

## 10th Kyu

**【KIHON】** In place basics in **HACHIJDACHI**

1. CHUUDAN CHOKUZUKI
  2. JOUDAN AGEUKE
  3. CHUUDAN SOTOUKE
  4. MAEGERI (HEISOKU DACHI·GEDAN KAKIWAKE)
- \* “GOREI” command (From right side in turn for each Waza)

## 9th Kyu

**【KIHON】** In place basics in SHIZEN TAI to ZENKUTSU DACHI and back to SHIZEN TAI

1. CHUUDAN JUNZUKI
  2. JOUDAN AGEUKE
  3. CHUUDAN SOTOUKE,
  4. KOKUTSU SHUTOU UKE
  5. MAEGERI (**HEISOKUDACHI**, GEDAN KAKIWAKE)
- \* “GOREI” command (From right side two action in turn for each WAZA) ←Is that 1 to 4

## 8th Kyu

**【KIHON】** IDOU KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE (step in)
3. CHUUDAN SOTOUKE (step in)
4. GEDAN BARAI (step in)
5. KOKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)

**【KATA】** TAIKYOKU SHODAN

**【KUMITE】** GOHON KUMITE (JOUDAN JUNZUKI, CHUUDAN JUNZUKI)

## 7th Kyu

**[KIHON]** IDOU KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE (step back)
3. CHUUDAN SOTOUKE (step in)
4. CHUUDAN UCHIUKE (step back)
5. KOUKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in **HEISOKU DACHI**, right and left alternating)
8. YOKOGERI KEKOMI (in **HEISOKU DACHI**, right and left alternating)

**[KATA]** HEIAN SHODAN

**[KUMITE]** GOHON KUMITE (JOUDAN JUNZUKI, CHUUDAN JUNZUKI)

## 6th Kyu

**[KIHON]** IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE (step back)
3. CHUUDAN SOTOUKE (step in)
4. CHUUDAN UCHIUKE (step back)
5. KOUKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in KIBADACHI, right and left) (step in)
8. YOKOGERI KEKOMI (in KIBADACHI, right and left) (step in)

**[KATA]** HEIAN NIDAN

**[KUMITE]** KIHON IPPON KUMITE

(JOUDAN JUNZUKI – right and left, CHUUDAN JUNZUKI – right and left)

## 5th Kyu

**[KIHON]** IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE, GYAKUZUKI (step back)
3. CHUUDAN SOTOUKE, GYAKUZUKI (step in)
4. CHUUDAN UCHIUKE, GYAKUZUKI (step back)
5. KOUKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in KIBADACHI, right and left) (step in)
8. YOKOGERI KEKOMI (in KIBADACHI, right and left) (step in)

**[KATA]** HEIAN SANDAN

**[KUMITE]**KIHON IPPON KUMITE

(JODAN JUNZUKI – right and left, CHUUDAN JUNZUKI – right and left,  
CHUUDAN MAEGERI GEDAN KAKIWAKE – right and left)

## 4th Kyu

**[KIHON]** IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. **SANBON RENZUKI** (step in)
3. JODAN AGEUKE, GYAKUZUKI (step back)
4. CHUUDAN SOTOUKE, GYAKUZUKI (step in)
5. CHUUDAN UCHIUKE, GYAKUZUKI (step back)
6. KOUKUTSU SHUTOUUKE, ZENKUTSU NUKITE (step in)
7. MAEGERI (GEDAN KAKIWAKE) (step in)
8. YOKOGERI KEAGE (in KIBADACHI, right and left) (step in)
9. YOKOGERI KEKOMI (in **ZENKUTSUDACHI**) (step in)

**[KATA]** HEIAN YONDAN

**[KUMITE]**KIHON IPPON KUMITE

(JODAN JUNZUKI – right and left, CHUUDAN JUNZUKI – right and left,  
CHUUDAN MAEGERI GEDAN KAKIWAKE – right and left,  
CHUUDAN YOKOGERI KEKOMI – right and left)

## 3rd Kyu

**[KIHON]** IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. **SANBON RENZUKI** (step in)
3. JODAN AGEUKE, GYAKU ZUKI (step in)
4. CHUUDAN SOTOUKE, GYAKUZUKI (step back)
5. CHUUDAN UCHIUKE, GYAKU ZUKI (**as KOUKUTSUDACHI is**) (step in)
6. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step back)
7. MAEGERI (GEDAN KAKIWAKE) (step in)
8. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKOGERI KEKOMI (in **ZENKUTSU DACHI**) (step in)

**[KATA]** HEIAN GODAN

**[KUMITE]**JIYUU IPPON KUMITE

(JODAN JUNZUKI , CHUUDAN JUNZUKI , CHUDAN MAEGERI) – **right and left**

## 2nd Kyu

### **[KIHON]** IDO KIHON Moving basics

1. JOUDAN JUNZUKI , CHUUDAN GYAKUZUKI(step in)
2. JOUDAN AGEUKE, GYAKUZUKI (step back)
3. CHUUDAN SOTOUKE ,GYAKUZUKI (step in)
4. CHUUDAN UCHIUKE, GYAKUZUKI (step back)
5. KOUKUTSU SHUTOUUKE, ZENKUTSU NUKITE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. MAWASHIGERI (step in)
8. YOKOGERI KEAGE (in KIBADACHI, right and left) (step in)
9. YOKOGERI KEKOMI (in ZENKUTSUDATI) (step in)

### **[KATA]** TEKKI SHODAN

### **[KUMITE]**JIYUU IPPON KUMITE

(JODAN JUNZUKI, CHUUDAN JUNZUKI, CHUUDAN MAEGERI,  
CHUUDAN YOKOGERI KEKOMI ,MAWASHIGERI) – right and left

※Inform your choice of JOUDAN or CHUUDAN for MAWASHIGERI

## 1st Kyu

### **[KIHON]** IDO KIHON Moving basics

1. JOUDAN JUNZUKI , CHUUDAN GYAKUZUKI(step in)
2. JOUDAN AGEUKE, GYAKUZUKI (step back)
3. CHUUDAN SOTOUKE, YOKOENPI  
(ZENKUTSUDACHI changing stance to KIBADACHI) (step in)
4. CHUUDAN UCHIUKE, GYAKUZUKI (step back)
5. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
6. MAEGERI (On the spot) ,MAEGERI(step in)
7. MAWASHIGERI (step in)
8. YOKOGERI KEAGE (in KIBADACHI, right and left) (step in)
9. YOKOGERI KEKOMI (ZENKUTSUDACHI) (step in)

### **[KATA]** BASSAI DAI

### **[KUMITE]**JIYU IPPON KUMITE

(JODAN JUNZUKI, CHUUDAN JUNZUKI, CHUUDAN MAEGERI,  
CHUUDAN YOKOGERI KEKOMI, MAWASHIGERI) – right and left

※Inform your choice of JOUDAN or CHUUDAN for MAWASHIGERI

## 1st Dan

**【KIHON】** IDO KIHON Moving basics

1. SANBON RENZUKI (step in)
2. JOUDAN AGEUKE, GYAKUZUKI (step back)
3. CHUUDAN SOTOUKE, YOKOENPI, YOKOURAKEN UCHI, GYAKUZUKI (ZENKUTSUDACHI changing stance to KIBADACHI changing stance to ZENKUTSU DACHI) (step in)
4. CHUUDAN UCHIUKE, KIZAMIZUKI, GYAKUZUKI (KOUKUTSUDACHI to ZENKUTSUDACHI) (step back)
5. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
6. MAEGERI (On the spot) ,MAE GERI(step in)
7. MAWASHIGERI (step in)
8. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKOGERI KEKOMI (ZENKUTSUDACHI)

**【KATA】** BASSAI DAI, KANKU DAI, ENPI or JION (your choice)

**【KUMITE】**JIYU IPPON KUMITE

(JOUDAN JUNZUKI, CHUUDAN JUNZUKI, CHUUDAN MAEGERI, CHUUDAN YOKOGERI KEKOMI, JOUDAN MAWASHIGERI) – right and left

※Inform your choice of JOUDAN or CHUUDAN for MAWASHIGERI

## 2nd Dan

**【KIHON】** IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN JYUNZUKI, CHUUDAN GYAKUZUKI (step in)
3. SANBON RENZUKI (step in)
4. AGEUKE, SOTOUKE (with same arm), GYAKUZUKI (step back)
5. UCHIUKE, KIZAMIZUKI, GYAKUZUKI (KOUKUTSUDACHI to ZENKUTSUDACHI) (step in)
6. KOUKUTSHU SHUTOUUKE, ZENKUTSU NUKITE (step back)
7. MAEGERI (On the spot), MAEGERI(step in)
8. YOKOGERI KEAGE, YOKOGERI KEKOMI (KIBADACHI, alternate feet)
9. YOKOGERI KEKOMI (ZENKUTSUDACHI) (step in)
10. MAWASHIGERI, YOKOURAKENUCHI, CHUUDAN GYAKUZUKI (step in)

**【KATA】** Student' s favorite KATA

**【KUMITE】**JIYU KUMITE

## 3rd Dan

**[KIHON]** IDO KIHON Moving basics **free KAMAE**

1. KIZAMIZUKI, JOUDAN JUNZUKI, CHUUDAN GYAKUZUKI (step in)
2. AGEUKE, SOTOUKE (with same arm), GYAKUZUKI (step back)
3. UCHIUKE, KIZAMIZUKI, GYAKUZUKI (KOKUTSUDACHI to ZENKUTSUDACHI) (step in)
4. KOUKUTSU SHUTOUKE, KIZAMIMAEGERI, ZENKUTSU NUKITE (step back)
5. MAEGERI · GYAKUZUKI, YOKOGERI KEKOMI · GYAKUZUKI, MAWASHIGERI · GYAKUZUKI (step in)
6. USHIROGERI (step in)
7. **MAEGERI, YOKOGERI KEKOMI, USHIROGERI** (ZENKUTSUDACHI same feet right and left)

**[KATA]** Student's favorite KATA (**Question and Answer Session**)

**[KUMITE]**JIYU KUMITE

## 4th Dan

**[KIHON]** IDO KIHON Moving basics **free KAMAE**

1. **KIZAMIZUKI**, SANBON RENZUKI (step in)
2. AGEUKE, SOTOUKE (with same arm), GYAKUZUKI (step back)
3. UCHIUKE, KIZAMIZUKI, GYAKUZUKI (KOKUTSUDACHI to ZENKUTSUDACHI) (step in)
4. KOUKUTSU SHUTOUKE, KIZAMIMAEGERI, ZENKUTSU NUKITE (step back)
5. MAEGERI, JUNZUKI, GYAKUZUKI (step in)
6. **KIZAMIMAWASHIGERI**, YOKOGERI KEKOMI, GYAKUZUKI (step in)
7. MAEGERI, YOKOGERI KEKOMI, USHIROGERI (ZENKUTSUDACHI same feet right and left)

**[KATA]** Student's favorite KATA (**Question and Answer Session**)

**[KUMITE]**JIYU KUMITE

## 5th Dan

**[KIHON]** IDO KIHON Moving basics **free KAMAE**

1. **KIZAMIZUKI**, SANBON RENZUKI (step in)
2. AGEUKE, SOTOUKE (with same arm), GYAKUZUKI (step back)
3. UCHIUKE, KIZAMIZUKI, GYAKUZUKI (KOKUTSUDACHI to ZENKUTSUDACHI) (step in)
4. KOUKUTSU SHUTOUKE, KIZAMIMAEGERI, ZENKUTSU NUKITE (step back)
5. MAEGERI, JOUDAN JUNZUKI, CHUUDAN GYAKUZUKI (step in)

6. YOKOGERI KEKOMI, GYAKUZUKI (step in)
7. MAWASHIGERI, GYAKUZUKI (step in)
8. MAEGERI, YOKOGERI KEKOMI, MAWASHIGERI, GYAKUZUKI (step in)

**【KATA】** from HEIAN SHODAN to TEKKI SANDAN  
specified by examiner ([Question and Answer Session](#))  
Student's favorite KATA (Question and Answer Session)

**【KUMITE】**JIYU KUMITE

## 6th Dan

**【KIHON】** Specified by examiner

**【KATA】** from HEIAN SHODAN to TEKKI SANDAN BASSAIDAI, KANKUUDAI, ENPI, or JION  
specified by examiner ([Question and Answer Session](#))  
Student's favorite KATA (Question and Answer Session)

**【KUMITE】**JIYU KUMITE

-Question and Answer Session on technique

-Submit a report on technique on the exam day ([Submitted one week in advance](#))

## 7th Dan

**【KIHON】** Specified by examiner

**【KATA】** Student's favorite KATA (Question and Answer Session)

**【KUMITE】**JIYU KUMITE

-Question and Answer Session on technique

-Submit a report on technique on the exam day ([Submitted one week in advance](#))

## 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> Dan

Recommendation by SHIHANKAI

[\(Note\) <from 2<sup>nd</sup> Dan to 7<sup>th</sup> Dan>](#)

[General KUMITE for men / women the age of 60 and above are required JIYUU KUMITE or JIYUU IPPON KUMITE \(JODAN JUNZUKI, CHUDAN JUNZUKI, CHUDAN MAEGERI, CHUDAN YOKOGERI KEKOMI, MAWASHIGERI\) right](#)

[※Inform JOUDAN or CHUDAN as for MAWASHIGERI](#)

Effective from 1<sup>st</sup> April, 2022