1. Gohon Kumite Jodan
2. Gohon Kumite Chudan.
3. Gohon Kumite mae geri.

All Gohon Kumite, both sides.
4. Happo Kumite (circle fighting)

Self defense

1. Defense against front shoulder grab.
2. Defense against side shoulder grab.
3. Defense against wrist grab single and double.

General Knowledge

1. Define the word Shotokan.
2. Explain how Funakoshi created Shotokan.
3. Define Karate, Karate-Do and Karate Jutsu.
4. Give the 4 sources of power.

Must have passbook in order to take examination



7th kyu Green Belt

Test Fee: \$30

All previous requirements plus,

Kata

Heian Nidan

Kihon Kata #2

Basic weapon kata

Basics

Stances:

1. Heisoku Dachi
2. Rooted stance (fudo dachi)
3. Half front stance (moto dachi)

Punches and Strikes:

1. Vertical punch (tate zuki)
2. Hook punch (kagi zuki)
3. Elbow strikes (empi uchi)
 - a. Side elbow
 - b. Rising elbow
 - c. Back elbow
 - d. Roundhouse elbow

Blocks:

1. Wedge block (kakiwaki uke)
2. Sweeping Block, open hand (nagashi uke)

Kicks:

1. Front leg kicks (kizami geri)
 - a. Front
 - b. Roundhouse
 - c. Side thrust
 - d. Back

2. Knee attacks (hiza waza)

- a. Front
- b. Roundhouse

Kumite

1. Sanbon Kumite #1
2. Sanbon Kumite #2
3. Sanbon Kumite #3
4. Happo Kumite
5. Jiyu Kumite

Self Defense

1. Defense against rear grab.
2. Defense against rear single and double wrist grab.
3. Defense against club attack.

General Knowledge

1. Explain our lineage from Funakoshi to present.
2. Define Kumite, Kihon and Kata.
3. Explain “Karate Ni Sente Nashi”

Must have passbook in order to take examination



6th kyu High Green Belt

Test Fee: \$30

All previous requirements plus,

Kata

Heian Sandan

Basic weapon kata

Kihon Kata #2

Basics

Stances:

1. Cross stance (kosa dachi)

Punches and Strikes:

1. Side punch (sokumen zuki)
2. Spinning elbow
3. Downward elbow
4. Double punch (morote zuki)

Blocks:

1. Back open hand block (haishu uke)
2. Manji Uke
3. Vertical knife hand block (tate shuto uke)

Kicks:

1. Spinning back kick (nagashi ushiro geri)
2. Hook kick (ushiro mawashi geri)
 - a. Step up forward leg
 - b. Step through rear leg

Kumite

1. Sanbon Kumite 1, 2 and 3 both sides.
2. Sanbon Kumite 1, 2 and 3 with attacker.
3. Happo Kumite
4. Jiyu Kumite

Self Defense

1. Defense against headlock.
2. Joint lock techniques against lapel grabs, single and double.
3. Defense against thrusting knife attack.
4. Defense against 2 attackers.

General Knowledge

1. Explain "Ikken Hisatsu"
2. History of Funakoshi.

Must have passbook in order to take examination



5th kyu Purple Belt

Test Fee: \$30

All previous requirements plus,

Kata

Heian Yondan

Basic weapon kata

Kihon Kata #3

Basics

Stances:

1. Hourglass stance (sanchin dachi)

Punches and Strikes:

1. Roundhouse punch (mawashi zuki)
2. Reverse ridge hand strike (gyaku haito uchi)
3. Open back hand strike (Haishu uchi)
4. Ox jaw strike (seiryuto)
5. Single finger spear hand (ippon nukite)

Blocks:

1. Sweeping blocks, open and closed hand (nagashi uke)
2. Ox jaw block (seiryuto uke)

Kicks:

1. Crescent kick, inside and outside (uchi/soto mikazuki geri)
2. Spinning hook kick (nagashi ushiro mawashi geri)

Kumite

1. Kihon Ippon Kumite jodan, chudan and mae geri, both sides.
2. Happo Kumite.
3. Jiyu Kumite.

Self Defense:

1. Defense against club, knife and chain.
2. Defense against 2 attackers.
3. Defense against hand attack of examiners choice.

General knowledge:

1. Review shihan Halliburton's primary teachers.
2. Discuss shihan Halliburton's dan grades.
3. Brief discussion of Master Kanazawa (dan grade, SKIF)

Must have passbook in order to take examination



4th kyu High Purple Belt

Test fee: \$30

All previous requirements plus,

Kata:

Heian Godan

Tenno Kata

Basic weapon kata

Kihon Kata #3

Basics

Punches and Strikes:

1. Rising punch (age zuki)
2. Side double punch (sokumen morote zuki)
3. Single knuckle punch (ippon ken)
4. Middle knuckle punch (nakadaka ken)
5. Two finger spear hand (nihon nukite)
6. Fore knuckle punch (hiraken)

Blocks:

1. Palm heel blocks (teisho uke)
2. Pressing block (osae uke)

Kicks:

1. Jumping front kick, single and double (Mae tobi geri)
2. Jumping roundhouse kick, single and double (mawashi tobi geri)
3. Wave kick (nami ashi)

Kumite

1. Kihon Ippon Kumite
 - a. Jodan
 - b. Chudan
 - c. Mae geri
 - d. Yoko Kekomi geri
 - e. Mawashi geri
2. Happo Kumite
3. Jiyu Kumite

Self defense

1. Defense against club, knife and chain.
2. Defense against two person attack.
3. Examiners choice of hand or leg defense.

General Knowledge

1. Explain “Kigamae”
2. Explain Kokoro Gamae
3. Explain the difference between Yakusoku and Jiyu kumite.

Must have passbook in order to take examination



3rd kyu Brown Belt

Test Fee: \$35

All previous requirements plus,

Kata:

Tekki Shodan

Tenno Kata

Kihon Kata #4

Okano Bo 1

Basics

Punches and Strikes:

1. Front punch (choko zuki)
2. U-punch (awase zuki)
3. Mountain punch (yama zuki)

Blocks:

1. Hook block (kagi uke)
2. Scooping blocks (sukui uke)

Kicks:

1. Spinning Crescent kick (nagashi mikazuki)
2. Jump spinning back kick (nagashi tobi ushiro geri)
3. Jump spinning hook kick (nagashi tobi ushiro mawashi geri)
4. Leg sweeps (ashi Barai)
5. Jumping side kick (yoko tobi geri)

Kumite

1. Kihon Ippon Kumite, both sides, with attacker:
 - a. Jodan

- b. Chudan
 - c. Mae geri
 - d. Mawashi geri
 - e. Yoko geri
2. Jiyu Ippon Kumite:
 - a. Jodan
 - b. Chudan
 - c. Mae geri
 - d. Yoko geri
 - e. Mawashi geri
3. Happo Kumite
4. Jiyu Kumite

Self Defense

1. Defense against front, side and back grab.
2. Defense against two attackers side grab simultaneously.
3. Examiners choice of weapons attack.

General Knowledge

1. Name the region of karate's development.
2. Discuss "Mizu No Kokoro".
3. Explain "Maai".
4. Explain "Hara".
5. Discuss the history of Japan Ways Traditional Karate.

Must have passbook in order to take examination



2nd kyu Middle Brown Belt

Test Fee: \$35

All previous requirements plus,

Kata

Shitei: Tekki Shodan

Sentei: Bassai Dai, Kanku Dai, Jion and Enpi

Tenno Kata

Okano Bo 2

Kihon Kata #5

Basics

Stances:

1. Knowledge of all stances

Punches and Strikes:

1. Sissor punch (hasami zuki)
2. Side fist strike (yoko ken)
3. Chicken head strike (keito uchi)
4. Bear hand strike (kumade)

Blocks:

1. Dropping block (otoshi uke)
2. Double palm heel block (awase teisho uke)
3. Chicken head block (keito uke)

Kicks:

1. Jump spinning crescent (nagashi tobi mikazuki geri)
2. Jumping knee
3. Gyaku mawashi geri
4. Axe kick

Kumite:

1. Jiyu Ippon Kumite, with attacker:
 - a. Jodan
 - b. Chudan
 - c. Mae geri
 - d. Yoko geri
 - e. Mawashi geri
 - f. Ushiro geri
 - g. Kizami
 - h. Gyaku zuki
2. Hyoteki
3. Happo Kumite
4. Jiyu Kumite

Self Defense

1. Examiners choice, multiple scenarios.

General Knowledge

1. Discuss "Zanshin".
2. Discuss "Fudo Shin".
3. Discuss "Mushin".
4. Discuss Funakoshi's instructors and their influence on our style.
5. Explain "Tai Sabaki".

Must have passbook in order to take examination



1st kyu High Brown Belt

Test Fee: \$35

All previous rank requirements plus,

Kata

Shitei: Tekki Shodan

Sentei: Bassai Dai, Kanku Dai, Jion and Enpi

Tenno Kata

Shimabuku Bo

Kihon Kata #5

Basics

Stances:

1. Be prepared to discuss and demonstrate all stances.

Punches and Strikes:

1. Bent wrist strike (kakuto uchi)
2. Eagle hand strike (washide)
3. Be prepared to discuss and demonstrate all punches.

Blocks:

1. Awase mawashi uke
2. Leg jamming blocks (ashibo kaki uki)
3. Leg Sweeps and leg checks (ashi barai)
4. Be prepared to discuss and demonstrate all basic and intermediate blocking.

Kicks:

1. Be prepared to demonstrate all kicking technique.
2. Stationary and moving same leg kicking.
3. Drop kicks (kicks form floor level).

Kumite

1. Jiyu Ippon Kumite, with and without attacker:
 - a. Jodan
 - b. Chudan
 - c. Mae geri
 - d. Yoko geri
 - e. Mawashi geri
 - f. Ushiro geri
 - g. Kizami
 - h. Gyaku zuki
2. Hyoteki
3. Happo Kumite
4. Jiyu Kumite

Self Defense

1. Examiners choice, multiple scenarios, armed and unarmed.

General Knowledge

1. Discuss “Mizu No Kokoro”
2. Discuss “Tsuki No Kokoro”
3. Discuss the systems of Shotokan which have influenced our current curriculum.
4. Discuss the history of the weapons we use in the dojo.
5. Explain “Embusen”.
6. Explain “Seiza” and the protocol for bowing a class in and out.

Must have passbook in order to take examination