

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:

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.

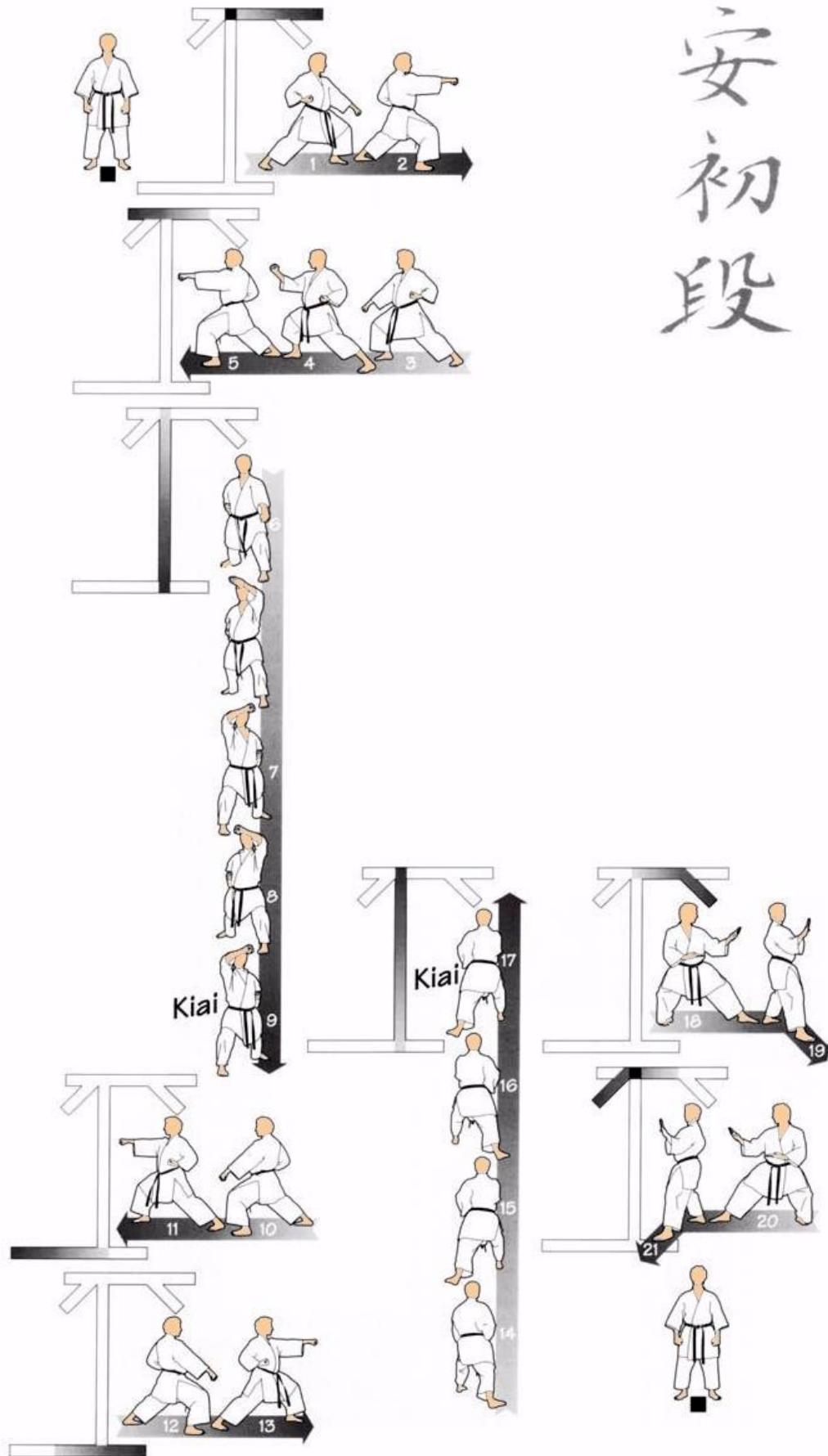
Kata: Heian shodan (21) - by count:

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.

Heian shodan 平安初段



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.

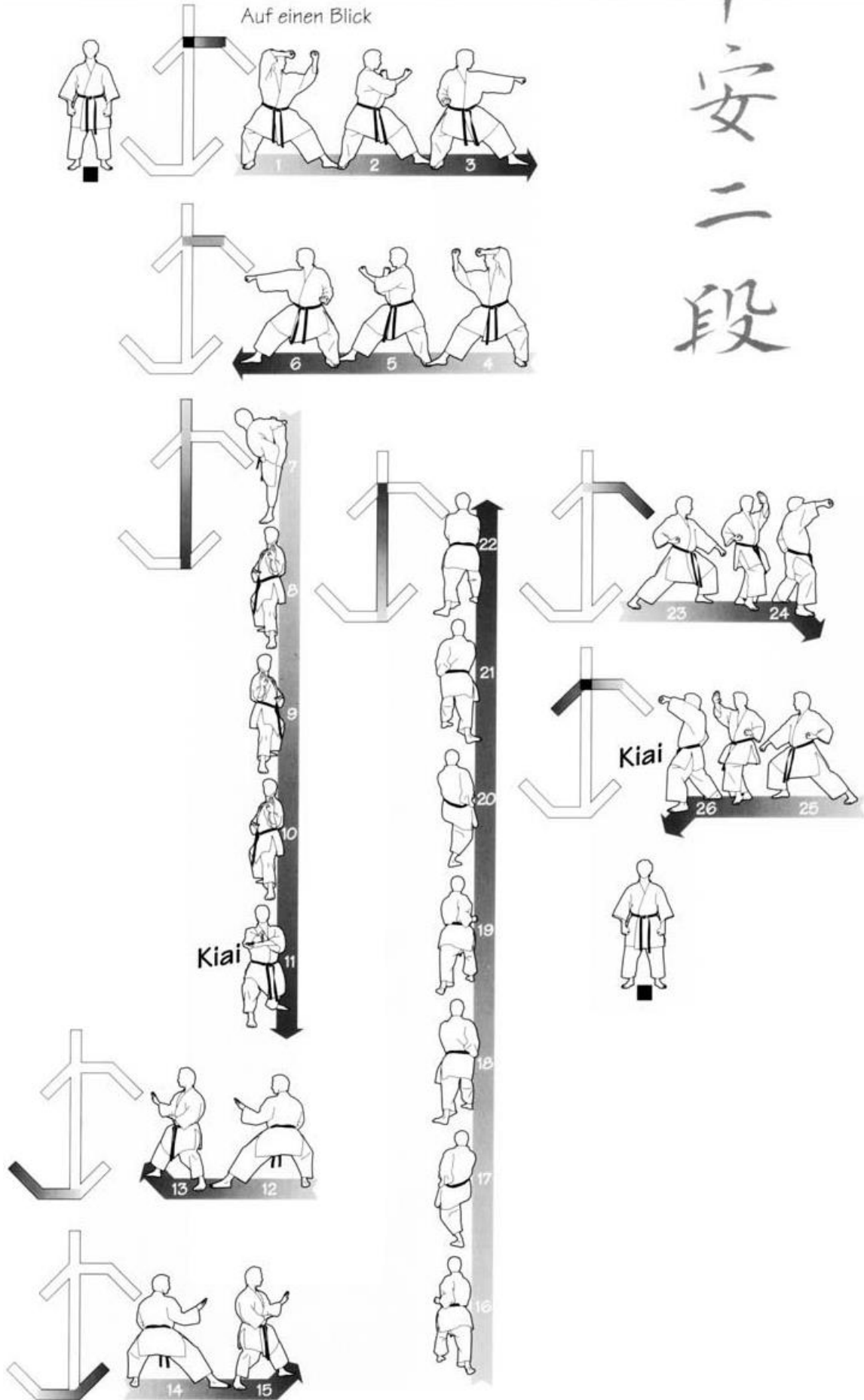
Kata: Heian Nidan (26)

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.

Heian nidan

平安二段



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

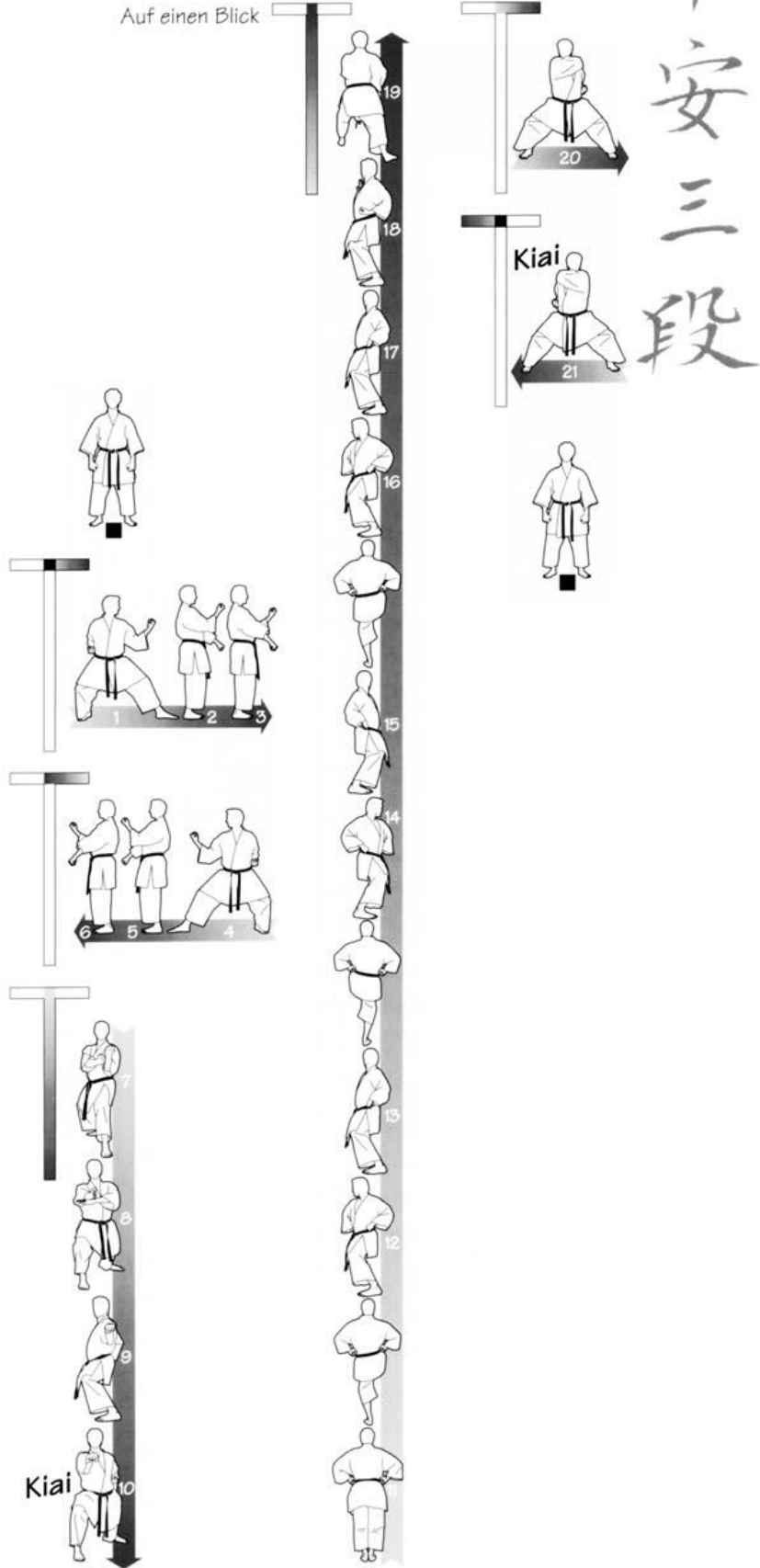
Kata: Heian Sandan (20)

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.

Heian sandan 平安三段

Auf einen Blick



Green to Blue Belt



Kihon: Basics - three counts:

1. ⇨ Stepping Forward Punching Face – One – Two three
2. ⇨ Stepping Back – Rising Block – Reverse Punch
3. ⇨ Stepping forward punching chest
4. ⇨ Stepping back outside Block – Reverse Punch
5. ⇨ Stepping forward in Back Stance Inside Block. Front Stance Reverse Punch
6. ⇨ Stepping back -Back Stance Sword Hand Block. Front Stance Face Spear Hand – palm down
7. ⇨ Stepping forward Front Stance Chest Front kick - Turn
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:

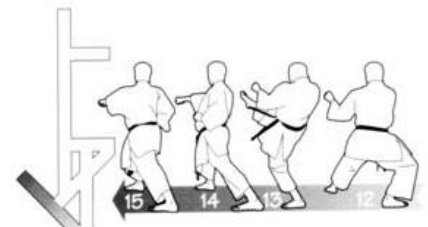
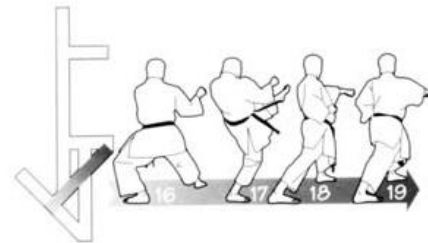
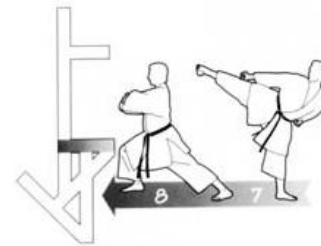
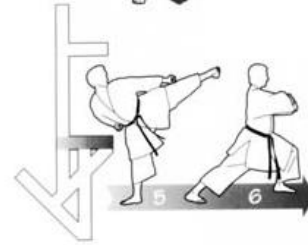
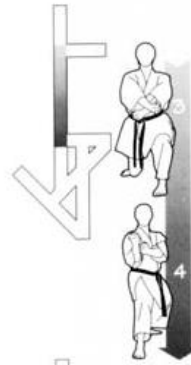
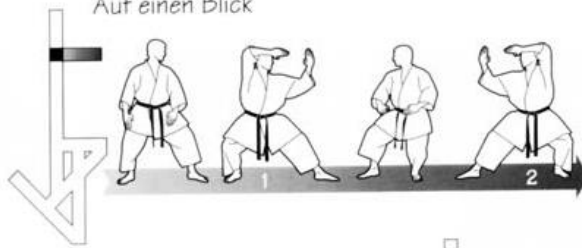
1. Attacker announces “jodan, chudan, gedan”. Step forward attack face, then chest, then stomach. After done, step Back to ready position.
Defender blocks steps back using rising block – reverse punch, outside block – reverse punch and downward block – reverse punch. After downward block, counter attack 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 (27)

Heian yondan

平安四段

Auf einen Blick



Kiai

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.

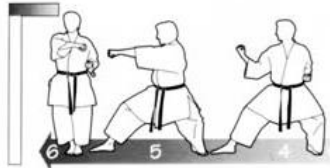
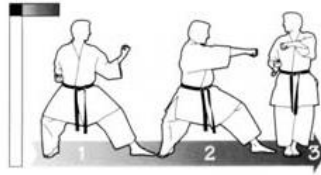
Kata: Heian Godan (23)

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.

Heian godan 平安五段

Auf einen Blick



Kiai



Kiai



平安五段



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 (29)

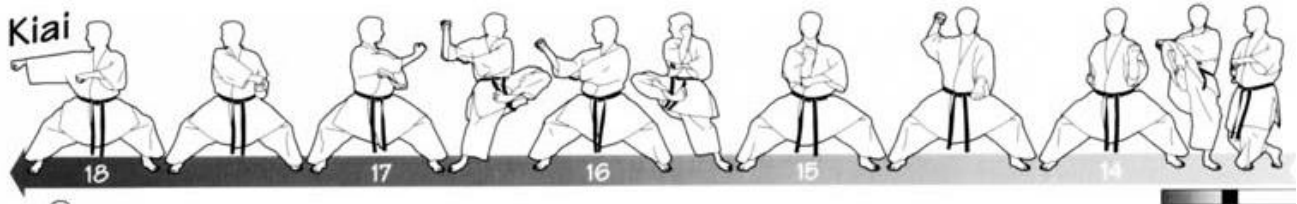
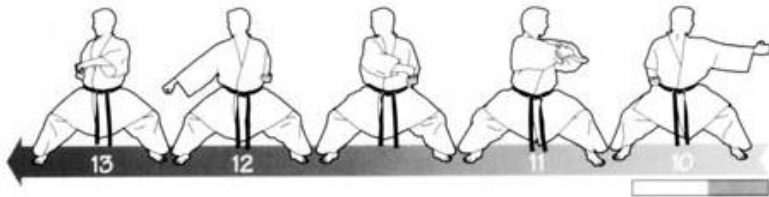
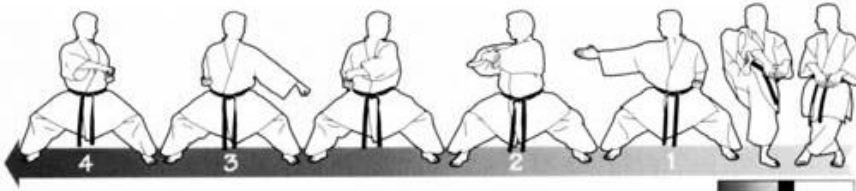
Main points of examination - ability to demonstrate:

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.

Tekki shodan

Auf einen Blick

鉄
騎
初
段



Brown(3 Kyu) to Brown (2 Kyu)



Kihon - three counts:

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

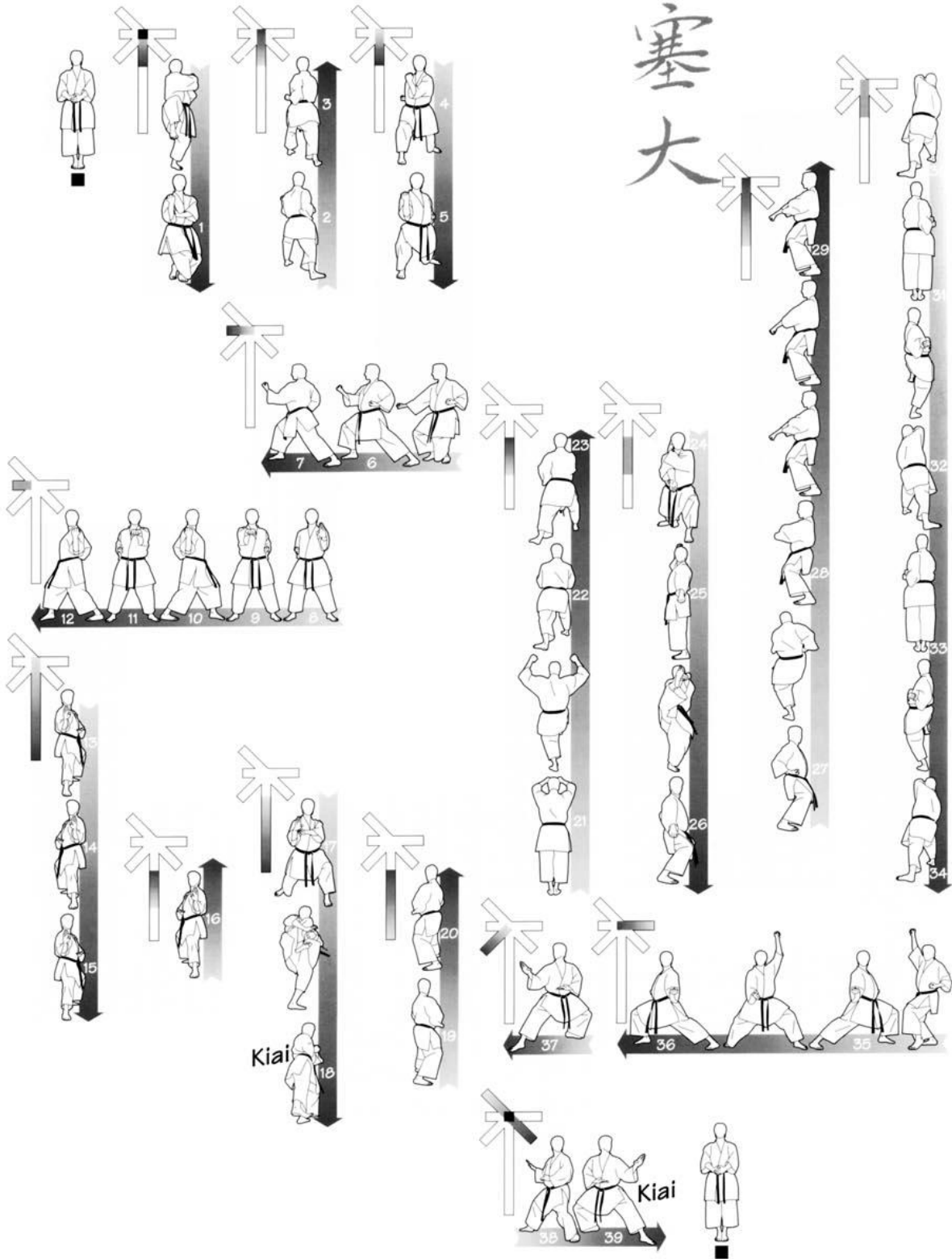
Kumite: Semi-Free Sparring:

1. Announce - 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 (42)

Bassai dai 拔塞大

Auf einen Blick



Brown(3 Kyu) to Brown (2 Kyu)



Kihon - three counts:

1. ⇨ Stepping Forward – Triple Punch.
2. ⇨ Step Back Stance inside block, jab reverse punch.
3. ⇨ Step Forward Outside block, side stance elbow strike, back fist.
4. ⇨ Step Back Knife Hand. Front leg front kick. Front stance spear hand
5. ⇨ Step Forward Front Stance Front Leg Front Kick Chest – Back Kick Face - turn
6. ⇨ Step Forward 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

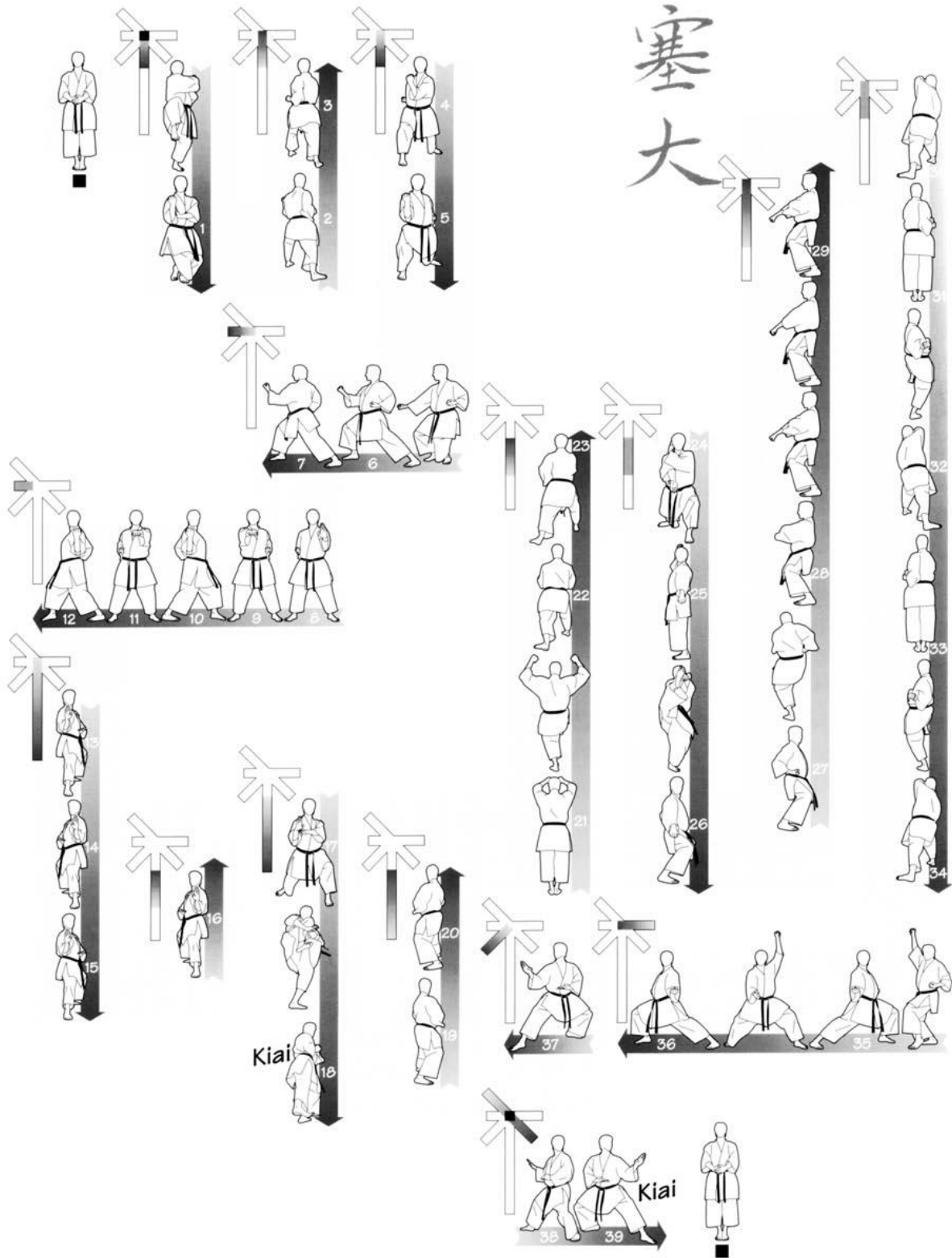
1. Defensive free sparring for two minutes
2. Offensive free sparring for two minutes

Kata: Bassai-dai(42)

Bassai dai 拔塞大

Auf einen Blick

拔
塞
大





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.

Kyu Ranks	Shodan	Nidan	Sandan	Yondan
Group 1	Group 2	Group 3	Group 4	Group 5
Shitei Kata	Sentei Kata	Tokui Kata	Tokui Kata	Tokui Kata
Heian Shodan Heian Nidan Heian Sandan Heian Yondan Heian Godan Tekki Shodan (Bassai-Dai)	Tekki Nidan Bassai-Dai Kanku-Dai Enpi Jion	Tekki Sandan Jutte Gankaku Kanku-sho Nijushiho	Hangetsu Bassai-Sho Chinte Sochin Unsu	Gojushiho-Sho Gojushiho-Dai Meikyo Wankan Jiin

Shodan to Nidan



Kihon - three counts:

1. Ready Position – Front Stance Jab – Step Forward - Triple Punch – Ready position
2. Stepping Back - Ready Position – Front Stance Jab Back Stance Inside Block – Jab – Reverse Punch
3. Forward – Ready – Jab – Outside Block in Horse Stance – BackFist – Reverse Punch – Ready
4. Jab – Step Back Sword Block – Front Leg Kick – Neck SpearHand
5. Forward – Front Leg Kick – Back Leg Kick – Reverse Punch
6. Turn – Front leg Round – Back Leg Round – BackFish - – Reverse Punch
7. Forward Cross Over Side Snap – Step Across Thrust
8. Jab – Step Back Rising Block – Step forward Round Kick – Backfist – Lunge Punch

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.

Kyu Ranks	Shodan	Nidan	Sandan	Yondan
Group 1	Group 2	Group 3	Group 4	Group 5
Shitei Kata	Sentei Kata	Tokui Kata	Tokui Kata	Tokui Kata
Heian Shodan Heian Nidan Heian Sandan Heian Yondan Heian Godan Tekki Shodan (Bassai-Dai)	Tekki Nidan Bassai-Dai Kanku-Dai Enpi Jion	Tekki Sandan Jutte Gankaku Kanku-sho Nijushiho	Hangetsu Bassai-Sho Chinte Sochin Unsu	Gojushiho-Sho Gojushiho-Dai Meikyo Wankan Jiin



Nidan to Sandan

Kihon - three counts:

- ⇒ 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 ⇐ .
- ⇐ Kamae ryu/jodan oi-zuki/kamae ryu ⇐ yori-ashi nagashi uke ⇒ yori-ashi gyaku-zuki. finish and return to starting position).
- ⇒ Kamae ryu/chudan mae-geri/kamae ryu gedan-barai gyaku-zuki (block and counter at the same time). Finish and return to starting position.
- ⇐ Kamae ryu chudan mae-geri/kamae ryu kizami-zuki kamae ryu. Finish and return to starting position.

Kata:

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

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

- 40 years and older (masters age), jiyu kumite or self-defence.
- 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.
- 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).
- 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.

Kyu Ranks	Shodan	Nidan	Sandan	Yondan
Group 1	Group 2	Group 3	Group 4	Group 5
Shitei Kata	Sentei Kata	Tokui Kata	Tokui Kata	Tokui Kata
Heian Shodan	Tekki Nidan	Tekki Sandan	Hangetsu	Gojushiho-Sho
Heian Nidan	Bassai-Dai	Jutte	Bassai-Sho	Gojushiho-Dai
Heian Sandan	Kanku-Dai	Gankaku	Chinte	Meikyo
Heian Yondan	Enpi	Kanku-sho	Sochin	Wankan
Heian Godan	Jion	Nijushiho	Unsu	Jiin
Tekki Shodan (Bassai-Dai)				

Sandan to Yondan



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)
-
1. Jab – Reverse punch ⇒ Reverse punch – Jab ⇨
 2. (same)
 3. Skipping up Front leg front kick – Reverse Punch ⇒ Chest Front Kick – Face Reverse Punch ⇨
 4. (same)
 5. Skipping up Front leg round kick – reverse punch ⇒ Stepping Round Kick ⇒ Lunch Punch ⇨
 6. (same)
 7. Spinning Back thrust kick – reverse punch ⇒ Stepping Front Kick – Reverse punch ⇨
 8. (same)
 9. Skipping up Back Fist – Reverse Punch ⇒ Reverse hand ridgehand - Jab ⇨
(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 defense.
2. Self defence from free stance against a rubber knife
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.

Kyu Ranks	Shodan	Nidan	Sandan	Yondan
Group 1	Group 2	Group 3	Group 4	Group 5
Shitei Kata	Sentei Kata	Tokui Kata	Tokui Kata	Tokui Kata
Heian Shodan	Tekki Nidan	Tekki Sandan	Hangetsu	Gojushiho-Sho
Heian Nidan	Bassai-Dai	Jutte	Bassai-Sho	Gojushiho-Dai
Heian Sandan	Kanku-Dai	Gankaku	Chinte	Meikyo
Heian Yondan	Enpi	Kanku-sho	Sochin	Wankan
Heian Godan	Jion	Nijushiho	Unsu	Jiin
Tekki Shodan (Bassai-Dai)				

Yondan to Godan



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.
(Tekki Sandan, Jutte, Gankaku, Kanku-sho, Hangetsu, Bassai-sho, Chinte, Sochin, Unsu, Gojushiho-sho, Gojushiho-dai, Meikyo, Wankan, Jiin)
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.

Kyu Ranks	Shodan	Nidan	Sandan	Yondan
Group 1	Group 2	Group 3	Group 4	Group 5
Shitei Kata	Sentei Kata	Tokui Kata	Tokui Kata	Tokui Kata
Heian Shodan Heian Nidan Heian Sandan Heian Yondan Heian Godan Tekki Shodan (Bassai-Dai)	Tekki Nidan Bassai-Dai Kanku-Dai Enpi Jion	Tekki Sandan Jutte Gankaku Kanku-sho Nijushiho	Hangetsu Bassai-Sho Chinte Sochin Unsu	Gojushiho-Sho Gojushiho-Dai Meikyo Wankan Jiin

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.

Kyu Ranks	Shodan	Nidan	Sandan	Yondan
Group 1	Group 2	Group 3	Group 4	Group 5
Shitei Kata	Sentei Kata	Tokui Kata	Tokui Kata	Tokui Kata
Heian Shodan Heian Nidan Heian Sandan Heian Yondan Heian Godan Tekki Shodan (Bassai-Dai)	Tekki Nidan Bassai-Dai Kanku-Dai Enpi Jion	Tekki Sandan Jutte Gankaku Kanku-sho Nijushiho	Hangetsu Bassai-Sho Chinte Sochin Unsu	Gojushiho-Sho Gojushiho-Dai Meikyo Wankan Jiin

Rokudan to Shichidan



1. Shihan-kai recommendation.
2. More than six years after rokudan
3. Must be 40 years and older.
4. Member in good standing with a valid IKD Passport.
5. Service contribution to IKD.

Kata:

1. Examinee: favourite kata from Group 2 to 5, except Bassai-dai.
2. Examinee: complete traditional bunkai of favourite kata.
3. Examinee: secondary kata from Group 2 to 5, except Bassai-dai.
4. Examinee: complete traditional bunkai of secondary kata.
5. Examiner: Bassai-dai traditional bunkai.

Research presentation:

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

Shihan-kai examination criteria:

1. Possess the highest level of karate-do – physically, mentally and spiritually.
2. Performed thorough karate research beneficial to International members.
3. Contribution to IKD karate-do at the International level.
4. Physical and mental maturity in karate.
5. Character reference letter.
6. Certificate of police clearance.
7. Understands the moral, legal and political implications of karate-do.
8. Possess the character and qualities of a member of the IKD Shihan-kai.
9. Possess unbiased leadership qualities.
10. Excellent interpersonal skills- the ability to create good relationships and harmony between you, your colleagues and students with mutual respect.

Kyu Ranks	Shodan	Nidan	Sandan	Yondan
Group 1	Group 2	Group 3	Group 4	Group 5
Shitei Kata	Sentei Kata	Tokui Kata	Tokui Kata	Tokui Kata
Heian Shodan Heian Nidan Heian Sandan Heian Yondan Heian Godan Tekki Shodan (Bassai-Dai)	Tekki Nidan Bassai-Dai Kanku-Dai Enpi Jion	Tekki Sandan Jutte Gankaku Kanku-sho Nijushiho	Hangetsu Bassai-Sho Chinte Sochin Unsu	Gojushiho-Sho Gojushiho-Dai Meikyo Wankan Jiin