

JKA SHOTOKAN KYU TESTING

KYU RANK	KIHON (BASICS)	KUMITE (SPARRING)	KATA (FORMS)
10 White TO 9 Yellow	<ol style="list-style-type: none"> 1. → Chudan Jun-zuki (Step-forward middle punch) 2. → Jodan Age-uke (Step-forward rising face block) 3. → Chudan Soto-uke (Step- forward outside forearm block) 4. → Gedan-barai (Step-forward downward block) 5. → Shuto-uke (Step-forward knife hand block) 6. → Mae-geri (Step-forward front kick) 	Gohon Kumite – Jodan / Chudan (5 Step Sparring – Face / Stomach)	Taikyoku Shodan
8 Yellow	Same as 9 Kyu <i>(Examiners: Look for basic form)</i>	Same as 9 kyu	Heian Shodan
7 Orange	<ol style="list-style-type: none"> 1. → Chudan Jun-zuki (Step-forward middle punch) 2. ← Jodan Age-uke (Step-back rising face block) 3. → Chudan Soto-uke (Step-forward outside forearm block) 4. ← Chudan Uchi-ke(Step-back inside forearm block) 5. → Shuto-uke (Step-forward knife hand block) 6. → Mae-geri (Step-forward front kick) 7. → Yoko-geri Keage, left/right in Kibadachi (Step-side snap kick left/right in straddle stance) 	Same as 9 Kyu	Heian Nidan
6 Green	<ol style="list-style-type: none"> 1. → Chudan Jun-zuki (Step-forward middle punch) 2. ← Jodan Age-uke + Gyaku tsuki (Step-back rising face block, reverse punch) 3. → Chudan Soto-uke + Gyaku tsuki (Step- forward outside forearm block, reverse punch) 4. ← Chudan Uchi-uke (Step-back inside forearm block) 5. → Shuto-uke (Step-forward knife hand block) 6. → Mae-geri (Step-forward front kick) 7. → Yoko-geri Keage left/right in Kibadachi (Step-side snap kick left/right in straddle stance) 8. → Yoko-geri Kekomi left/right in Kibadachi (Step-side thrust kick left/right in straddle stance) <i>(Examiners: Look for correct hip pivot during renzoku-waza and clear grasp of hand techniques)</i>	Kihon Ippon Kumite – Jodan / Chudan (left / right) Basic 1 Step Sparring – face / stomach - left / right)	Heian Sandan
5 Purple	<ol style="list-style-type: none"> 1. → Chudan Jun-zuki (Step-forward middle punch) 2. ← Jodan Age-uke + Gyaku tsuki (Step-back rising face block, reverse punch) 3. → Chudan Soto-uke + Gyaku tsuki (Step- forward outside forearm block, reverse punch) 4. ← Chudan Uchi-uke + Gyaku tsuki (Step-back inside forearm block, reverse punch) 5. → Shuto-uke (Step-forward knife hand block) 6. → Mae-geri (Step-forward front kick) 7. → Mawashi-geri (Step-forward roundhouse kick) 8. → Yoko-geri Keage left/right in Kibadachi (Step-side snap kick left/right in straddle stance) 9. → Yoko-geri Kekomi left/right in Kibadachi (Step-side thrust kick left/right in straddle stance) 	Kihon Ippon Kumite – Jodan / Chudan / Mae-gri (left / right) Basic 1 Step Sparring – face / stomach / front kick - left / right)	Heian Yondan
	<p style="text-align: center;">→ Forward Movement ← Backward Movement</p> <p>Example:</p> <ol style="list-style-type: none"> 1. → Forward 2. → Turn to Forward 3. ← Backward 		

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4 Purple	<ol style="list-style-type: none"> 1. → Chudan Jun-zuki (Step-forward middle punch) 2. ← Jodan Age-uke + Gyaku tsuki (Step-back rising face block, reverse punch) 3. → Chudan Soto-uke + Gyaku tsuki (Step- forward outside forearm block, reverse punch) 4. ← Chudan Uchi-uke + Gyaku tsuki (Step-back inside forearm block, reverse punch) 5. → Shuto-uke + Nukite (Kokutsu-dachi to Zenkutsu-dachi) (Step-in knife hand block back stance to forward stance spear hand strike) 6. → Mae-geri (Step-forward front kick) 7. → Mawashi-geri (Step-forward roundhouse kick) 8. → Yoko-geri Keage left/right in Kibadachi (Step-side snap kick left/right in straddle stance) 9. → Yoko-geri Kekomi left/right in Kibadachi (Step-side thrust kick left/right in straddle stance) <p><i>(Examiners: Look for strength and sharpness in each technique)</i></p>	<p style="text-align: center;">Kihon Ippon Kumite – Jodan / Chudan / Mae- Geri (left / right) Basic 1 Step Sparring – face / stomach / front kick - left / right)</p>	Heian Godan
3 Brown	<ol style="list-style-type: none"> 1. → Chudan Jun-zuki (Step-forward middle punch) 2. → Sanbon Renzuki (Step-forward triple punch) 3. ← Jodan Age-uke + Gyaku tsuki (Step-back rising face block, reverse punch) 4. → Chudan Soto-uke + Yoko Empi (Kiba-dachi) (Step- forward outside forearm block in front stance to elbow strike in straddle stance) 5. ← Chudan Uchi-uke + Gyaku tsuki (Step-back inside forearm block, reverse punch) 6. → Shuto-uke + Nukite (Kokutsu-dachi to Zenkutsu-dachi) (Step-in knife hand block back stance to forward stance spear hand strike) 7. → Mae-geri (Step-forward front kick) 8. → Mawashi-geri (Step-forward roundhouse kick) 9. → Yoko-geri Keage left/right in Kiba-dachi (Step-side snap kick left/right in straddle stance) 10. → Yoko-geri Kekomi left/right in Kiba-dachi (Step-side thrust kick left/right in straddle stance) 	<p style="text-align: center;">Kihon Ippon Kumite – Jodan / Chudan / Mae- Geri / Yoko-Geri Kekomi (left / right) Basic 1 Step Sparring – face / stomach / front kick / side-thrust kick - left / right)</p>	Tekki Shodan
2 Brown	Same as 3 Kyu	<p style="text-align: center;">Jiyu Ippon Kumite – Jodan / Chudan / Mae-Geri / Yoko- Geri Kekomi (left / right) Semi-free 1 Step Sparring – face / stomach / front kick / side-thrust kick - left / right)</p>	Sentei Kata – Student choice of Bassai Dai Kanku Dai Jion Empi
1 Brown	<ol style="list-style-type: none"> 1. → Chudan Jun-zuki (Step-forward middle punch) 2. → Sanbon Renzuki (Step-forward triple punch) 3. ← Jodan Age-uke + Gyaku tsuki (Step-back rising face block, reverse punch) 4. → Chudan Soto-uke + Yoko Empi + Uraken (Step- forward outside forearm block in front stance to elbow strike in straddle stance and backfist strike) 5. ← Chudan Uchi-uke + Gyaku tsuki (Step-back inside forearm block, reverse punch) 6. → Shuto-uke + Nukite (Kokutsu-dachi to Zenkutsu-dachi) (Step-in knife hand block back stance to forward stance spear hand strike) 7. → Mae-geri (Step-forward front kick) 8. → Rengeri (Chudan/Jodan) – Front Kick stomach then face 9. → Mawashi-geri (Step-forward roundhouse kick) 10. → Yoko-geri Keage left/right in Kiba-dachi (Step-side snap kick left/right in straddle stance) 11. → Yoko-geri Kekomi left/right in Kiba-dachi (Step-side thrust kick left/right in straddle stance) <p><i>(Examiners: Look for ease and naturalness of execution, speedy and powerful kime, and smooth, instantaneous, dynamic elasticity of delivery)</i></p>	<p style="text-align: center;">Jiyu Ippon Kumite – Jodan / Chudan / Mae-Geri / Yoko- Geri Kekomi / Mawashi-Geri (one side) Semi-free 1 Step Sparring – face / stomach / front kick / side-thrust kick / roundhouse kick – one side)</p>	Sentei Kata – Student choice of Bassai Dai Kanku Dai Jion Empi