

NSK Grading Physical Requirements

Effective the November Kyu Grading

These requirements are being instituted to ensure NSK Karateka have the physical strength and ability required to execute effective karate techniques.

6th Kyu to 5th Kyu

Elevated Push-ups

5

1 Leg Squats

5 L&R

Sit-ups

25 in 30 Seconds

4th Kyu to 3rd Kyu

Elevated Push-ups

10

1 Leg Squats

10 L&R

Sit-ups

50 in 60 Seconds

Flexibility

Splits Head/Chest to Floor

1st Kyu to Shodan

Regular Push-ups

50 in 1 Minute

1 Leg Squats

25 L&R
1 Minute

Sit-ups

75 in 1 Minute &
30 Seconds

Shodan to Nidan

Regular Push-ups

100 in 2 Minutes

1 Leg Squats

25 L&R
1 Minute

Sit-ups

100 in 2 Minutes