



KARATE CANADA SHOTOKAN DAN TEST GUIDELINES

February 2012



1. Shotokan 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	Jion	Kanku-dai	Bassai-Dai	Jiyu	Min 16	3 Years
Nidan	Jion	Kanku-dai	Free	Jiyu		1 yr after Shodan
Sandan	Jion	Kanku-dai	Free	Jiyu		2 yr after Nidan
Yondan	Jion	Kanku-dai	Free	Jiyu		3 yr after Sandan
Godan	Free	Free		Jiyu		4 yr after Yondan
Rokudan	Free	Free		X		5 yr after Godan
Hichidan	Free			X		6 yr after Rokudan
Hachidan	Free			X		7 yr after Hichidan

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

Additional Kata Requirements:

Kata Criteria for Decision:

The kata must be performed with competence, and demonstrate an understanding of the traditional principles it contains.

Checking Point:

1. Good timing, rhythm, speed, balance, kime, strength and weakness of power.
2. Extension and contraction of the body. Slowness and quickness of techniques. Stability at the center of gravity.
3. Preparation of the temperament. Chakugan. Proper tension in the abdomen.
4. Tachikata (stances) and unsoku (foot movement).

1.1.2. Basic Techniques:

- The following basic techniques are required for Shodan to Godan:

a) Kihon Tachikata:

Heisoku-Dachi. Musubi-Dachi. Heiko-Dachi. Sotohachiji-Dachi (Sizentai). Kibadachi. Zenkutsu-Dachi. Kokutsu-Dachi. Shiko-Dachi. Fudo-Dachi (Soochin-Dachi). Nekoashi-Dachi. Renoji-Dachi. Chyoji-Dachi. Sasae-Dachi. Hangetsu-Dachi. Gankaku-Dachi. Sanchin-Dachi.

b) Uke:

Gedan-Barai. Jyodan-Ageuke. Chudan-Sotouke. Chudan-Uchiuke. Jyodan-Shutouke. Chudan-Shutouke. Haishuuke (Jyodan, Chudan, Gedan) Keitouke. Naiwanuke. Gaiwanuke.

c) Kogeki (attack) Tewaza:



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Seiken-Zuki (Oizuki. Gakuzuki. Gedan Chudan Jyodan). Kagi-Zuki. Morote-Zuki. Uke-Zuki. Awase-Zuki. Mawashi-Zuki. Kizami-Zuki. Maete-Zuki. Yoko-Zuki. Tateken-Zuki. Ura-Zuki.

- d) Ate or Uchi (strikes):
Uraken. Hiraken. Ipponken. Nakatakaipponken. Nukite (ippon, nihon, yonhon)
Washide. Teisho-Uchi. Seiryuto-Uchi. Haito-Uchi.
- e) Keri (kicks):
Maegeri (Keage or Kekomi). Mawashigeri (Uchi or Soto). Yokogeri (kekomi or keage). Ushirogeri. Mikazukigeri. Hizageri. Kakatogeri. Tsuma sakigeri.

Ren Zoku Waza:

Any combination of Kihon (Examiner's choice)

Kumite:

Jiyu Ippon Kumite (Examiner's choice)
Jiyu Kumite

1.1.3. Written Essay:

Written essay of 1 or 2 pages on an aspect of Karate. Topic determined by Examiners.

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).



SHOTOKAN KATAS

1. Heian Shodan
2. Heian Nidan
3. Heian Sandan
4. Heian Yondan
5. Heian Godan
6. Bassai - Dai
7. Bassai - Sho
8. Kanku - Dai
9. Kanku - Sho
10. Tekki - Shodan
11. Tekki - Nidan
12. Tekki - Sandan
13. Hangetsu
14. Jitte
15. Enpi
16. Gankaku
17. Jion
18. Sochin
19. Nijushiho
20. Goju Shiho - Dai
21. Goju Shiho - Sho
22. Chinte
23. Unsu
24. Meikyo
25. Wankan
26. Jiin