



FUNAKOSHI'S SHOTOKAN KARATE ASSOCIATION

Shodan Examination Requirements

Black Belt

Kihon:

Kamae

- | | |
|---|---------------|
| 1. Kizami zuki | 6x fwd & back |
| 2. Uraken | 6x fwd & back |
| 3. Gyaku zuki | 6x fwd & back |
| 4. Oi-zuki | 4x fwd & back |
| 5. Oi-gyaku zuki | 4x fwd & back |
| 6. Kizami zuki, oi zuki | 3x fwd & back |
| 7. Kizami zuki, half-step, gyaku zuki | 3x fwd & back |
| 8. Oi zuki, half-step, kizami zuki | 3x fwd & back |
| 9. Oi zuki, half-step, uraken | 3x fwd & back |
| 10. Oi zuki, half-step, gyaku zuki | 3x fwd & back |
| 11. Gyaku zuki, step forward, gyaku zuki | 4x fwd & back |
| 12. Gyaku zuki, step forward, uraken | 3x fwd & back |
| 13. Kizami zuki, oi zuki, half-step, gyaku zuki | 2x fwd & back |
| 14. Any tsuki combination | 1x fwd & back |
| 15. Mae geri, oi zuki | 6x fwd & back |
| 16. Gyaku zuki, mae geri | 6x fwd & back |
| 17. Gyaku zuki, mawashi geri | 6x fwd & back |
| 18. Gyaku zuki, yoko geri | 6x fwd & back |
| 19. Ushiro geri, gyaku zuki | 6x fwd & back |
| 20. Mae geri, oi zuki, half-step, gyaku zuki | 2x fwd & back |
| 21. Any geri combination | 1x fwd & back |

Stationary kick

- | | |
|--|-----------------|
| 22. Mae geri, yoko geri, mawashi geri, ushiro geri | 5 sets each leg |
|--|-----------------|

Focus pencil

- | | |
|----------------|--|
| 23. Gyaku zuki | |
|----------------|--|

Kata:

Bassai-Dai, Jion, Kanku-Dai, Hangetsu, Enpi, Tekki-Nidan
(All katas for pre-shodan 5 plus the applications of the katas)

Kumite:

Jyu kumite (tournament style)



FUNAKOSHI'S SHOTOKAN KARATE ASSOCIATION

Nidan Examination Requirements

Black Belt

Kihon:

Kamae

- | | |
|---|---------------|
| 1. Kizami zuki | 6x fwd & back |
| 2. Uraken uchi | 6x fwd & back |
| 3. Gyaku zuki | 6x fwd & back |
| 4. Oi zuki | 4x fwd & back |
| 5. Oi-gyaku zuki | 4x fwd & back |
| 6. Kizami zuki, half-step, gyaku zuki | 3x fwd & back |
| 7. Kizami zuki, oi zuki | 3x fwd & back |
| 8. Gyaku zuki, step forward, gyaku zuki | 4x fwd & back |
| 9. Gyaku zuki, step forward, uraken | 3x fwd & back |
| 10. Oi zuki, half-step, kizami zuki | 2x fwd & back |
| 11. Oi zuki, half-step, uraken | 2x fwd & back |
| 12. Gyaku zuki, oi zuki | 3x fwd & back |
| 13. Gyaku zuki, kizami zuki, gyaku zuki | 3x fwd & back |
| 14. Gyaku zuki, kizami zuki, oi zuki | 2x fwd & back |
| 15. Kizami zuki, oi zuki, gyaku zuki, oi zuki, gyaku zuki | 1x fwd & back |
| 16. Mae geri, oi zuki | 4x fwd & back |
| 17. Mawashi geri, oi zuki | 4x fwd & back |
| 18. Mawashi geri, gyaku zuki | 4x fwd & back |
| 19. Ushiro geri, uraken | 4x fwd & back |
| 20. Mae geri keage, oi zuki, half step, gyaku zuki | 2x fwd & back |
| 21. Any zuki-geri combination | 1x fwd & back |

Stationary kick

- | | |
|--|------------------|
| 22. Mae geri keage, mae geri kekomi, yoko geri keage,
yoko geri kekomi, mawashi geri, ushiro geri | 5 sets beach leg |
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Kata:

Kanku-Sho, Bassai-Sho, Jitte, Chinte, Tekki-Sandan
(All katas for pre-nidan 5 plus the applications of the katas)

Kumite:

Jyu kumite (tournament style)



FUNAKOSHI'S SHOTOKAN KARATE ASSOCIATION

Sandan Examination Requirements

Black Belt

Kihon:

Kamae

- | | |
|--|---------------|
| 1. Kizami zuki, half-step, gyaku zuki | 3x fwd & back |
| 2. Kizami zuki, oi zuki | 3x fwd & back |
| 3. Gyaku zuki, step forward, gyaku zuki | 4x fwd & back |
| 4. Gyaku zuki, step forward, uraken | 3x fwd & back |
| 5. Oi zuki, half step, kizami zuki | 2x fwd & back |
| 6. Oi zuki, half step, uraken | 2x fwd & back |
| 7. Gyaku zuki, step forward, oi zuki | 3x fwd & back |
| 8. Gyaku zuki, kizami zuki, gyaku zuki | 3x fwd & back |
| 9. Gyaku zuki, kizami zuki, oi zuki | 2x fwd & back |
| 10. Kizami zuki, oi zuki, gyaku zuki, oi zuki, gyaku zuki | 1x fwd & back |
| 11. Mae geri, oi zuki | 4x fwd & back |
| 12. Mawashi geri, oi zuki | 4x fwd & back |
| 13. Mawashi geri, gyaku zuki | 4x fwd & back |
| 14. Ushiro geri, uraken | 4x fwd & back |
| 15. Mawashi geri, uraken, half-step, gyaku zuki | 2x fwd & back |
| 16. Yoko geri, uraken, half-step, gyaku zuki | 2x fwd & back |
| 17. Ushiro geri, uraken, half-step, gyaku zuki | 2x fwd & back |
| 18. Yoko geri (front leg), gyaku zuki | 4x fwd & back |
| 19. Mae geri (front leg), kizami zuki | 4x fwd & back |
| 20. Kizami zuki, half step, gyaku zuki, mawashi geri | 2x fwd & back |
| 21. Gyaku zuki, mawashi geri, gyaku zuki | 2x fwd & back |
| 22. Hook kick (front leg) | 4x fwd & back |
| 23. Hook kick (back leg) | 4x fwd & back |
| 24. Reverse wheel kick (back leg) | 4x fwd & back |
| 25. Mawashi geri (front leg), reverse wheel kick (back leg) | 2x fwd & back |
| 26. Mawashi geri (back leg), reverse wheel kick (change leg) | 2x fwd & back |

Kata:

Gankaku, Sochin, Nijushiho, Wankan, Jiin, Meikyo
(All katas for pre-sandan 5 plus the applications of the katas)

Kumite:

Jyu kumite (tournament style)



FUNAKOSHI'S SHOTOKAN KARATE ASSOCIATION

Yondan - Godan - Rokudan Examination Requirements

Black Belt

Kihon:

Kamae

- | | |
|--|---------------|
| 1. Kizami zuki, half-step, gyaku zuki | 3x fwd & back |
| 2. Kizami zuki, oi zuki | 3x fwd & back |
| 3. Gyaku zuki, step forward, gyaku zuki | 4x fwd & back |
| 4. Gyaku zuki, step forward, uraken | 3x fwd & back |
| 5. Oi zuki, half step, kizami zuki | 2x fwd & back |
| 6. Oi zuki, half step, uraken | 2x fwd & back |
| 7. Gyaku zuki, step forward, oi zuki | 3x fwd & back |
| 8. Gyaku zuki, kizami zuki, gyaku zuki | 3x fwd & back |
| 9. Gyaku zuki, kizami zuki, oi zuki | 2x fwd & back |
| 10. Kizami zuki, oi zuki, gyaku zuki, oi zuki, gyaku zuki | 1x fwd & back |
| 11. Mae geri, oi zuki | 4x fwd & back |
| 12. Mawashi geri, oi zuki | 4x fwd & back |
| 13. Mawashi geri, gyaku zuki | 4x fwd & back |
| 14. Ushiro geri, uraken | 4x fwd & back |
| 15. Mawashi geri, uraken, half-step, gyaku zuki | 2x fwd & back |
| 16. Yoko geri, uraken, half-step, gyaku zuki | 2x fwd & back |
| 17. Ushiro geri, uraken, half-step, gyaku zuki | 2x fwd & back |
| 18. Yoko geri (front leg), gyaku zuki | 4x fwd & back |
| 19. Mae geri (front leg), kizami zuki | 4x fwd & back |
| 20. Kizami zuki, half step, gyaku zuki, mawashi geri | 2x fwd & back |
| 21. Gyaku zuki, mawashi geri, gyaku zuki | 2x fwd & back |
| 22. Hook kick (front leg) | 4x fwd & back |
| 23. Hook kick (back leg) | 4x fwd & back |
| 24. Reverse wheel kick (back leg) | 4x fwd & back |
| 25. Mawashi geri (front leg), reverse wheel kick (back leg) | 2x fwd & back |
| 26. Mawashi geri (back leg), reverse wheel kick (change leg) | 2x fwd & back |

Kata:

Gojushiho-Sho, Gojushiho-Dai, Unsu

(All katas for pre-jondan, Godan, Rokudan 5 plus the applications of the katas)

Kumite:

Jyu kumite (tournament style)