

Sandan to Yondan

Kihon: Basics

The examiner will set the basics (it could be anything).

Kata: Forms

Tokui kata (favorite kata—choose two from the twenty-six official Shotokan karate kata. Be prepared to demonstrate kata in their entirety, plus explain the *bunkai* of any section of the chosen kata)

Kumite: Sparring

The examiner will set the kumite requirement. It could be any of the set defenses (Gohon kumite, Sanbon kumite, Kihon ippon-kumite, Jiyu ippon-kumite, etc.) and will include some Jiyu kumite.

Teaching Requirement

The examinee may be asked to demonstrate his or her ability to teach basic techniques.

Research paper

The examinee is expected to write a short paper on his or her research into karate-do.

Note: For all black belt gradings, examinee must present all records of previous gradings up to and including examinee's present level and the dates on which those gradings were taken and with whom. Failure to do so may result in examinee not being accepted for testing. Examinee should have been a holder of the Sandan level for at least four years.