



**KARATE CANADA
GOJU-RYU
DAN TEST GUIDELINES**

February 2012



KARATE CANADA
GOJU-RYU
DAN TEST GUIDELINES

1. Goju-Ryu Dan grading syllabus

1.1.1. Kata, Kumite and training time:

<u>Dan</u>	<u>Kata</u>			<u>Kumite</u>	<u>Age</u>	<u>Training (Min)</u>
Shodan	Sanchin	Saifa	Seiyunchin	Jiyu	Min 16	3 Years
Nidan	Sanchin	Seiyunchin	Tensho	Jiyu		1 yr after Shodan
Sandan	Sanchin	Sanseiru	Tensho	Jiyu		2 yr after Nidan
Yondan	Sanchin	Shisochin	Tensho	Jiyu		3 yr after Sandan
Godan	Sanchin	Seisan	Tensho	Jiyu		4 yr after Yondan
Rokudan	Sanchin	Seipai	Tensho	X		5 yr after Godan
Hichidan	Sanchin	Kururunfa	Tensho	X		6 yr after Rokudan
Hachidan	Sanchin	Suparinpei	Tensho	X		7 yr after Hichidan

- Also need Kata bunkai.
- Need Jiyu-Kumite (free sparring) for Shodan to Godan (up to 35 yrs. old).

1.1.2. Basic Techniques:

The following basic techniques are required for Shodan to Sandan:

Stances: Heisoku-Dachi. Musubi-Dachi. Heiko-Dachi. Soto Hachiji-Dachi. Uchi Hachiji-Dachi. Shiko-Dachi. Neko Ashi-Dachi. Han Zenkutsu-Dachi. Zenkutsu-Dachi. Han Kokutsu-Dachi. Kokutsu-Dachi. Sanchin-Dachi.

Basics: Yoku-Uke. Harai-Uke. Jyoge-Uke. Ura-Uchi. Fumikomi-Sokuto. Furi-Uchi. Kansetsu-Geri. Shuto. Kosoku-Geri. Kihon-Tsuki. Kin-Keri. Migi-Tsuki. Hidari-Tsuki. Migi-Keri. Hidari-Keri. Shiko-Tsuki. Migi Nekoashi-Keri. Hidari Nekoashi-Keri.

1.1.3. History and Karate-Do:

- Questions about history and founder of Goju-Ryu.
- Karate is not like other athletic sports because it also includes the Do (way). Because of this, you are required not only to train and practice hard but also you need to develop a good attitude in order to pass the test. This is Karate-Do.



KARATE CANADA
GOJU-RYU
DAN TEST GUIDELINES

Karate Canada approved standard kata references:

1. Goju, Shoto, Shito, Wado:
 - Karatedo kata model for teaching Shiteigata –JKF and WKF approved reference.

2. Chito:
 - Chito-Ryu Karate-Do Tournament Kata Officiating Guide for Judges 2001 (Chitose Tsuyoshi – Kumamoto City, Japan).

GOJU-RYU KATAS

1. Sanchin
2. Gekisai Ichi
3. Gekisai Ni
4. Saifa
5. Seiyunchin
6. Shisochin
7. Sanseru
8. Seisan
9. Seipai
10. Kururunfa
11. Superimpei
12. Tensho