Indiana University Karate Club Belt Testing Requirements

Although we welcome students of all forms, belt testing will follow that of Shotokan karate expectations. For each rank listed there is the recommended time training with the belt before the next belt examination. This time frame includes coming to practice at least two times a week for the lower kyu and three times a week in the higher kyu. As you advance to the higher kyu ranks, you are expected to know and remember all of the material from the previous examinations. The techniques are referenced in Japanese, if you wish to know the translation for the techniques refer to the Karate Terminology tab of the website.

Color Belts (8th to 4th kyu)

8th kyu – White

There are no belt testing requirements for this level

7th kyu—Yellow (Approximately 4 months)

Kata:

Heian Shodan

Kihon:

While moving and also from zenkutsu-dachi

- Chudan oi-zuki
- Gedan barai
- Jodan age-uke
- Chudan soto-uke
- Uchi-uke
- Mae-geri keage
- Mawashi-geri
- Chudan shuto-uke from kokutsu-dachi
**In place**
- Chudan gyaku-zuki
- Mae-geri keage, mae-geri kekkomi (from the same leg)
- Chudan choku-zuki from kiba-dachi

**Self-Defense:**

Wrist grabs, hair grabs from behind, neck grab from front, and bear hug arms pinned from the back. Be familiar with ukemi (falling down backwards and sideways).

**Kumite:**

Gohon kumite, straight-forward defense against jodan, chudan and gedan-zuki attacks.

**Oral:**


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**6th kyu—Green (Approximately 4 months)**

**Kata:**

Heian Nidan

**Kihon:**

*While moving as a double technique: All blocks are followed with gyaku-zuki*
- All techniques from 7th kyu
- Crossover yoko-geri kekkomi into kiba-dachi
- Crossover yoko-geri keage into kiba-dachi
- Chudan nukite

*Combination*
- Shuto-uke, lead leg mae-geri keage, nukite in zenkutsu-dachi

*In place*
- Same as 7th kyu requirements
- Lead leg mawashi-geri from zenkutsu-dachi
- Lead leg mae-geri from kokutsu-dachi
**Kumite:**

Ippon kumite. Demonstrate 5 self-defense techniques for your rank (student’s choice. Demonstrate skills fighting from the ground.

**Oral:**

Briefly give personal reasons for being involved in karate. Give brief history of karate. Interpret movements from kata of choice.

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**5th kyu—Blue (Approximately 4 months)**

**Kata:**

Heian Sandan

**Kihon:**

- Same as 6th kyu requirements
- Mikazuki-geri
- Uraken
- Ushiro-geri
- Age empi
- Yoko empi

*While moving as a double technique: blocks are accompanied by a chudan gyaku-zuki*

- All techniques from 6th kyu
- All basic blocks
- Gyaku uchi-uke mae-geri keage
- Ren Geri (Double front snap kick, kicking off the front leg first)

*Double kicks not from the same leg*

- Mae-geri keage, mae-geri kekkomi
- Mae-geri keage, mawashi-geri

*Double kicks from the same leg*

- Mikazuki-geri, yoko-geri kekkomi

*In place*

- Same as 6th kyu requirements

**Kumite:**

Demonstrate 5 ippon kumite, left and right sides. Demonstrate advanced self-defense. Jiyuu kumite with one opponent for 2 min. Demonstrate understanding of kumite principles.
Oral:

Describe own strengths and weaknesses, self-evaluate progress thus far. Describe application of karate to everyday life. Actively recall Japanese terminology for various techniques.

4th kyu—Purple (Approximately 4 months)

Kata:

Heian Yondan

Kihon:

- Same as 5th kyu requirements
- Mikazuki-geri
- Uraken
- Ushiro-geri

While moving as a double technique: blocks and punches are accompanied by a chudan gyaku-zuki

- All techniques from 5th kyu
- All basic blocks
- Jodan age-zuki
- Jodan choku-zuki
- Age-empi in zenkutsu-dachi
- Mawashi-empi in kiba-dachi

Double kicks not from the same leg

- Mae-geri keage, yoko-geri kekkomi

Single techniques

- Morote-uke
- Jyuujii-uke
- Kakiwake-uke
- Jodan haito
- Jodan shuto

In place

- Same as 5th kyu requirements

Kumite:

Ippon Kumite. 1-step kumite against a knife. Demonstrate 5 self-defense sequences. Jiyuu kumite for 2 min duration and demonstrate improvement from the previous exam. Two on one sparring.
Oral/Written: Recite the Dojo-kun and explain its points and application to personal experience. Give as many bunkai as possible from a single kata (student’s choice). Turn in a 1-2 page critique/essay on karate issues of your own choosing.

Brown Belts (3rd to 1st kyu)

As a brown belt you must officially be a safety officer as well as actively participate and maintain an officer’s position in the club. Brown belts are considered as Senpai (先輩 - also known as an upperclassman) and expected to start guiding and teaching lower kyu members.

The belt examination material from brown belts have the same kihon and combinations, however, as you rise from the 3rd kyu to the 1st kyu you are expected show an increase in finesse and control over various techniques.

3rd kyu—3rd Brown (4 months)

Kata: Heian Godan
All other Heian katas

Kihon:

While moving:
- Jodan haito, jodan gyaku haito
- Morote-uke, jodan gyaku haito
- Mae-geri from zenkutsu-dachi
- Mawashi-geri from zenkutsu-dachi
- Crossover yoko-geri kekkomi into kiba-dachi
- Crossover yoko-geri keage into kiba-dachi
- Ushiro-geri

Double kicks from the same leg
- Mae-geri keage, mawashi-geri
- Mikazuki-geri, yoko-geri kekkomi
Combinations:  Three combination technique moving forward or backwards

- Sanpon zuki in zenkutsu-dachi
- Age-uke, uraken (same hand), gyaku-zuki in zenkutsu-dachi
- Uchi uke, kizami-zuki (same hand), gyaku-zuki in zenkutsu-dachi
- Soto-uke in zenkutsu-dachi, moving into empi in kiba-dachi, in place uraken, gyaku-zuki into zenkutsu-dachi
- Mae-geri, mawashi-geri, ushiro-geri end in zenkutsu-dachi
- Shuto-uke, lead leg mae-geri keage, nukite in zenkutsu-dachi

Triple Techniques

- Jodan age-uke, jodan gyaku-zuki, chudan oi-zuki
- Chudan soto-uke, jodan gyaku-zuki, chudan oi-zuki
- Uchi-uke, jodan gyaku-zuki, chudan oi-zuki
- Gedan-barai, jodan gyaku-zuki, chudan oi-zuki
- Gyaku uchi-uke, mae-geri keage, chudan gyaku zuki
- Chudan shuto-uke, lead leg mae-geri, switch to zenkutsu-dachi, chudan nukite gyaku zuki

In place same leg kicks from zenkutsu-dachi

- Mae-geri keage, yoko-geri kekkomi (50 sets on each leg without placing leg down between the sets)

Kumite:

- Iai (ippon kumite)
- Self defense (same as previously learned)
- Jiyuu kumite for duration of 2 minutes. Demonstrate improvement from previous exam.

2nd kyu—2nd Brown (4 months)

Kata:

Tekki Shodan
All Heian katas

Kihon:

- All techniques from 3rd kyu level

While moving from free stance

- Kizami-zuki, uraken (same hand)
- Uraken, nukite (alternating hands)
- Kizami-zuki, gyaku-zuki
- Kizami-zuki, lead leg mae-geri keage
- Mae-geri keage, mawashi-geri (same leg), spinning ushiro-geri

**In place**
- Kizami-zuki, gyaku-zuki

**Kumite:**

Ippon kumite from previous tests. Jiyuu kumite against 2 successive opponents (2 min each). Demonstrate self-defense against five techniques of instructor’s choice. Be able to demonstrate kuzushi.

**Oral:**

Demonstrate as many different bunkai as possible from sequence in a favorite kata.

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**1st kyu—1st Brown (4 months)**

**Kata:**

Bassaidai
Tekki Shodan
All Heian katas

**Kihon:**

Same as 2nd and 3rd kyu examination

**Kumite:**

Same as 2nd and 3rd kyu examination

**Oral:**

Oral self critique of progress, answer general questions about karate-do as an art, philosophy etc.
Black Belt Examination

Shodan—1\textsuperscript{st} dan

Kata:

Bassaidai (required)
Any kata up to brown including tekki shodan
Kankudai, Jion, Empi, Hangetsu (Choice of one)

Competition:

Testing for shodan requires participation in at least one tournament. This requirement will depend on the availability of the local tournaments.

Kihon:

Expected to know all previous basics from the kyu level

Kumite:

Demonstrate competence in sparring with higher ranking members.

Essay:

Approximately 10 pages of instructor approved topic