

Kyu Examinations

9th Kyu to 8th Kyu:

Kihon: chudan oi zuki
step back – jodan age uke
chudan ude uke
Turn – kokutsu shuto uke

mae geri chudan
turn –highest mae geri

Kata: Heian Shodan
Kumite: Sanbon - jodan/chudan (to the count)

8th Kyu to 7th Kyu:

Kihon: chudan oi zuki
step back – jodan age uke
chudan ude uke
step back – kokutsu shuto uke

mae geri chudan
turn - mae geri jodan
side snap, side thrust-both sides

Kata: Heian Nidan
Kumite: Sanbon - jodan/chudan (no count)

7th Kyu to 6th Kyu:

Kihon: sanbon zuki
step back-age uke/gyaku zuki
chudan ude uke/jodan gyaku
step back - shuto uke/kokutsu

yoko keage/kekomi (2 sides)

mae geri chudan
turn - mae geri jodan

Kata: Heian Sandan
Kumite: Ippon -jodan/chu
(both sides)

6th Kyu to 5th Kyu:

Kihon: sanbon zuki
step back - jodan age uke/chudan gyaku zuki
chudan soto uke/empi uchi
step back - shuto uke, kokutsu /nukite, zen kutsu

maegeri - chudan then jodan, two steps
mawashi geri- chudan then jodan, two steps
yoko geri – keage/kekomi (both sides)

Kata: Heian Yondan
Kumite: Ippon - jodan/chudan (both sides)
Defense - 2 diff. counter attacks

5th Kyu to 4th Kyu:

Kihon: sanbon zuki
step back – jodan age uke/chudan gyaku zuki
chudan soto uke/empi uchi
shuto uke,kokutsu dachi/ nukite, zen kutsu

maegeri – chudan then jodan, two steps
mawashi geri –chudan then jodan, two steps
yoko geri - kaege/ kekomi (both sides)

Kata: Heian Godan
Kumite: Ippon - jodan/chudan/maegeri –(both sides)
Defense -2 diff.counter attacks

4th Kyu to 3rd Kyu:

Kihon: sanbon zuki
step back – age uke/chudan gyaku zuki
chudan ude uke, empi uchi, uraken
step back – shuto uke/kokutsu/ maeashi maegeri/nukite

maegeri- chudan/jodan, two steps
mawashi geri chudan, turn, mawashi geri jodan
yoko geri – keage/ kekomi (both sides)

Kata: Tekki Shodan
Kumite: Ippon –jodan/chudan/maegeri/yoko kekomi (one side)

3rd Kyu to 2nd Kyu:

Kihon: sanbon zuki
step back – age uke/jodan/chudan gyaku zuki
chudan ude uke/ empi uchi/uraken
shuto uke/mae geri/nukite

maegeri – front foot chudan, step in- back foot jodan
mawashi geri – front foot chudan, step in –back foot jodan
yoko geri – keage/ kekomi (both sides)

Kata: Bassai Dai (or own kata)
Kumite: Jiu Ippon - jodan/chudan/maegeri/kekomi (one side)

2nd Kyu to 1st Kyu:

Kihon: sanbon zuki
step back – jodan age uke/chudan gyaku zuki
chudan ude uke/empi uchi/uraken
step back – shuto uke/ maegeri/ nukite

maegeri – front foot chudan, step in jodan
mawashi geri – front foot chudan, step in chudan
yoko geri – keage/ kekomi (both sides)

Kata: Bassai Dai (or own kata)
Kumite: Jiu Ippon – jodan/chudan/maegeri/ kekomi (one side)

1st Kyu to SHODAN:

Kihon: sanbon zuki
step back – age uke/chudan gyaku zuki
chudan ude uke/empi uchi/ uraken/ gyaku zuki
step back – shuto uke/mae geri/ gyaku zuki from kokutsu

maegeri –front foot chudan, step in jodan
mawashi geri- front foot chudan, step in jodan
yoko geri keage/yoko geri kekomi

double kick – mae geri/yoko geri (both sides)

Kata: Individual Kata/ 2nd kata-examiner's choice (heian 2 - tekki1)
Kumite: Jiu Kumite (mouthpiece and hand protectors)