

# Kyu-level Rank Test Guide

South KC Shotokan, LLC



A Challenge. An Art Form. A Way of Life.

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# Testing Tips

Keep these important points in mind when preparing for and taking your test:

## Stay Warmed Up

Remain active and keep your muscles warm and loose while waiting to test so that you can perform at our best.

## Show Good Spirit

Let your enthusiasm show. Respond positively and quickly to the examiner's commands as well as any critiques you may receive. Perform the techniques with full speed and strong kiai.

## Don't Rush

Perform each technique as strongly as possible, but do not rush them. Be sure to complete each movement completely before moving on to the next.

## Maintain Your Concentration

Keep your eyes and energy forward and do not worry about the other people taking the test with you. You do not need to keep pace with them. Move at your own tempo.

## Do Not Give Up

If you make a mistake, do not give up. Do your best to correct what you are doing and continue on. You will not fail the test just because of a momentary lapse in concentration.

## Be Adaptable

The guidelines and techniques required for each level may change over time and may vary depending upon the examiner. Adapt if asked to perform a technique or combination different from those you've practiced for the test.

## Record Your Test

Feel free to have family or friend record your test.

## Respect the Examiner's Decision

The examiners have many years of experience and they are your instructors. If you are confused about or disagree with their decision, continue to learn and do your best to improve yourself rather than allow negative feelings to affect your training and growth.



# 10<sup>th</sup> Kyu (Level B)

White Belt, Ages 4-6

## Japanese Vocabulary:

Counting from 1-10

Names of four basic blocks

## Kihon:

1. Oi-tsuki fwd
2. Jodan uke fwd
3. Soto uke fwd
4. Uchi uke fwd
5. Mae geri fwd



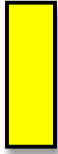
## 10<sup>th</sup> Kyu (Level A) White Belt, Ages 4-6

### Kihon:

1. Oi-tsuki fwd
2. Jodan uke bwd
3. Soto uke fwd
4. Uchi uke bwd
5. Mae geri fwd
6. Mawashi geri fwd

### Kata:

Follow examiner through first half Heian Shodan



9<sup>th</sup> Kyu (Level C)  
Yellow Belt, Ages 4-6

Japanese Vocabulary:

1. Counting from 1-20
2. Names of basic techniques

Kihon:

1. Oi-tsuki fwd
2. Jodan uke bwd
3. Soto uke fwd
4. Uchi uke bwd
5. Shuto uke fwd
6. Shuto uke bwd
7. Mae geri fwd
8. Mawashi geri fwd
9. Yoko geri fwd

Kata:

Follow examiner through second half Heian Shodan



## 9<sup>th</sup> Kyu (Level B) Yellow Belt, Ages 4-6

### Kihon:

1. Oi-tsuki fwd
2. Jodan uke bwd
3. Soto uke fwd
4. Uchi uke bwd
5. Shuto uke fwd
6. Shuto uke bwd
7. Mae geri fwd
8. Mawashi geri fwd
9. Yoko geri fwd

### Kumite:

1. 5-step blocking, chudan, with count
2. 5-step blocking, jodan, with count

### Kata:

Follow examiner through all of Heian Shodan



## 9<sup>th</sup> Kyu (Level A) Yellow Belt, Ages 4-6

### Kihon:

1. Oi-tsuki fwd
2. Jodan uke bwd
3. Soto uke fwd
4. Uchi uke bwd
5. Shuto uke fwd
6. Shuto uke bwd
7. Mae geri fwd
8. Mawashi geri fwd
9. Yoko geri fwd

### Kumite: Gohon

1. 5-step Kumite, chudan, with count and a counter (gyaku tsuki)
2. 5-step Kumite, jodan, with count and a counter (gyaku tsuki)

### Kata:

Perform Heian Shodan without examiner assistance





## 8<sup>th</sup> Kyu (Orange Belt)

Requirements: Three to six months of training.  
Must demonstrate and differentiate basic stances, blocks, punch, and kicks.

### Kata:

Heian Shodan

### Kihon:

1. Oi-tsuki fwd
2. Jodan uke bwd
3. Soto uke fwd
4. Uchi uke bwd
5. Shuto uke fwd
6. Shuto uke bwd
7. Mae geri fwd
8. Mawashi geri fwd
9. Yoko geri fwd
10. Ushiro geri (bwd)

### Energy Transfer Check: (against pad)

1. Oi-tsuki
2. Tetsui uchi

### Kumite: Sanbon, with count

1. 3-step Kumite, jodan
2. 3-step Kumite, chudan

### Self-Protection:

Application to kata



## 7<sup>th</sup> Kyu (Blue Belt)

Requirements: Three to six months of training since last test.

Must demonstrate: -solid stances and correct posture

-recoiled kicks

-steady and low hips when moving fwd or bwd

-beginning use of body dynamics

-use of breath / breath energy

-developing engagement with opponent

### Kata:

Heian Nidan

### Kihon:

1. Oi-tsuki jodan fwd
2. Jodan uke - gyaku tsuki bwd
3. Soto uke - gyaku tsuki fwd
4. Uchi uke - gyaku tsuki bwd
5. Shuto uke fwd
6. Shuto uke bwd
7. Mae geri fwd
8. Mawashi geri fwd
9. Yoko geri fwd
10. Ura ushiro geri fwd
11. Mae geri - choku tsuki fwd

### Energy Transfer Check: (against pad)

Gyaku tsuki

### Kumite: Sanbon, no count

1. 3-step Kumite, oi-tsuki jodan
2. 3-step Kumite, oi-tsuki chudan

### Self-Protection:

1. Demonstrate basic break-falls: back, left, right and front from squat
2. Application to kata
3. Application to a throw, or groundwork



## 6<sup>th</sup> Kyu (Green Belt)

Requirements: Three to six months of training since last test.  
Must demonstrate: -solid stances and posture

- recoiled kicks
- steady and low hips when moving fwd or bwd
- noticeable use of correct body dynamic for each technique
- basic feel for kata tempo
- developing speed and flow
- strong engagement with opponent

### Kata:

Heian Sandan  
Heian Nidan

### Kihon:

1. Sanbon tsuki fwd
2. Jodan uke - gyaku tsuki bwd
3. Soto uke - empi uchi (kiba dachi) fwd
4. Uchi uke - gyaku tsuki bwd
5. Shuto uke - nukite fwd
6. Shuto uke - nukite bwd
7. Mae geri chudan - jodan (back leg, back leg) fwd
8. Mawashi geri fwd
9. Kizami yoko geri fwd
10. Ura ushiro geri fwd
11. Mae geri - choku tsuki fwd
12. Mae geri - gyaku tsuki fwd
13. Mawashi geri - gyaku tsuki fwd

### Energy Transfer Check: (against pad)

1. Oi-tsuki
2. Gyaku-tsuki, stationary and shifting in
3. Empi uchi

### Kumite: Ippon (no count)

1. 1-step Kumite, oi-tsuki jodan
2. 1-step Kumite, oi-tsuki chudan
3. 1-step Kumite, mae geri chudan



## 6<sup>th</sup> Kyu (continued)

### Self-Protection:

1. Demonstrate basic break-falls: back, left, right and front from squat
2. Application to Heian Sandan
3. Application to a throw, or groundwork



## 5<sup>th</sup> Kyu (Purple Belt)

Requirements: Three to six months of training since last test.

Must demonstrate: -solid stances and posture

-snappy, recoiled kicks

-correct breath usage

-developing sense of extension of energy through target

-steady and low hips when moving fwd or bwd

-strong use of correct body dynamic for each technique

-developing feel for kata tempo

-steady speed and flow

-strong engagement with opponent

### Kata:

Heian Yondan

Heian Sandan

### Kihon:

1. Sanbon tsuki fwd
2. Jodan uke - gyaku tsuki bwd
3. Soto uke - empi uchi (kiba dachi) fwd
4. Uchi uke - gyaku tsuki bwd
5. Shuto uke - nukite fwd
6. Shuto uke - kizami mae geri - nukite bwd
7. Mae geri chudan - jodan (back leg, back leg) fwd
8. Mawashi geri chudan - jodan (back leg, back leg) fwd
9. Yoko geri fwd
10. Ura ushiro geri fwd
11. Mae geri chudan - mawashi geri chudan (back leg, back leg) -  
gyaku tsuki fwd
12. Mae geri - choku tsuki fwd
13. Mawashi geri - gyaku tsuki fwd
14. Kizami yoko geri - gyaku tsuki fwd

### Energy Transfer Check: (against pad)

1. Oi-tsuki
2. Gyaku tsuki (stationary)
3. Mae geri



## 5<sup>th</sup> Kyu (continued)

### Kumite: Ippon

1. 1-step Kumite, oi-tsuki jodan
2. 1-step Kumite, oi-tsuki chudan
3. 1-step Kumite, mae geri chudan
4. 1-step Kumite, yoko geri chudan

### Self-Protection:

1. Demonstrate basic break-falls: back, left, right and front from high squat
2. Application to Heian Yondan
3. Application to a throw, or groundwork



## 4<sup>th</sup> Kyu (Purple Belt)

Requirements: Three to six months of training since last test.

Must demonstrate: -solid stances and posture  
-snappy, recoiled kicks  
-developing sense of extension of energy through target  
-steady and low hips when moving fwd or bwd  
-strong use of correct body dynamic for each technique  
-developing feel for kata tempo  
-steady speed and flow  
-strong and steady engagement with opponent  
-steady zanshin

### Kata:

Heian Godan  
Heian Yondan

### Kihon:

1. Sanbon tsuki fwd
2. Jodan uke - gyaku tsuki bwd
3. Soto uke - empi uchi (kiba dachi) fwd
4. Uchi uke - gyaku tsuki bwd
5. Shuto uke - nukite fwd
6. Shuto uke - kizami mae geri - nukite bwd
7. Mae geri chudan - jodan (back leg, back leg) fwd
8. Mawashi geri chudan - jodan (back leg, back leg) fwd
9. Yoko geri fwd
10. Ura ushiro geri fwd
11. Mae geri chudan - mawashi geri chudan (back leg, back leg) -  
gyaku tsuki fwd
12. Mae geri - choku tsuki fwd
13. Mawashi geri - gyaku tsuki fwd
14. Kizami yoko geri - gyaku tsuki fwd
15. Kizami tsuki - gyaku tsuki fwd
16. Kizami yoko geri - ura ushiro geri

### Energy transfer check: (against pad)

1. Oi-tsuki
2. Gyaku tsuki (shifting)
3. Mae geri



## 4<sup>th</sup> Kyu (continued)

### Kumite: Ippon

1. 1-step Kumite, oi-tsuki jodan
2. 1-step Kumite, oi-tsuki chudan
3. 1-step Kumite, mae geri chudan
4. 1-step Kumite, yoko geri chudan

### Self-Protection:

1. Demonstrate basic break-falls: back, left, right and front from high squat
2. Application to Heian Godan
3. Application to a throw, or groundwork





## 3<sup>rd</sup> Kyu (Brown Belt)

Requirements: Three to six months of training since last test.

- Must demonstrate:
- solid stances and posture
  - good body unification
  - consistent sense of extension of energy through target
  - centered movement
  - strong use of correct body dynamic for each technique
  - good feel for kata tempo
  - speed and relaxed flow
  - consistent use of floor
  - strong and steady engagement with opponent
  - strong zanshin
  - clear and clean technique

### Kata:

Tekki Shodan

Heian Yondan or Heian Godan

### Kihon:

1. Sanbon tsuki fwd
2. Jodan uke - gyaku tsuki bwd
3. Soto uke - empi uchi (kiba dachi) - uraken uchi fwd
4. Shuto uke - nukite bwd
5. Uchi uke - kizami tsuki (same arm) - gyaku tsuki fwd
6. Shuto uke - kizami mae geri - nukite bwd
7. Mae geri chudan - jodan (front leg, back leg) fwd
8. Mawashi geri chudan - jodan (front leg, back leg) fwd
9. Yoko geri fwd
10. Ura ushiro geri fwd
11. Yoko geri chudan - mawashi geri chudan (back leg, back leg) - gyaku tsuki fwd
12. Mawashi geri chudan - yoko geri - gyaku tsuki (back leg, same leg)
13. Kizami yoko geri - ura ushiro geri - gyaku tsuki
14. Kizami tsuki - gyaku tsuki fwd (shifting)
15. Mae geri - yoko geri (stationary, to front, then side, same leg)

### Pencil control test:

Stationary target



## 3<sup>rd</sup> Kyu (continued)

### Energy transfer check: (against pad)

1. Oi-tsuki
2. Gyaku tsuki
3. Mae geri
4. Mawashi geri

### Kumite: Ippon

1. 1-step Kumite, oi-tsuki jodan
2. 1-step Kumite, oi-tsuki chudan
3. 1-step Kumite, mae geri chudan
4. 1-step Kumite, yoko geri chudan
5. 1-step Kumite, ura ushiro geri chudan

### Timing: Go-no-sen response against:

1. Kizami tsuki
2. Gyaku tsuki

### Self-Protection:

1. Application to Tekki Shodan
2. Demonstrate a throw
3. Basic escapes from standing grappling or ground



## 2<sup>nd</sup> Kyu (Brown Belt)

Requirements: Three to six months of training since last test.

Must demonstrate: solid stances and posture

- good body unification
- strong sense of extension of energy through target
- centered movement
- strong use of correct body dynamic for each technique
- good feel for kata tempo
- speed and relaxed flow
- consistent use of floor
- strong and steady engagement with opponent
- strong zanshin
- clear and clean technique

### Kata:

Bassai Dai, Empi, Jion, or Kanku Dai  
Tekki Shodan

### Kihon:

1. Sanbon tsuki fwd
2. Jodan uke - gyaku tsuki bwd
3. Soto uke - empi uchi (kiba dachi) - uraken uchi fwd
4. Shuto uke - nukite bwd
5. Uchi uke - kizami tsuki (same arm) - gyaku tsuki fwd
6. Shuto uke - kizami mae geri - nukite bwd
7. Mae geri chudan - jodan (front leg, back leg) fwd
8. Mawashi geri chudan - (jodan front leg, back leg) fwd
9. Yoko geri fwd
10. Ura ushiro geri fwd
11. Yoko geri chudan - mawashi geri chudan (back leg, back leg) - gyaku tsuki fwd
12. Mawashi geri chudan - yoko geri - gyaku tsuki (back leg, same leg)
13. Kizami yoko geri - ura ushiro geri - gyaku tsuki
14. Kizami tsuki - gyaku tsuki fwd (shifting)
15. Gyaku tsuki - kizami tsuki - gyaku tsuki fwd (shifting)
16. Mae geri - yoko geri (stationary, to front, then side, same leg)

### Pencil control test:

Moving target (up and down)



## 2<sup>nd</sup> Kyu (continued)

### Energy transfer check: (against pad)

1. Gyaku tsuki, shifting
2. Mae geri
3. Yoko geri

### Kumite: Jiyu Ippon (from fighting stance, no count)

1. 1-step Kumite, oi-tsuki jodan
2. 1-step Kumite, oi-tsuki chudan
3. 1-step Kumite, mae geri chudan
4. 1-step Kumite, yoko geri chudan
5. 1-step Kumite, Mawashi geri chudan
6. 1-step Kumite, ura ushiro geri chudan

### Timing: Sen-no-sen response against:

1. Kizami tsuki
2. Gyaku tsuki

### Self-Protection:

1. Application to chosen kata
2. Demonstrate a throw
3. Basic escapes from standing grappling or ground



## 1<sup>st</sup> Kyu (Brown Belt)

Requirements: Three to six months of training since last test.  
Must demonstrate: solid stances and posture

- strong yet relaxed body unification
- strong sense of extension of energy through target
- centered movement
- strong use of correct body dynamic for each technique
- good feel for kata tempo
- speed and relaxed flow
- consistent use of floor
- strong and steady engagement with opponent
- strong zanshin from start to finish
- clear and clean technique

### Kata:

Bassai Dai, Empi, Jion, or Kanku Dai  
Tekki Shodan

### Kihon:

1. Sanbon tsuki fwd
2. Jodan uke - gyaku tsuki bwd
3. Soto uke - empi uchi (kiba dachi) - uraken uchi - gyaku tsuki fwd
4. Shuto uke - nukite bwd
5. Uchi uke - kizami tsuki (same arm) - gyaku tsuki fwd
6. Shuto uke - kizami mae geri - nukite bwd
7. Mae geri chudan - jodan (front leg, back leg) fwd
8. Mawashi geri chudan - jodan (front leg, back leg) fwd
9. Yoko geri fwd
10. Ura ushiro geri fwd
11. Yoko geri chudan - mawashi geri chudan (back leg, back leg) - gyaku tsuki fwd
12. Mawashi geri chudan - yoko geri - gyaku tsuki (back leg, same leg)
13. Kizami yoko geri - ura ushiro geri - gyaku tsuki
14. Kizami tsuki - gyaku tsuki fwd (shifting)
15. Gyaku tsuki - kizami tsuki - gyaku tsuki fwd (shifting)
16. Mae geri - yoko geri - mawashi geri (stationary, to front, then side, same leg)

### Pencil control test:

Moving target (side to side)



## 1<sup>st</sup> Kyu (continued)

### Energy transfer check: (against pad)

1. Oi-tsuki
2. Gyaku tsuki, shifting and stationary
3. Mae geri
4. Ura ushiro geri

### Kumite: Jiyu Ippon (from fighting stance, no count)

1. 1-step Kumite, oi-tsuki jodan
2. 1-step Kumite, oi-tsuki chudan
3. 1-step Kumite, mae geri chudan
4. 1-step Kumite, yoko geri chudan
5. 1-step Kumite, Mawashi geri chudan
6. 1-step Kumite, ura ushiro geri chudan

### Timing: Sen-no-sen and Go-no-sen response against:

1. Kizami tsuki
2. Gyaku tsuki

### Self-Protection:

1. Application to chosen kata
2. Demonstrate a throw
3. Basic escapes from standing grappling or ground

# BASIC VOCABULARY

## General Terms

Japanese	Pronunciation	English
keri	keri	kicking
tsuki	zuki	punch
oi-tsuki	oy zuki	stepping or step-in punch
gyaku-tsuki	yaaku zuki	reverse punch
gedan barai	gey dawn bar-eye	lower level block
chudan uchi-uke	chew don oochay ookay	middle level outside to inside block
soto chudan ude-uke	so toe chew	middle level inside to outside block
jodan age-uke	jo dawn ah-gey ookay	upper level rising block
shuto uke	shoe toe ookay	knife-hand block
uke	ookay	block / to receive
mae-geri	mya gerry	front kick
mawashi-geri	ma wash she gerry	roundhouse kick
yoko-geri	yo koe gerry	side kick
ushiro-geri	you shiro gerry	back kick
ura ushiro-geri	you're a you shiro gerry	turning back kick
kihon	key hone	basics
kata	kah tah	forms
kumite	koo ma tay	sparring
hajime	hah jee may	begin
mawatte	mah wa tay	turn
rei	ray	respect (bow)
yame	yah may	stop
yoi	yoy	attention stance
sensei	sen say	teacher or instructor
sempai	sem pie	senior
sanbon kumite	san bone koo ma tay	three-step sparring
ippon kumite	e pone koo ma tay	one-step sparring
zenkutsu-dachi	zen koot sue dach ee	front stance
kiba-dachi	key ba dach ee	horse riding stance
kokutsu-dachi	co koot sue dach ee	back stance
migi	mee	right
hidari	hee dar ee	left
obi	o bee	belt
gi	gee	uniform
hai	hi	yes
karate-ka	kah rah tay kah	karate student
karate-do	ka rah tay dough	empty hand way

## Counting

Japanese	Pronunciation	English
ichi	itch	one
ni	knee	two
san	san	three
shi (yon)	she	four
go	go	five
roku	roke	six
shichi (nana)	seech	seven
hachi	haach	eight
ku	koo	nine
ju	ju	ten
ju ichi	ju itch	eleven
ju ni	ju knee	twelve
ju san	ju san	thirteen
ju shi	ju she	fourteen
ju go	ju go	fifteen
ju roku	ju roke	sixteen
ju shichi	ju seech	seventeen
ju hachi	ju haach	eighteen
ju ku	ju koo	nineteen
ni ju	knee ju	twenty



## Rank

<b>Rank</b>	<b>English</b>	<b>Belt Color</b>
Jukkyu	10th kyu	white
Kukyu	9th kyu	white
Hachikyu	8th kyu	orange
Nanakyu	7th kyu	blue
Rokyu	6th kyu	green
Gokyu	5th kyu	purple
Yonkyu	4th kyu	purple
Sankyu	3rd kyu	brown
Nikyu	2nd kyu	brown
Ikkyu	1st kyu	brown
Shodan	1st degree black belt	black
Nidan	2nd degree black belt	black
Sandan	3rd degree black belt	black
Yondan	4th degree black belt	black
Godan	5th degree black belt	black
Rokudan	6th degree black belt	black
Nanadan	7th degree black belt	black
Hachidan	8th degree black belt	black
Kudan	9th degree black belt	black
Judan	10th degree black belt	black