



10th kyu Yellow Belt

Test Fee: \$30.

Kata

Taikyoku Shodan

Taikyoku Nidan

(Kids 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 (choku zuki)
2. Lunge Punch (oi zuki)
3. Reverse Punch (gyaku zuki)
4. Hammer fist/Bottom 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 done with count)

4. Hyoteki

General Knowledge

1. Meaning of Karate: Empty Hand
2. Meaning of Karate-Do: Way of the Empty Hand
3. Our karate style: Shotokan
4. Founder of Shotokan Karate: Gichin Funakoshi
5. Bowing etiquette (be able to explain)
6. Count to 10 in Japanese
7. Dojo Kun (recite school rules)
8. Our organization: SKIF (define)
9. Our past teacher: Shihan Robert Halliburton 7th Dan
10. President and Founder of SKIF: Kancho Hirokazu Kanazawa 10th Dan
11. Define these terms: Sensei, Senpai, dojo, kiai and Oss!
12. Chief Instructor at Japan Ways
13. Senior Instructor at Japan Ways
14. Define Jodan, Chudan and Gedan.
15. Japanese words for the following:
 - a. Punch (as in lunge punch)
 - b. Kick
 - c. Block
 - d. Strike

Must have passbook and Dojo patch in order to take examination

(Revised 07 15 2012)



9th kyu Orange Belt

Test Fee: \$30.

All previous requirements plus,

Kata:

Taikyoku Shodan

Taikyoku Nidan

Taikyoku Sandan

Heian Shodan

Taikyoku no Bo

Kihon Kata #1

Kumite

1. Gohon Kumite Jodan with Attacker
2. Gohon Kumite Chudan with attacker
3. Gohon Kumite Gedan with attacker.
4. Sanbon Kumite #1
5. Kihon Ippon Kumite: #1 and 2 jodan, chudan, mae geri, yoko geri and mawashi geri.
6. Basic Jiyu Kumite movement.

Basics

Stances:

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

Punches and Strikes (formal and fighting):

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)

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 Gichin Funakoshi.
5. Define Kime, Kyu and Dan grades.
6. Define Kobudo.

Must have passbook and Dojo patch in order to take examination

(Revised 07 15 2012)



8th kyu Blue Belt

Test Fee: \$30.

All previous requirements plus,

Kata:

Heian Shodan
Heian Nidan
Taikyoku no Kama

Kihon Kata #2

Basics (with application):

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)
5. Vertical Knife Hand block (tate shuto 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 performed on both sides)
4. Sanbon Kumite #1, #2
5. Kihon Ippon Kumite:
A. #1-3 jodan, chudan, mae geri, yoko and mawashi geri.
6. Jiyu Ippon Kumite:
A. #1 jodan, chudan, mae geri, yoko, mawashi and ushiro geri.
7. Happo Kumite (eight direction/circle fighting)
8. Basic Jiyu Kumite offensive and defensive technique with combinations.

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, Karate Jutsu and Karate Waza.
4. Give the 4 sources of power.

Must have passbook and Dojo patch in order to take examination

(Revised 07 15 2012)



7th kyu Green Belt

Test Fee: \$30

All previous requirements plus,

Kata

Heian Nidan
Heian Sandan
Taikyoku no Sai

Kihon Kata #3

Basics (with application):

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 (yoko empi uchi)
 - b. Rising elbow (tate empi uchi)
 - c. Back elbow (ushiro empi uchi)
 - d. Roundhouse elbow (mawashi empi uchi)

Blocks:

1. Wedge block (kakiwaki uke) slow and fast application.
2. Sweeping Block, open hand (nagashi uke)

Kicks:

1. Front leg kicks (kizami kerri)
 - a. Front
 - b. Roundhouse
 - c. Side thrust
 - d. Back
2. Knee attacks (hiza waza)
 - a. Front
 - b. Roundhouse

Kumite

1. Sanbon Kumite #1, #2 and #3 with attacker.
2. Kihon Ippon Kumite all.
3. Jiyu Ippon Kumite #1-2 all.
4. Happo Kumite
5. Jiyu Kumite (under 45 years)

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 and Dojo patch in order to take examination

(Revised 07 15 2012)



6th kyu High Green Belt

Test Fee: \$30

All previous requirements plus,

Kata

Heian Sandan
Heian Yondan
Taikyoku no Tonfa
Kihon Kata #4

Basics (with application):

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. Scooping Blocks (sukui)

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 with attacker.
2. Kihon Ippon Kumite all, both sides.
3. Jiyu Ippon Kumite #1-3 all.
4. Happo Kumite
5. Jiyu Kumite (under 45 years).

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 and Dojo patch in order to take examination

(Revised 07 15 2012)



5th kyu Purple Belt

Test Fee: \$30

All previous requirements plus,

Kata

Heian Yondan

Heian Godan

Okano no Bo (Shushi no Kon Dai)

Ten no Kata

Kihon Kata #5

Basics (with application):

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 all, both sides.
2. Kaeshi Ippon Kumite.
3. Jiyu Ippon Kumite all.
4. Happo Kumite.
5. Jiyu Kumite (under 45 years).

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 (history of grading).
3. Brief discussion of Master Kanazawa (Dan grade, SKIF founding)

Must have passbook and Dojo patch in order to take examination

(Revised 07 15 2012)



4th kyu High Purple Belt

Test fee: \$30

All previous requirements plus,

Kata:

Heian Godan

Tekki Shodan

Okano no Bo (Shushi no Kon Dai)

Ten no Kata

Kihon Kata #6

Basics (with application):

Punches and Strikes:

1. Rising punch (age zuki)
2. Side double punch (sokumen morote zuki)
 1. Front punch (choko zuki)
 2. U-punch (awase zuki)
 3. Mountain punch (yama zuki)

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, all, both sides.
2. Jiyu Ippon Kumite, all, both sides.
3. Okuri Jiyu Ippon Kumite.
4. Happo Kumite
5. Jiyu Kumite (under 45 years).

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 and Dojo patch in order to take examination

(Revised 07 15 2012)



3rd kyu Brown Belt

Test Fee: \$35

All previous requirements plus,

Kata:

Tekki Shodan
Bassai Dai
Okano no Bo (Shushi no Kon dai)

Ten no Kata

Kihon Kata #7

Basics (with application):

Punches and Strikes:

1. Single knuckle punch (ippon ken)
2. Middle knuckle punch (nakadaka ken)
3. Two finger spear hand (nihon nukite)
4. Fore knuckle punch (hiraken)

Blocks: All.

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, all, both sides with attacker.
2. Jiyu Ippon Kumite, all, both sides with attacker.
3. Happo Kumite
4. Jiyu Kumite (under 45 years)
5. Kime waza

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 and Dojo patch in order to take examination

(Revised 07 15 2012)



2nd kyu Middle Brown Belt

Test Fee: \$35

All previous requirements plus,

Kata

Tekki Shodan, Bassai Dai, Kanku Dai,
Jion and Enpi.

Okano no Bo

Ten no Kata

Kihon Kata #8

Basics (with application):

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 (kakato otoshi geri)

Kumite:

1. Kihon Ippon Kumite, all, both sides with attacker.
2. Jiyu Ippon Kumite, all, both sides with attacker.
3. Happo Kumite
4. Jiyu Kumite
5. Kime waza

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 and Dojo patch in order to take examination

(Revised 07 15 2012)



1st kyu High Brown Belt

Test Fee: \$35

All previous rank requirements plus,

Kata

Tekki Shodan, Bassai Dai, Kanku Dai,
Jion and Enpi

Shimabuku no Bo (Tokumine no Kon)

Ten no Kata

Kihon Kata #9

Basics (with application):

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. Bent wrist block (kakuto uke)
3. Eagle hand block (washide uke)
4. Leg jamming blocks (ashibo kaki uke).
5. Leg Sweeps and leg checks (ashi barai).
6. 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 from floor level).

Kumite

1. Kihon Ippon Kumite, all, both sides with attacker.
2. Jiyu Ippon Kumite, all, both sides with attacker.
3. Happo Kumite
4. Jiyu Kumite (under 45 years)
5. Kime waza

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 and Dojo patch in order to take examination

(Revised 07 15 2012)