

Beginner to White Belt with Yellow stripe

1. Pre-requisite for all ages: two to three months after start training.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon: Basics - three counts:

1. ⇨ Front Stance Face lunge punch.
2. ⇩ Front Stance rising Block.
3. ⇨ Front Stance Chest lunge Punch.
4. ⇩ Front Stance Outside Block
5. ⇨ Front Stance Double Front Kicks (two kicks with the same leg any height).
6. ⇩ Front Stance Downward Block.

Kumite: Three Step Sparring - by count:

1. Attacker announces "jodan". Step forward attack face three times. After done, step back to ready position. Defender blocks using rising block - stepping back three times. After third rising block, counter attack with reverse punch.
2. Attacker announces "chudan". Step forward attack chest three times. After done, step Back to ready position. Defender blocks using outside block - stepping back three times. After third block, counter attack with reverse punch. Step back to ready position.

Kata: Heian shodan - by count:

1. Movements 1 to 9 to the first ki-ai point.
2. Important points - after movement 2, turn right, and after movement 5, turn left.

Main points of examination - ability to demonstrate:

1. Concentration.
2. Correct stance / sit in the front stance with front knee bent/back knee straight.
3. Correct posture.
4. Correct technique.
5. 1 of 10 degrees of power.

White to Yellow Belt

1. Pre-requisite for all ages: two to three months after starting training.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon: Basics - three counts:

1. ⇨ Front Stance Face Lunge punch.
2. ⇨ Front Stance rising Block.
3. ⇨ Front Stance Chest Lunge Punch.
4. ⇨ Front Stance Outside Block
5. ⇨ Front Stance Double Front Kicks (two kicks with the same leg any height).
6. ⇨ Front Stance Downward Block.

Kumite: Three Step Sparring - by count:

3. Attacker announces "jodan". Step forward attack face three times. After done, step Back to ready position. Defender blocks using rising block - stepping back three times. After third rising block, counter attack with reverse punch.
4. Attacker announces "chudan". Step forward attack chest three times. After done, step Back to ready position. Defender blocks using outside block - stepping back three times. After third block, counter attack with reverse punch. Step back to ready position.

Kata: Heian shodan - by count:

1. Important – ability to perform all turning points.

Main points of examination - ability to demonstrate:

1. Concentration.
2. Correct stance/sit in the front stance with front knee bent/back knee straight.
3. Correct posture.
4. Correct technique.
5. Stepping backward without lifting heel off the floor.
6. 2 of 10 degrees of power.

Yellow to Orange Belt

1. Pre-requisite for all ages: two to three months after 8B/8 kyu.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon: Basics - three counts:

1. ⇨ Front Stance Face Lunge punch.
2. ⇨ Front Stance rising Block.
3. ⇨ Front Stance Chest Lunge Punch.
4. ⇨ Front Stance Outside Block
5. ⇨ Back Stance Inside Block.
6. ⇨ Back Stance Sword Hand Block.
7. ⇨ Front Stance Double Front Kicks (two kicks with the same leg any height).
8. ⇨ Front Stance Downward Block.

Kumite: Three Step Sparring - no count:

1. Attacker announces "jodan". Step forward attack face three times. After done, step Back to ready position. Defender blocks using rising block - stepping back three times. After third rising block, counter attack with reverse punch.
2. Attacker announces "chudan". Step forward attack chest three times. After done, step Back to ready position. Defender blocks using outside block - stepping back three times. After third block, counter attack with reverse punch. Step back to ready position.

Kata: Heian Nidan - no count

Main points of examination - ability to demonstrate:

1. Concentration.
2. Correct back stance/sit in the back stance with feet at right angle.
3. Correct posture.
4. Correct combination techniques.
5. Stepping backward without lifting heel off the floor.
6. 3 of 10 degrees of power.

Orange to Green Belt

1. Pre-requisite for all ages: two to three months after 7B/7 kyu.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon: Basics - three counts:

1. ⇨ Front Stance Face Lunge punch.
2. ⇨ Front Stance rising Block.
3. ⇨ Front Stance Chest Lunge Punch.
4. ⇨ Front Stance Outside Block
5. ⇨ Back Stance Inside Block.
6. ⇨ Back Stance Sword Hand Block.
7. ⇨ Front Stance Chest Front kick ⇨
8. ⇨ Front Stance Face Front kick
9. ⇨ Turn to side stance- two chest sidekicks with the same leg

Kumite: Three Step Sparring – Face, Chest, Stomach:

1. Attacker announces "jodan, chudan, gedan". Step forward attack face, then chest, then stomach. After done, step back to ready position.
Defender blocks steps back using rising block, outside block and downward block. After downward block, counter attack with reverse punch.
2. Other side announces "jodan, chudan, gedan". Step forward attack face, then chest, then stomach. After done, step back to ready position.
Defender blocks steps back using rising block, outside block and downward block. After downward block, counter attack with reverse punch
3. Switch sides to right leg forward and repeat

Kata: Heian Sandan

Main points of examination - ability to demonstrate:

1. Concentration.
2. Correct side stance/sit in the side stance with feet parallel.
3. Correct posture.
4. Correct simultaneous techniques.
5. Body expansion and contraction.
6. 4 of 10 degrees of power.

Green to Blue Belt

1. Pre-requisite for all ages: two to three months after Green Belt.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon: Basics - three counts:

1. ⇨ Front Stance Face Lunge punch.
2. ⇐ Front Stance rising Block.
3. ⇨ Front Stance Chest Lunge Punch.
4. ⇐ Front Stance Outside Block
5. ⇨ Back Stance Inside Block. Front Stance Reverse Punch
6. ⇐ Back Stance Sword Hand Block. Front Stance Face Spear Hand – palm down
7. ⇨ Front Stance Chest Front kick ⇨
8. ⇨ Front Stance Face Front kick
9. ⇨ Turn to side stance- two chest sidekicks with the same leg
10. ⇨ Turn to side stance- two chest side thrust kicks with the same leg

Kumite: Three Step Sparring – Face, Chest, Stomach:

1. Attacker announces "jodan, chudan, gedan". Step forward attack face, then chest, then stomach. After done, step Back to ready position.
Defender blocks steps back using rising block – reverse punch, outside block – reverse punch and downward block – reverse punch. After downward block, counter attack with reverse punch.
2. Other Attacker announces "jodan, chudan, gedan". Step forward attack face, then chest, then stomach. After done, step Back to ready position.
Defender blocks steps back using rising block – reverse punch, outside block – reverse punch and downward block – reverse punch. After downward block, counter attack with reverse punch.
3. Switch sides to right leg forward.

Kata: Heian Yondan

Main points of examination - ability to demonstrate:

1. Concentration.
2. Correct side stance/sit in the side stance with feet parallel.
3. Correct posture.
4. Difference between side snap and side thrust kicks.
5. Correct use of hip rotation in basics, kata, and sparring.
6. Correct application of power, speed and body expansion and contraction.
7. 5 of 10 degrees of power.

Blue to Purple Belt

1. Pre-requisite for all ages: two to three months after Blue Belt.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon: Basics - three counts:

1. ⇨ Front Stance Face Lunge punch.
2. ⇩ Front Stance rising Block. Chest Reverse Punch
3. ⇨ Front Stance Chest Lunge Punch.
4. ⇩ Front Stance Outside Block. Chest Reverse Punch.
5. ⇨ Back Stance Inside Block. Front Stance Reverse Punch
6. ⇩ Back Stance Sword Hand Block. Front Stance Face Spear Hand – palm down
7. ⇨ Front Stance Chest Front kick ⇩
8. ⇨ Front Stance Face Front kick
9. ⇨ Turn to side stance- two chest side snap kicks with same leg
10. ⇨ Turn to side stance- two chest side thrust kicks with same leg

Kumite: Basic One Step Sparring – Face and chest:

1. Attacker announces "jodan" One step attack to face using right arm. Step back. Attacker announces "chudan". One step attack to chest using right arm. Then, same using left arm attacks.
2. Defender must block and counter, first using left blocks against right attacks, and right blocks against left attacks.
3. Switch sides to right leg forward.

Kata: Heian Godan

Main points of examination - ability to demonstrate:

1. Concentration.
2. Difference between side snap and side thrust kicks.
3. Correct use of hip and arm rotation in basics, kata, and sparring.
4. Correct use of left and right defense against one attack. Do not use reverse blocks.
5. Correct application of power, speed and body expansion and contraction.
6. 6 of 10 degrees of power.

Purple to Brown Belt

1. Pre-requisite for all ages: two to three months after Purple Belt.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon - three counts:

1. ⇒ Front Stance – Triple Punch. Face first, then two quick to chest.
2. ⇐ Back Stance inside block, jab, reverse punch.
3. ⇒ Front Stance outside block, side stance elbow strike, back fist.
4. ⇐ Back Stance sword block. Front leg front kick. Front stance spear hand.
5. ⇒ Front Stance Front Leg Front Kick Chest – Back Kick Face ⇐
6. ⇒ Front Stance. Round Kick
7. ⇒ Side Stance - two chest side snap kicks with same leg). ⇐
8. ⇐ Side Stance - two chest side thrust kicks with same leg).

Kumite: Basic One Step Sparring – Face, chest, front kick and thrust kick.

1. Attacker announces "jodan" One step attack to face using right arm. Step back. Attacker announces "chudan". Step back. Attacker announces "mae-geri. One step attack using front kick. Step back. Attacker announces "kekmoi. One step attack to chest using side thrust kick. Step back. Then, same using left arm and leg attacks.
2. Defender must block and counter, first using left blocks against right attacks, and right blocks against left attacks.

Kata: Tekki Shodan

Main points of examination - ability to demonstrate:

1. Concentration.
2. Timing using arm techniques: one, pause; two/three, no pause.
3. Difference between side snap and side thrust kicks.
4. Correct use of hip and arm rotation in basics, kata, and sparring.
5. Correct application of power, speed and body expansion and contraction.
6. 7 of 10 degrees of power.

Brown(3 Kyu) to Brown (2 Kyu)

1. Pre-requisite for all ages: two to three months after Brown Belt.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon - three counts:

1. ⇨ Front Stance – Triple Punch. .
2. ⇨ Back Stance inside block, jab reverse punch..
3. ⇨ Front Stance outside block, side stance elbow strike, back fist.
4. ⇨ Back Stance sword block. Front leg front kick. Front stance spear hand
5. ⇨ Front Stance Front Leg Front Kick Chest – Back Kick Face ⇨
6. ⇨ Front Stance. Front Leg Round Kick – Back Leg Front Round Kick
7. ⇨ Side Stance – two side snap or side thrust kicks different heights

Kumite: Semi-Free Sparring:

1. Jodan, chudan, mae-geri, kekomi, mawashi-geri: (Favorite sides for each attack. However, once announced attacker cannot change sides).
2. Switch legs to Right Leg Forward

Kata: Bassai-dai

Main points of examination - ability to demonstrate:

1. Concentration.
2. Timing using arm techniques: one, pause; two/three, no pause.
3. Difference between side snap and side thrust kicks.
4. Correct use of hip and arm rotation in kihon, kata, and kumite.
5. Correct application of power, speed and body expansion and contraction.
6. 8 of 10 degrees of power.

2 Kyu to 1 Kyu Brown Belt

1. Pre-requisite for all ages: two to three months after 2 kyu.
2. Minimum C (70%) training attendance or discretion of Instructor.
3. Member in good standing with a valid IKD Passport.
4. Response to Examiner's command: "Osu Sensei"!

Kihon - three counts:

1. ⇨ Front Stance – Triple Punch.
2. ⇩ Back Stance inside block, jab reverse punch.
3. ⇨ Front Stance outside block, side stance elbow strike, back fist.
4. ⇩ Back Stance sword block. Front leg front kick. Front stance spear hand
5. ⇨ Front Stance Front Leg Front Kick Chest – Back Kick Face ⇩
6. ⇨ Front Stance. Front Leg Round Kick – Back Leg Front Round Kick
7. ⇨ Side Stance – two side snap or side thrust kicks different heights

Kumite: Defense and Offensive Only Free Sparring

1. Defensive free sparring for two minutes
2. Offensive free sparring for two minutes

Kata: Bassai-dai

Main points of examination - ability to demonstrate:

1. Correct application of power.
2. Speed of Technique.
3. Body expansion and contraction.
4. Ki - Mind, spirit, feeling, energy.
5. 9 of 10 degrees of power.

1st Kyu Brown to Black Belt

1. Pre-requisite for all ages: two to three months after 1B/1kyu.
Not less than two years total training.
2. Average age – 8 years and older.
3. Minimum B (80%) training attendance or discretion of Instructor.
4. Member in good standing with a valid IKD Passport.

Kihon - three counts:

1. ⇨ Front Stance – Triple Punch.
2. ⇩ Back Stance inside block, jab reverse punch.
3. ⇨ Front Stance outside block, side stance elbow strike, back fist.
4. ⇩ Back Stance sword block. Front leg front kick. Front stance spear hand
5. ⇨ Front Stance Front Leg Front Kick Chest – Back Leg Front Kick Face ⇩
6. ⇨ Front Stance. Round Kick – Back Fist – Reverse Punch
7. ⇨ Side Stance – two side snap or side thrust kicks different heights

Kata:

1. Examinee: one kata from Group 2:
 - Sentei kata (**Tekki nidan**, Bassai-dai, Kanku-dai, Enpi, **Jion**).
2. Examiner: one kata from Group 1:
 - Shitei kata (Heian shodan to Heian godan or **Tekki shodan**).
3. Examinee: Heian shodan traditional bunkai.

Kumite: Free Sparring

1. One opponent – two minutes.

Main points of examination:

1. Correct application of power.
2. Speed of technique.
3. Body expansion and contraction.
4. Ki - Mind, spirit, feeling, energy.
5. 10 of 10 degrees of power.
6. Mastery of the basic techniques and the ability to use them effectively and practically.

Shodan to Nidan

1. 15 years and older; more than one year after shodan.
2. 10 to 14 years; more than two years after shodan.
3. Minimum B (80%) training attendance or discretion of Instructor.
4. Member in good standing with a valid IKD Passport.

Kihon - three counts:

1. Ready Position – Front Stance Jab – Triple Punch – Ready position
2. ⇨ Kamae ryu/zenkutsu-dachi kizami-zuki sanbon-zuki/kamae ryu.
3. ⇐ Kamae ryu/zenkutsu-dachi kizami-zuki/kokutsu-dachi chudan uchi-uke/zenkutsu-dachi kizami-zuki chudan gyaku-zuki/kamae ryu.
4. ⇨ Kamae ryu/zenkutsu-dachi kizami-zuki/zenkutsu-dachi chudan soto-uke/kiba-dachi yoko-enpi uraken-uchi gyaku-zuki/kamae ryu.
5. ⇐ Kamae ryu/zenkutsu-dachi kizami-zuki/kokutsu-dachi chudanshuto-uke/kizami mae-geri/zenkutsu-dachi jodan nukite/kamae ryu.
6. ⇨ Kamae ryu chudan kizami mae-geri/jodan mae-geri gyaku-zuki/kamae ryu. ⇨
7. ⇐ Kamae ryu kizami mawashi-geri/mawashi-geri uraken-uchi gyaku-zuki/kamae ryu.
8. ⇨ Kiba-dachi hidari yoko-geri keage/migi yoko-geri kekomi.
9. ⇐ Kamae ryu jodan kizami-zuki/ ⇐ zenkutsu-dachi jodan age-uke ⇨ mawashi-geri uraken-uchi oi-zuki/kamae ryu.

Kata:

1. Examinee: one kata from Group 3:
 - Tokui kata (**Tekki sandan, Jutte**, Gankaku, Kanku-sho, Nijushiho, **Tekki nidan**, Bassai-dai, Kanku-dai, Enpi, **Jion**).
2. Examiner: one kata from Group 2:
 - Tokui kata (**Tekki nidan**, Bassai-dai, Kanku-dai, Enpi, **Jion**).
3. Examinee: Heian nidan traditional bunkai.

Kumite: Free Dojo Sparring - Jiyu kumite:

Two opponents – two minutes each with rest between matches.

1. 40 years and older (masters age), jiyu kumite or self-defence.
2. Self-defence from standing position must show ability to sense attack accurately, and use basic techniques with power, speed, sharpness and ki. Attack degree angles: 0 (right side), 45, 90 (front), 135 180 (left side), 225, 270, 315, 360.
3. Defender shall stand in yoi without moving, except at onset of attack. Defender may turn head only to face attacker at 0 degree to 180 degree angles (right to left). Defend by sight. At angles (back) 225 to 315, attacker shall only apply chokes, grabs, or bear hugs. React to touch.

Main points of examination:

1. Correct application of power, speed of technique, body expansion and contraction.
2. Ki - mind, spirit, feeling, energy.
3. Smooth transition from free stance to traditional stance (complete technique with power) to free stance. Show zero power, maximum power, zero power.
4. Mastery of advanced techniques and the ability to use them effectively and practically.

Nidan to Sandan

1. 16 years and older; more than two years after nidan.
2. 13 to 15 years - more than three years after nidan.
3. Minimum B (80%) training attendance or discretion of Instructor.
4. Member in good standing with a valid IKD Passport.

Kihon - three counts:

1. ⇨ Kamae ryu/jodan oi-zuki/kamae ryu ⇨ yori-ashi ⇨ yori-ashi gyaku-zuki/ kamae ryu ⇨ zenkutsu-dachi gyaku-hanmi kizami-zuki. Finish and return to starting position ⇨ .
2. ⇨ Kamae ryu/jodan oi-zuki/kamae ryu ⇨ yori-ashi nagashi uke ⇨ yori-ashi gyaku-zuki. finish and return to starting position).
3. ⇨ Kamae ryu/chudan mae-geri/kamae ryu gedan-barai gyaku-zuki (block and counter at the same time). Finish and return to starting position.
4. ⇨ Kamae ryu chudan mae-geri/kamae ryu kizami-zuki kamae ryu. Finish and return to starting position.

Kata:

1. Examinee: one kata from Group 4:
 - Tokui kata (**Hangetsu**, Bassai-sho, Chinte, **Sochin**, Unsu, **Tekki sandan**, **Jutte**, Gankaku, Kanku-sho, Nijushiho).
2. Examiner: one kata from Group 3:
 - Tokui kata (**Tekki sandan**, **Jutte**, Gankaku, Kanku-sho, Nijushiho).
3. Examinee: Heian sandan traditional bunkai.

Jiyu kumite: three opponents – two minutes each with rest between matches.

1. 40 years and older (masters age), jiyu kumite or self-defence.
2. Self-defence from sitting position (chair or seiza) must show ability to sense attack accurately, and use basic techniques with power, speed, sharpness and ki. Attack degree angles: 0 (right side), 45, 90 (front), 135 180 (left side), 225, 270, 315, 360.
3. Defender shall not move, except at onset of attack. Defender may turn head only to face attacker at 0 degree to 180 degree angles (right to left).
4. At degree angles (back) 225 to 315, attacker shall ki-ai at the onset of the attack. No grabs, etc. Defender shall turn to face attacker upon hearing ki-ai. Defender shall defend by sound.

Main points of examination:

1. Correct application of power, speed of technique, body expansion and contraction.
2. Ki - mind, spirit, feeling, energy.
3. Mastery of kumite defensive techniques and the ability to use them effectively.

Sandan to Yondan

1. From age 16 years and older, more than three years after sandan.
2. Must be 20 years and older.

Kihon - three counts:

1. ⇒ Kamae ryu kizami-zuki gyaku-zuki ⇒ gyaku-zuki kizami-zuki. ↵
2. (same)
3. ⇒ Kamae ryu yori-ashi kizami-mae-geri gyaku-zuki ⇒ chudan mae-geri jodan gyaku-zuki. ↵
4. (same)
5. ⇒ Kamae ryu yori-ashi kizami mawashi-geri gyaku-zuki ⇒ mawashi-geri/oi-zuki. ↵
6. (same)
7. ⇒ Kamae ryu chudan ushiro-geri gyaku-zuki mae-geri gyaku-zuki. ↵
8. (same)
9. ⇒ Kamae ryu yori-ashi jodan uraken-uchi gyaku-zuki ⇒ gyaku-haito-uchi kizami-zuki. ↵
(same)

Kata:

1. Examinee: one kata from Group 5:
 - Tokui kata (Gojushiho-sho, Gojushiho-dai, **Meikyo**, Wankan, **Jiin Hangetsu**, Bassai-sho, Chinte, **Sochin**, Unsu).
2. Examiner: one kata from Group 4:
 - Tokui kata (**Hangetsu**, Bassai-sho, Chinte, **Sochin**, Unsu).
3. Examinee: Heian yondan traditional bunkai.

Jiyu kumite: two simultaneous opponents - two minutes; frontal fighting only.

1. 40 years and older (masters age), jiyu kumite or self defence.
2. Self defence from free stance against a rubber knife. Must show ability to sense attack accurately, and use basic techniques with power, speed, sharpness and ki.
3. Five attacks in order of: face or stomach thrust, downward or upward vertical slash, right or left diagonal slash from top to bottom, right or left diagonal slash from bottom up, and left or right horizontal slash to stomach or face.

Main points of examination:

1. An understanding of the general technical principles of karate techniques namely - stance, posture, form, and body mechanics of power, speed, and sharpness.
2. Understanding the principles of ki – mind, spirit, feeling and energy.
3. Mastery of kumite attacking techniques and the ability to use them effectively.
4. Ability to teach and communicate karate to others.

Yondan to Godan

More than four years after yondan. April 2022

Kata:

1. Examinee: one kata from Group 2 to 5.
2. Examinee: complete traditional bunkai for chosen kata.
3. Examiner: one kata from Group 3 to 5.
4. Examinee: Heian godan traditional bunkai.

Jiyu kumite:

Two simultaneous opponents - two minutes, or 40 years and older self-defense.

1. Self-defense from free stance against a rubber club representing a machete. Must show ability to sense attack accurately, and use basic techniques with power, speed, sharpness and ki.
2. Five attacks in order of: face or stomach thrust, downward or upward vertical slash, right or left diagonal slash from top to bottom, right or left diagonal slash from bottom up, and left or right horizontal slash to stomach or face.

Research presentation:

1. Examinee: ten-minute presentation of limited research with demonstration.
2. Examiner: questions on presentation.

Godan to Rokudan

1. More than five years after godan.
2. Must be 30 years and older.
3. Minimum B (80%) training attendance or discretion of Instructor.
4. Member in good standing with a valid IKD Passport.
5. Service contribution to IKD.

Kata:

1. Examinee: one kata from Group 2 to 5.
2. Examinee: complete traditional bunkai for chosen kata.
3. Examiner: one kata from Group 3 to 5.
4. Examinee: Tekki shodan traditional bunkai.

Enbu:

1. Self defence demonstration against one attacker – one minute. Todome waza applied at end of demonstration.

Research presentation:

1. Examinee: fifteen minute presentation of research with demonstration.
2. Examiner: questions on presentation.

Main points of examination:

1. Possess a higher level of karate-do – physically, mentally and spiritually.
2. Performed in depth karate research beneficial to regional or national or International members.
3. Made a contribution to IKD karate-do at the regional or national or International level. Dedication to karate-do.