

Nevada Shotokan Karate
Kyu Examination Guidelines
(Updated June 2017)

About testing

Kyu exams are an opportunity for students to demonstrate their understanding of assigned kihon, kata, and kumite. In addition, students accepting the challenge of taking a kyu exam will be evaluated on their spirit and physical conditioning.

Kyu exams are designed to challenge students physically, mentally, and spiritually.

Eligibility Requirements:

To be eligible to take a kyu grading students must:

1. Have trained a minimum of three months since their last exam
2. Have attended at least 50% of scheduled training sessions
3. Participate in dojo events (seminars, dojo clean-up, etc.)
3. Have a plain white karate gi (uniform)
4. Know their assigned kata, kihon, and kumite

Students are graded on:

- Spirit (ki)
- Technique (waza)
- Lines (zen)
- Proper use of muscles to generate power (kime)

Emphasis is Placed On:

- Testing 8th Kyu to 7th Kyu emphasis is placed on dachi (stances)
- Testing 4th Kyu to 3rd Kyu emphasis is placed on stances and kime (focused spirit)
- Testing 2nd & 1st kyu emphasis is placed on stances, kime, and proper karate spirit in preparation of the Dan Examination

Gradings

- Fail (if you fail you may re-test the following month if your attendance is 50% or higher)
- Below Average – “B”
- Satisfactory – “F” Full Kyu
- Above Average – “A”

Costs

- Cost for the exam is \$25.00
- Cost for multiple family members taking an exam on the same day is \$15.00 per additional examinee
- There is no charge for students taking a re-examination

Please contact Sensei Clark if you have any questions concerning testing, call or text 702 860 3277 or email nsk_do@yahoo.com.

PLEASE NOTE!

1. **There is a difference between being eligible to test and being ready to test, be ready!**
2. **Students are responsible for, and may be called upon to demonstrate all kata, kihon, and kumite performed during their previous kyu exams.**

9th Kyu Exam (Yellow Belt)

Kata Heian Shodan

Kihon

From zenkutsu dachi (front stance) stationary

- Age uke/gyaku zuki (rising block/reverse punch)
- Uchi uke/gyaku zuki (inside middle block/reverse punch)
- Soto uke/gyaku zuki (outside middle block/reverse punch)
- Gedan barai/mae geri keage (lower level block/front snap kick)

From kokutsu dachi (back stance) stationary

- Shuto uke/shift zenkutsu dachi – nukite (sword hand block/spear hand attack)
- Mikazuki geri (crescent kick)

From nekoashi dachi

- Shifting back age uke/kizami mae geri/change to zenkutsu dachi chudan gyaku zuki

From kiba dachi (straddle leg stance) stationary

- Sanbon zuki (triple punch)

From zenkutsu dachi (front stance) shifting

- Oi zuki jodan (face target punch)
- Oi zuki chudan (stomach target punch)
- Age uke (rising block)
- Soto uke (outside middle block)
- Uchi uke (inside middle block)
- Gedan barai (downward block)
- Mae geri keage jodan (front snap kick)
- Mae geri keage chudan (front snap kick)

From kiba dachi (straddle leg stance) shifting

- Yoko geri keage (side snap kick)
- Yoko geri kekomi (side thrust kick)

From kokutsu dachi (back stance)

- Shuto uke (knife hand block)

Kumite: Gohon kumite (5 step sparring)

- Attack/defend jodan oi zuki (age uke/gyaku zuki)
- Attack/defend chudan oi zuki (soto uke/gyaku zuki)
- Attack/defend chudan oi zuki (uchi uke/gyaku zuki)
- Attack/defend chudan mae geri (gedan barai/chudan mae geri)
- Attack/defend chudan oi zuki (shuto uke from kokutsu dachi/nukite)

Stationary Kicks

- Mae geri yoko geri keage (25 left & right)

Exercises

- 25 sit-ups knees bent, feet stay on floor
- 25 push-ups back straight, nose/face one inch from floor

8th Kyu Exam (Orange Belt)

Kata Heian Nidan

Kihon Same as 9th kyu

Kumite Same as 9th kyu

Stationary Kicks Same as 9th kyu

Exercises Same as 9th kyu

7th Kyu Exam (Green Belt)

Kata Heian Sandan.

Kihon

From zenkutsu-dachi gedan-barai

- Sanbon-zuki.
- Jodan-age-uke chudan-gyaku-zuki.
- Chudan-soto-uke jodan-gyaku-zuki.
- Chudan-uchi-uke, chudan-gyaku-zuki.
- Gedan barai, chudan gyaku zuki
- Mawashi-geri

From kokutsu-dachi

- Chudan-shuto-uke chudan-nukite-uchi.

Kumite Ippon Kumite (Left and Right) – without ushiro geri.

Stationary Kicks

- Mae geri yoko geri keage (25 left & right)

Exercises

- Situps 50
- Push-ups 50

6th Kyu Exam (Blue Belt)

Kata Heian Yondan

Kihon

From zenkutsu gedan barai

- Jodan-age-uke kizami-geri chudan-gyaku-zuki.
- Chudan-uchi-uke jodan-kizami-zuki chudan-gyaku-zuki.
- Chudan-soto-uke (kiba-dachi) chudan-yoko-empi-uchi jodan-uraken-uchi.
- Mae-geri-keage jodan-oi-zuki.
- Ushiro geri

From kokutsu-dachi

- Chudan-shuto-uke, chudan-kizami-geri, zenkutsu-dachi chudan-nukite-uchi.

Kumite

- Ippon kumite (Left and Right) without ushiro geri.

Stationary Kicks

- Mae geri yoko geri keage (25 left & right)

Exercises

- 50 situps
- 50 pushups

5th Kyu Exam (Purple Belt)

Kata Heian Godan.

Kihon

From zenkutsu gedan barai

- Jodan-age-uke kizami-geri chudan-gyaku-zuki.
- Chudan-uchi-uke jodan-kizami-zuki chudan-gyaku-zuki.
- Chudan-soto-uke (kiba-dachi) chudan-yoko-empi-uchi jodan-uraken-uchi.
- Mae-geri-keage jodan-oi-zuki.
- Ushiro geri

From kokutsu-dachi

- Chudan-shuto-uke, chudan-kizami-geri, zenkutsu-dachi chudan-nukite-uchi.

Kumite

- Ippon kumite (left & right) with ushiro geri.
- Jodan oi-zuki defense – Jodan gyaku uchi uke – kizami zuki-chudan gyaku zuki
- Chudan oi-zuki defense – Chudan soto uke-empi uchi

Stationary Kicks

- Mae geri yoko geri keage (25 left & right)

Exercises:

- 25 pushups in 30 seconds
- 5 leg squats (left & right)
- 25 situps in 30 seconds

4th Kyu Exam (Purple Belt)

Kata Tekki Shodan

Kihon

From zenkutsu gedan barai

- Jodan-age-uke kizami-geri chudan-gyaku-zuki.
- Chudan-uchi-uke jodan-kizami-zuki chudan-gyaku-zuki.
- Chudan-soto-uke (kiba-dachi) chudan-yoko-empi-uchi jodan-uraken-uchi.
- Mae-geri-keage jodan-oi-zuki.
- Ushiro geri
- Start from zenkutsu dachi shift forward soto uke tenshin kiba dachi enpi uchi tenshin zenkutsu dachi uchi uke tenshin kiba dachi enpi uchi

From kokutsu-dachi

- Chudan-shuto-uke, chudan-kizami-geri, zenkutsu-dachi chudan-nukite-uchi.

Kumite

- Ippon kumite (left & right) with ushiro geri.
- Jodan oi-zuki defense – Jodan gyaku uchi uke – kizami zuki-chudan gyaku zuki
- Chudan oi-zuki defense – Chudan soto uke-enpi uchi

Stationary Kicks

- Mae geri yoko geri keage (25 left & right)

Exercises:

- 25 pushups within 30 seconds
- 5 leg squats (left & right)
- 25 situps in 30 seconds

3rd, 2nd, & 1st Kyu Exam (Brown Belt)

Kata

Tokui

- 3rd kyu Bassai Dai & Junro Shodan
- 2nd kyu Gion, Empi. & Junro Nidan
- 1st kyu Kanku Dai & Junro Sandan

Shitei (assigned)

- Any Heian Kata & Tekki Shodan

Kihon

From Zenkutsu Dachi

- Shift back age uke, soto uke, gedan barai (same arm)/gyaku zuki

From Sochin Dachi

- Kizami zuki shift forward sanbon zuki
- Gyaku zuki – kizami zuki shift forward chudan oizuki
- Gyaku zuki
- Gyaku zuki shift forward mawashi geri
- Gyaku zuki shift forward yoko geri kikomi

From kiba-dachi

- Yoko-geri-keage pivot yoko geri kekomi

Kumite – NOTE Students testing for 3rd kyu and above maybe asked to perform jiu kumite

- 3rd Kyu Ippon Kumite (left & right sides).

2nd, and 1st Kyu Jiyu-Ippon-Kumite (left & right sides)

- Kizami zuki
- Gyaku zuki
- Jodan & chudan oi zuki
- Mae geri
- Mawashi geri
- Yoko geri kekomi
- Ushiro geri

Bunkai

- 2nd Kyu – Heian 1 – 3
- 1st Kyu – Heian 1 – 5 & Tekki Shodan

Stationary Kicks

- Mae-geri keage/yoko-geri keage/mawashi-geri (10 left & right side).

Exercises

- 50 pushups in 60 seconds
- 10 leg squats (left & right) 30 sec 3rd Kyu
- 20 leg squats (left & right) 30 sec 2nd Kyu
- 25 leg squats (left & right) 30 sec 1st Kyu
- 50 situps in 60 seconds

Flexibility

- Front splits head/chest to floor