The JKS Dan/Kyu Examination Curriculum

10th・9th・8th Kyu

Kihon:

From Zenkutsu-dachi Gedan-kamae

①Chudan Oi-zuki（step forward）

②Jodan Age-uke（step back）

③Chudan Soto-uke（step forward）

④Kokutsu-dachi Shuto-uke（step back）

⑤Gedan Barai（step forward）

Mawatte (turn around), from Kakiwake gedan kamae

⑥Mae-geri（step forward）

From Kiba-dachi

⑦Yoko ke-komi (both sides)　for 10th and 9th Kyu

　Yoko ke-age (both sides)　for 8th Kyu

Kumite:

Gohon-Kumite（Jodan Oi-zuki, Chudan Oi-zuki）

Kata:

(10th Kyu) Jo-no-Kata　(9th Kyu) Heian Shodan　(8th Kyu) Heian Nidan

7th・6th Kyu

Kihon:

From Zenkutsu-dachi Gedan-kamae

①Jodan Oi-zuki, Chudan Gyaku-zuki (frontal hip position for both punches) (step forward)

②Jodan Age-uke（step back）

③Chudan Soto-uke（step forward）

④Chudan Uchi-uke（step back）

⑤Gedan Barai（step forward）

⑥Kokutsu-dachi Shuto-uke（step back）

From Jiyu-na-kamae,

⑦Mae-geri（step forward）

⑧Mawashi-geri（step forward）

From Kiba-dachi

⑨Yoko ke-age（step forward）

⑩Yoko ke-komi（step forward）

Kumite:

Gohon-Kumite（Jodan Oi-zuki, Chudan Oi-zuki, Mae-geri）

Kata:

(7th Kyu) Heian-Sandan　(6th Kyu) Heian-Yondan

5th・4th Kyu

Kihon:

From Zenkutsu-dachi Gedan-kamae

①Jodan Oi-zuki, Chudan Gyaku-zuki (frontal hip position for both punches) (step forward)

②Jodan Age-uke, Gyaku-zuki（step back）

③Chudan Soto-uke, Gyaku-zuki（step forward）

④Chudan Uchi-uke, Gyaku-zuki（step back）

⑤Gedan Barai, Gyaku-zuki（step forward）

⑥Kokutsu-dachi Shuto-uke, Nekoashi-dachi Gedan Barai (step backward)

From Zenkutsu-dachi Gedan-kamae

⑦Mae-geri, Oi-zuki（step forward）

Mawatte (turn around), from Gedan-kamae

⑧Mawashi-geri, Gyaku-zuki（step forward） ＊Keep the hand at same position before kicking

From Kiba-dachi

⑨Yoko ke-age　switch legs　Yoko ke-komi

Mawatte (turn around), from Gedan-kamae

⑩Turning & stepping forward Ura-ken, Gyaku-zuki

Kumite:

Kihon-Ippon-Kumite（Jodan Oi-zuki, Chudan Oi-zuki, Mae-geri, Yoko-geri, Mawashi-geri)

Kata:

(5th Kyu) Heian-Godan, Junro-Shodan

(4th Kyu) Tekki-Shodan, Junro-Nidan

3rd・2nd・1st Kyu

Kihon:

From Zenkutsu-dachi Gedan-kamae

①　Sanbon-zuki（step forward）

②Jodan Age-uke, Nekoashi-dachi Gedan Barai, Front leg Mae-geri, Zenkutsu-dachi Gyaku-zuki（step back）

＊Keep Nekoashi-dachi after kicking, then shift to Zenkutsu-dachi Gyaku-zuki

③Chudan Soto-uke, Kiba-dachi Enpi（step forward）

④Kokutsu-dachi Shuto-uke, Nukite（step back）

⑤Gedan Barai, Nekoashi-dachi Uchi-uke, Zenkutsu-dachi Ura-zuki, Yori-ashi Gyaku-zuki（step forward）

Mawatte (turn around), from Gedan-kamae

⑥Mae-geri, Jodan Oi-zuki, Chudan Gyaku-zuki（step forward）

＊In Oi-zuki (hanmi, side facing), Gyaku-zuki (shomen, frontal facing)

⑦Mae-geri, Mawashi-geri, Ushiro-geri, Ura Mawashi-geri（both sides）

Mawatte (turn around), from Gedan-kamae

⑧Yoko Ke-age, same leg Yoko Ke-komi (step forward)

Mawatte (turn around), from Gedan-kamae
⑨Turning & stepping forward Ura Shuto-uchi, Haito-uchi (step forward)
Kumite:
Jiyu-Ippon-Kumite（Jodan Oi-zuki, Chudan Oi-zuki, Mae-geri, Yoko-geri, Mawashi-geri, Ushiro-geri)
Kata:
(3rd Kyu) Junro-Sandan, Kata of choice (Jion, Kanku Dai, Enpi, Bassai Dai)
(2nd Kyu) Junro-Yondan, Kata of choice (Jion, Kanku Dai, Enpi, Bassai Dai)
(1st Kyu）Junro-Godan, Kata of choice (Jion, Kanku Dai, Enpi, Bassai Dai)

Shodan

Kihon:
From Zenkutsu-dachi Gedan-kamae
①Long step forward Sanbon-zuki（step forward)
②Long step backward Jodan Age-uke, Front leg Mae-geri, Gyaku-zuki（step back)
③Chudan Soto-uke, Kiba-dachi Enpi, Zenkutsu-dachi Ura-ken, Gyaku-zuki（step forward)
④Kokutsu-dachi Shuto-uke, Nekoashi-dachi Gedan Barai, Front leg Mae-geri, Gyaku-zuki（step back)
＊Keep Nekoashi-dachi after kicking, then shift to Zenkutsu-dachi Gyaku-zuki
⑤Mae-geri Oizuki, Mawashi-geri Gyaku-zuki, Ushiro-geri Gyaku-zuki, Ura Mawashi-geri Gyaku-zuki（both sides)
⑥From Zenkutsu-dachi, same leg Yoko Ke-age, Yoko Ke-komi, Gyaku-zuki（step forward)
Mawatte (turn around), from Jiyu-na-kamae (both sides are acceptable, choose either left or right side)
⑦Yose-ashi (move the back leg half step) Kizami-zuki, Gyaku-zuki（step forward)
⑧Move with front leg forward, Gyaku-zuki, change side Gyaku-zuki（step forward)
⑨Move with front leg forward, Mae-geri, Oi-zuki, Gyaku-zuki（step forward)
Kumite:
Jiyu-Kumite
Kata:
Kata of choice (Heian-Shodan～Heian Godan, Tekki-Shodan, Junro-Shodan～Junro-Godan)
Tokui-Kata (Kata of choice from Bassai-dai, Kanku-dai, Enpi, Jion)

Nidan

Kihon:

From Jiyu-na-kamae (both sides are acceptable, choose either left or right side)

①Kizami-zuki, Gyaku-zuki + Mae-geri, Oi-zuki, Gyaku-zuki + Mawashi-geri, Uraken, Gyaku-zuki (both sides)

＊Going out, the three combinations should be performed in three counts. Returning, all the three combinations should be performed in one count. Can be performed either left or right side (examinee's choice)

②Kizami-zuki, Gyaku-zuki, step back Jodan Nagashi-uke, Gyaku-zuki + Mae-geri, Oi-zuki, Gyaku-zuki, step back to 45 degrees Gedan Barai, Gyaku-zuki + Mawashi-geri, Uraken, Gyaku-zuki, step back to 45 degrees Jodan Uchi-uke, Gyaku-zuki (both sides)

＊Going out, the three combinations should be performed in three counts. Returning, all the three combinations should be performed in one count. Can be performed either left or right side (examinee's choice)

③From Zenkutsu-dachi, in place, Mae-geri, Yoko-geri, Mawashi-geri, Ushiro-geri (same leg)(both sides)

Kumite:

Jiyu-Kumite

Kata:

Kata of choice from (Bassai-dai, Kanku-dai, Enpi, Jion, Junro-Kata),

Tokui-Kata (Kata of choice)

Sandan・Yondan

Kumite:

Jiyu-Kumite

Kata:

Tokui-Kata (Two Katas of choice) (from now on the examiner will not choose)

Godan・Rokudan

Kumite:

Jiyu-Kumite (Or a presentation of a Technical Research in case of unavoidable reason)

Kata:

Tokui-Kata (Two Katas of choice) (from now on the examiner will not choose)

Nanadan and above

Kata:

Tokui-Kata (Two Katas of choice) (from now on the examiner will not choose)

Presentation of a Technical Research