

UNITED KARATE ASSOCIATIONS INTERNATIONAL

Adult DAN Grade Requirements and Syllabus

In the following pages you will find guidelines and requirements for Dan examinations. It is expected that students will actively understand and study the information here as an aid to their progress. The instructor staff is committed to following the syllabus and helping you reach your goals.

Guidelines

Students are expected to progress at a pace commensurate with their ability and desire. The instructor staff will test the limits of their ability and desire continually. Keep in mind good karate takes a long time to develop, and each student's progress may differ.

The time and training guidelines are as follows.

Shodan: Minimum 6 months consecutive training after 1 kyu.

Nidan: Minimum 18 months consecutive training after achieving Shodan.

Sandan: Minimum 3 years consecutive training after achieving Nidan.

Yondan: Minimum 4 years consecutive training after achieving Sandan.

Godan: Minimum 5 years consecutive training after achieving Yondan.

(Please remember that these are guidelines and that UKAI instructors have the final say on testing.)

On a higher level, Funakoshi Sensei based the five Dan ranks on five levels of spiritual maturity common to Oriental religions. He fashioned them after the five consciousness levels an individual evolves through Zen, Buddhism, and Shinto. According to Funakoshi, Shodan indicates that one has acquired a strong foundation of basics and physical senses. To acquire Nidan, one has to achieve an understanding of combinations and how to strategically apply them to life. Sandan requires one to achieve a calm, strong mind in conjunction with a presence of relaxation in the shoulders. Yondan emphasizes oneness of mind and body as related to techniques. Godan emphasizes impeccable execution in technique and moral character. With these guidelines in place it is up to the practitioner to try to live up to these standards.

GROUP A	GROUP B	GROUP C	GROUP D	OTHER
Tekki Nidan	Tekki Sandan	Sochin	Gojushiho Dai	Wankan
Bassai Dai	Jion	Chinte	Gojushiho Sho	Meikyo
Hangetsu	Jitte	Nijushiho	Unsu	Jiin
Kanku Dai	Gankaku	Bassai Sho	Aragaki Seisan	
Empi		Kanku Sho		

Shodan candidates are required to know and perform any kata from Group A

Nidan candidates are required to know and perform any kata from Groups A,B

Sandan candidates are required to know and perform any kata from Groups A,B,C

Yondan candidates are required to know and perform any kata from Groups A,B,C,D

Godan candidates may choose to know and perform any kata from OTHER

Notes:

The Kihon waza outlined are a guideline only. Instructors may change kihon techniques to best fit the students ability. Much of the Dan examination is about how you can adapt mentally to any verbal commands and perform under pressure.

Grading: The grading is done as a professional degree such as an attorney who must pass a bar exam. Each of the sections are tested until the candidate passes all sections. The parts of the exam are: 1. Kihon, 2. Kata of examinees choice. 3. Kata of Examiners choice, 4. Kumite / Self Defense, 5. Oral Report/Written Paper (Thesis defense). Any parts that are passed will not be retested at the retest.

SHODAN

The following techniques are performed in Basic Stances.

Step forward punch face, double punch stomach, in front stance TURN and counter punch

Step forward rising block, backfist strike, counter punch stomach, downward block turn and counter punch

Step forward outside forearm block, elbow strike in horse stance, backfist strike, back to front stance counter punch

Step backward inside forearm block, front leg front kick, straight punch counter punch in front stance

Step forward front kick stomach, step in punch, counter punch. Turn counter punch (Repeat)

Step forward front kick face level, straight punch, counter punch. Turn counter punch (Repeat)

Step forward knife hand block back stance, front leg front kick, change to front stance counter punch

Step backward same techniques but change front kick to round kick

Step forward round kick, backfist strike, counter punch (TURN) Backfist strike counter punch

Step forward front leg front kick, step forward round kick, backfist strike, counter punch, (TURN) and backfist strike counter punch

From front stance step in crescent kick, counter punch, downward block (TURN)

Same technique back

From front stance, front leg front snap kick, step forward round kick, continue rotation into back kick, backfist strike, counter punch (TURN) and backfist strike counterpunch

Same technique back

From natural stance shift forward to the right to a 45 degree angle into sanchin stance, round block, palm heel strike with right hand, repeat on other side. Come across the floor.

Step back into cat stance, knife hand block, front leg front kick, counter palm heel strike

The following techniques performed in free stance.

Step forward round punch face, punch again same hand, counter palm heel strike

Step backward forearm block, knife hand block, counter palm heel strike

Front leg front kick, step forward front kick, step in punch, counter punch (TURN) (REPEAT)

Step forward and execute a front thrust kick, same leg front leg sweep, counter punch (TURN) (REPEAT)

Slide forward knife hand block, step forward knife hand block, front leg front kick, change to front stance counter punch

Step backward knife hand block cat stance, front leg round kick, counter palm heel strike

Step forward round kick, backfist strike, counter punch (TURN) backfist strike counterpunch (REPEAT)

In position, front leg front thrust kick, step forward leg sweep, counter punch (TURN) (REPEAT)

Step forward round kick, continue rotation into back kick (TURN)

Step forward round kick, continue rotation into back kick, backfist strike, counter punch (TURN)

Step forward front kick, round kick, side thrust kick (TURN)

Step forward front kick, round kick, side thrust kick, backfist strike, counter punch (TURN) backfist counter punch

Kicking in position from free stance

Using the rear leg, front kick, side thrust kick, back thrust kick, round kick

Repeat on other side

Continued from first page

KUMITE / DRILL SPARRING / SELF DEFENSE

One Step Sparring / Ippon Kumite

Attacker straight punch face, defender choice and must block effectively and have significant leg work*

Attacker round punch face, defender choice and must block effectively and have significant leg work

Attacker front kick, defender choice and must block effectively and have significant leg work

Attacker round kick, defender choice and must block effectively and have significant leg work

Attacker side kick, defender choice and must block effectively and have significant leg work

Attacker back kick, defender choice and must block effectively and have significant leg work

*Leg work is defined as the proper understanding and use of shifting, posture and stance, and kicking, sweeping, or knee techniques

Free sparring (minimum two rounds) Shodan Level

(elder students may be exempt from free sparring at the Chief Instructor's discretion)

*See Self Defense Appendix

KATA

Student is responsible for all kata including but not limited to Heian 1 through 5 and Tekki Shodan. Demonstration of primary applications from these kata resulting from kyu rank training may be required during examination.

In addition, a minimum of 2 kata assigned by instructor from the following list. The assignments of kata will be a process beginning with the attainment of 3rd kyu. At the time of black belt testing, the student is expected to be proficient in each of the assigned kata.

Tekki Nidan, Bassai Dai, Kanku Dai, Hangetsu, Empi

The examination will consist of demonstration of Tokui (favorite) Kata including bunkai applications. The student will be responsible for performing the Kata commensurate with the rank. After this, demonstration of the applications from the kata with a partner, first slowly with verbal explanation of the technique, rules of combat & vital points employed; then demonstration of the application at full (but safe) speed.

A similar demonstration of one other kata may be chosen by examiners may be requested.

Thesis

Short thesis selected after discussion with a senior instructor.

General

The candidate can be examined on ANY PART of the syllabus, and must show strong spirit and determination during the exam, as well as proper control and etiquette.

Ineffectual techniques WILL NOT COUNT at this level.

NIDAN

Kihon Waza as outlined in Shodan exam at an advanced level.

Ippon Kumite

Free sparring

Nidan Level must fight one lower level, one same level or higher and one, one level higher.

Self Defense (See Appendix)

(elder students may be exempt from free sparring at the Chief Instructor's discretion)

KATA

Student is responsible for all kata including but not limited to Heian 1 through 5 and Tekki Shodan. Demonstration of primary applications from these kata resulting from kyu rank training may be required during examination.

In addition, a minimum of 2 kata assigned by instructor from the following list. At the time of Nidan testing, the student is expected to be proficient in each of the assigned kata.

Tekki Nidan, Bassai Dai, Kanku Dai, Hangetsu, Empi
Jion, Jitte, Tekki Sandan, Gankaku

The examination will consist of demonstration of Tokui (favorite) Kata including bunkai applications. The student will be responsible for performing the Kata commensurate with the rank. After this, demonstration of the applications from the kata with a partner, first slowly with verbal explanation of the technique, rules of combat & vital points employed; then demonstration of the application at full (but safe) speed.

A similar demonstration of one other kata may be chosen by examiners may be requested.

Thesis

Short thesis selected after discussion with a senior instructor.

General

The candidate can be examined on ANY PART of the syllabus, and must show strong spirit and determination during the exam, as well as proper control and etiquette.
Ineffectual techniques WILL NOT COUNT at this level.

SANDAN

Kihon Waza as outlined in Shodan exam at an advanced level.

FREE SPARRING

Sandan Level must fight one lower level, one same level or higher and one, one level higher if available. (elder students may be exempt from free sparring at the Chief Instructor's discretion)

Self Defense (See Appendix)

KATA

Student is responsible for all kata including but not limited to Heian 1 through 5 and Tekki Shodan. Demonstration of primary applications from these kata resulting from kyu rank training may be required during examination.

In addition, a minimum of 2 kata assigned by instructor from the following list. At the time of Sandan testing, the student is expected to be proficient in each of the assigned kata.

Tekki Nidan, Bassai Dai, Kanku Dai, Hangetsu, Empi
Jion, Jitte, Tekki Sandan, Gankaku
Sochin, Chinte, Nijushiho, Bassai Sho, Kanku Sho

The examination will consist of demonstration of Tokui (favorite) Kata including bunkai applications. The student will be responsible for performing the Kata commensurate with the rank. After this, demonstration of the applications from the kata with a partner, first slowly with verbal explanation of the technique, rules of combat & vital points employed; then demonstration of the application at full (but safe) speed.

A similar demonstration of one other kata may be chosen by examiners may be requested.

Thesis

Short thesis selected after discussion with a senior instructor.

General

The candidate can be examined on ANY PART of the syllabus, and must show strong spirit and determination during the exam, as well as proper control and etiquette.
Ineffectual techniques WILL NOT COUNT at this level.

YONDAN

At this grade it is unnecessary to demonstrate Kihon as they should be acceptable as the candidate has already achieved 3rd Dan. However, the examiners may ask to see Kihon at the ability level of the candidate.

Ju Kumite is not required at this level.

Self Defense (See Appendix)

KATA

Any 2 kata from the following list may be performed for demonstration purposes and should include bunkai breakdowns of 3 sections each.

Tekki Nidan, Bassai Dai, Kanku Dai, Hangetsu, Empi
Jion, Jitte, Tekki Sandan, Gankaku
Sochin, Chinte, Nijushiho, Bassai Sho, Kanku Sho
Aragaki Seisan, Gojushiho Dai, Gojushiho Sho, Unsu, Meikyo

The examination tests understanding of the core principles. Using the kata of your choice, examples of the 5 levels of Bunkai Jitsu are to be demonstrated with a partner – slowly then at full speed. Suitable care must be exhibited for your models safety but effectiveness must be clear.

THESIS

A thesis selected after discussion with a senior instructor is required.

At this level candidates are examined in their understanding of essential basic principles of combat and must be prepared to demonstrate and explain those particular principles as demanded by the examiners. This is a teaching grade, therefore candidates must show the skills required to teach Shotokan principles and Kyusho techniques correctly.

GODAN

At this grade it is unnecessary to demonstrate Kihon as they should be acceptable, as the candidate has already achieved 3rd Dan. However, the examiners may ask to see Kihon techniques which will be determined by the skill level of the candidate.

Ju Kumite is not required at this level.

Self Defense (See Appendix)

KATA

Any 2 kata from the following list may be performed for demonstration purposes and should include bunkai breakdowns of 3 sections each.

Tekki Nidan, Bassai Dai, Kanku Dai, Hangetsu, Empi
Jion, Jitte, Tekki Sandan, Gankaku
Sochin, Chinte, Nijushiho, Bassai Sho, Kanku Sho
Aragaki Seisan, Gojushiho Dai, Gojushiho Sho, Unsu, Meikyo

The examination tests understanding of the core principles. Using the kata of your choice, examples of the 5 levels of Bunkai Jitsu are to be demonstrated with a partner – slowly then at full speed. Suitable care must be exhibited for your models safety but effectiveness must be clear.

THESIS

A thesis selected after discussion with a senior instructor is required.

The candidate should show an understanding of “Heavy Hands” and “Fajing” methods.

The use of the principles of combat and must be clearly shown to feature in all the candidates waza and they should be fully assimilated at this level.

The examinee must demonstrate the ability to use the techniques freely and smoothly, and obviously in an effective manner, whether the waza is a lock, a throw, a choke or a strike.

This is a teaching grade, therefore candidates must show the skills required to teach Shotokan principles and Kyusho techniques correctly.

Command of the principles must be understood, plus the ability to verbalize and demonstrate them.

APPENDIX ONE

SELF DEFENSE APPLICATIONS

Appropriate Self Defense counter techniques must be demonstrated during this portion of the test. Defenses must be performed against one of the Habitual Acts of Physical Violence (HAPV).

Shodan Level – Must show at least 2 adequate defenses from the following list.

Nidan Level – Must show at least 3 adequate defenses from the following list.

Sandan Level – Must show at least 4 adequate defenses from the following list.

Yondan Level – Must show at least 5 adequate defenses from the following list.

Godan Level – Must show at least 5 adequate defenses from the following list.

- | | | |
|---------------------|-------------------------|-------------------------|
| 1. Wrist Grab | Single Handed | Same or Opposite side |
| 2. Wrist Grab | Double Handed | Front or Back |
| 3. Head Lock | From the Side | |
| 4. Bear Hug | Front or Back | Over arms or Under arms |
| 5. Lapel Grab | Single or Double Handed | Front or Back |
| 6. Front Tackle | | |
| 7. Front guillotine | | |

ADDITIONAL GUIDELINES ADOPTED 1/9/2004

Those members 45 years of age and older will no longer be required to participate in jiyu kumite (free sparring). Instead they will be asked to successfully complete the self defense portion of the exam.

SELF DEFENSE

During this portion of the exam the examinee will be given situations, which he/she must successfully navigate. Success is determined upon the following factors; escape the hold and counter effectively (reverse positions by using joint locking, strangling, throwing or striking). For Shodan and Nidan grades, if you pass 3 sections or less you will be given no grade and must retest in 6 months. (Note: students 45 years or older are not tested on free sparring) You must pass all six parts to be awarded a full grade.

Yondan and Godan exams will contain:

1. Examinee choice of kata.
2. Examiner choice of kata
3. Paper and Oral presentation
4. Self-Defense

Jiyu Kumite (Free Sparring)

In order to be awarded a grade you must pass all 5 parts.

All reports MUST be handed in 2 Fridays before the actual test date to be reviewed by the technical committee. The technical committee is made up of:

1. Chief Instructor
2. Technical Director
3. Members with a certified Examiner License
4. Yondan level and above students.

Instructor Trainees

Grading will be as follows:

All candidates must pass all portions of the test to be awarded the next Dan grade.

For Shodan, Nidan and Sandan the portions of the exam are as follows:

1. Kihon waza (basic techniques)
 1. Examinee choice of kata
 2. Examiner choice of kata
 3. Jiyu Kumite (free sparring)
 4. Self-Defense
 5. Paper and Oral presentation

UKAI
UNITED KARATE ASSOCIATIONS INTERNATIONAL
Adult DAN Grade Oral and Written Requirements

In the following pages you will find guidelines and requirements for Dan Grade Oral and Written examinations. Candidates will be required to turn in their reports minimum of 4 weeks prior to the examination. Once it is submitted it will not be returned for revision. This report must be presented during the oral portion of the examination. Examiners may ask questions pertaining to what is written or presented orally. It is expected that students will actively refer to the information here as an aid to their reports. The instructor staff is committed to helping you reach your goals.

Guidelines

All written reports must be presented three (4) weeks prior to the actual examination. This allows the entire review board a chance to read and make notations for the exam.

GROUP A	GROUP B	GROUP C	GROUP D	OTHER
Tekki Nidan	Tekki Sandan	Sochin	Gojushiho Dai	Wankan
Bassai Dai	Jion	Chinte	Gojushiho Sho	Meikyo
Hangetsu	Jitte	Nijushiho	Unsu	Jiin
Kanku Dai	Gankaku	Bassai Sho	(Aragaki Seisan)*	
Empi		Kanku Sho	(Hyakyuhachi Ho)*	

Shodan candidates are required to know Group A

Nidan candidates are required to know Groups A,B

Sandan candidates are required to know Groups A,B,C

Yondan candidates are required to know Groups A,B,C,D

Godan candidates may chose to know katas from OTHER

* Optional

SHODAN

Thesis

A Candidate testing for Shodan may choose from the following topics for their written report.

- A. A Specific Technique or Group of Techniques
- B. A Specific Stance or Group of Stances
- C. A Specific Sparring Drill
- D. Kata
- E. Martial Art Theory (ex. Mushin, Dojo Kun, Sen No Sen, Go No Sen, Zanshin, etc.)

A full length Paper on the topic: "What being a Black Belt means to me."

If choosing (A.) or (B.) the paper must include:

1. Explanation of muscles/groups used (kinesiology)
2. Explanation of how the technique/stance is performed.
3. Explanation of how the technique is used.

Examples of where technique/stance is found in kata.

If choosing (C.) the paper must include:

1. How the drill is performed
2. Why the drill is used
3. Benefits of the drill
4. At what level is the drill appropriate

How to incorporate the drill into self defense/jiyu kumite training

If choosing (D.) the paper must include:

1. Analysis of 3 different moves from any one Heian Kata or Tekki Shodan
2. What kyusho points / structures are attacked

Any variations of bunkai or kata move

Keep in mind that the examiners may also ask for bunkai analysis of the examinees favorite kata during that portion of the exam.

If Choosing (E.) the paper must include:

- What the Theory is and explain it in non martial terms
- What does the particular theory do for you or mean to you in your training
- How would it or does it relate to others
- What are the benefits of it to yourself and to others
- How and When is it taught to yourself and others

All papers must include a bibliography of the sources used to write the paper.

LENGTH: 2-3 pages

NIDAN

Thesis

A Candidate testing for Nidan may choose from the following topics for their report.

- A. A Specific Technique or Group of Techniques
- B. A Specific Stance or Group of Stances
- C. A Specific Sparring Drill/s

Kata

If choosing (A.) or (B.) the paper must include:

1. Explanation of muscles/groups used (kinesiology)
2. Explanation of how the technique/stance is performed.
3. Explanation of how the technique is used.
4. Examples of where technique/stance is found in kata.

If choosing (C.) the paper must include:

1. How the drill is performed
2. Why the drill is used
3. Benefits of the drill
4. At what level is the drill appropriate
5. How to incorporate the drill into self-defense/ jiyu kumite training

If choosing (D.) the paper must include:

1. Analysis of 3 different moves from any one Group A or B kata
2. What kyusho points / structures are attacked
3. Classify the bunkai into one of the five levels of bunkai jitsu
3. Any variations of bunkai or kata move

All papers must include a bibliography of the sources used to write the paper.

LENGTH: 3-5 pages

SANDAN

Thesis

This paper will be technical in nature and in addition, the Candidate testing for Sandan must write about their chosen kata in their report.

The technical portion of this report must fulfill these requirements.

A description of the body action/reaction of a particular technique

Proper biomechanics and kinesiology including muscles and joints

Accurate description of total body alignment during the technique in all phases (begin, middle, end)

Description of a drill which incorporates the technique

The kata portion of the report must include the following:

A. A brief description of the kata chosen from Groups A, B, or C.

B. Analysis of 4 different moves/sequences including at least 2 levels of bunkai jitsu

C. Description of what structures / kyusho points are attacked / manipulated

D. Any variations of that bunkai or kata move or series of moves

Must include at least one continuous series of moves from that particular kata.

The examination tests understanding of the core principles. Using the kata of your choice, examples of at least 3 levels of Bunkai Jutsu are to be demonstrated with a partner – slowly then at full speed. Suitable care must be exhibited for your models safety but effectiveness must be clear.

All papers must include a bibliography of the sources used to write the paper.

LENGTH: 5-9 pages

YONDAN AND GODAN

Thesis

This paper will be technical in nature .

The technical portion of this report must fulfill these requirements.

A description of the body action/reaction of a particular technique

Proper biomechanics and kinesiology including muscles and joints

Accurate description of total body alignment during the technique in all phases (begin, middle, end)

Description of a drill which incorporates the technique

The proper time to introduce this technique to students as well as common pitfalls associated with teaching this technique or body action.

ORAL

Candidate will be able to explain and demonstrate the following information.

KATA and/or KUMITE

Examiners may ask for any 2 kata for demonstration purposes and the oral presentation should include bunkai breakdowns of 3 sections each. Examiners may also ask for a sparring drill/s that would be relevant to the information in their paper.

The examination tests understanding of core principles. Using the kata of your choice, examples of at least 3 levels of Bunkai Jutsu are to be demonstrated with a partner – slowly then at full speed. Suitable care must be exhibited for your models safety but effectiveness must be clear. The examinee must demonstrate the ability to use the techniques freely and smoothly, and obviously in an effective manner, whether the waza is a lock, a throw, a choke or a strike.

At this level candidates are examined for their understanding of essential basic principles of combat and must be prepared to demonstrate and explain those particular principles as demanded by the examiners. This is a teaching grade, therefore candidates must show the skills required to teach Shotokan principles and Koryu techniques correctly. Command of the principles must be understood, plus the ability to verbalize and demonstrate them.

- A. A brief description of the katas chosen from Groups A, B, C, or D.
 - B. Analysis of the 3 different moves per kata including at least 3 levels of bunkai jitsu
 - C. Description of what structures / kyusho points are attacked / manipulated
 - D. Any variations of that bunkai or kata move or series of moves
 - E. Must include at least one continuous series of moves from each kata
- Must include a section on how to teach one or more of the underlying principles to kyu ranks

All papers must include a bibliography of the sources used to write the paper.

LENGTH: ~10 pages