



FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

9th Kyu Examination Requirements Yellow Striped Belt

KIHON

Zenkutsu dachi

(Front stance)

1. Lunge punch	Oi zuki	4x fwd & back
2. Rising block	Age uke	4x fwd & back
3. Outside block	Soto uke	4x fwd & back
4. Inside block	Uchi uke	4x fwd & back
5. Down block	Gedan barai	4x fwd & back
6. Front snap kick	Mae geri keage	4x fwd & back

KATA

Taikyoku Shodan

KUMITE

5-step sparring Gohon kumite

Face punch	Jo dan
Body punch	Chu dan



FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

8th Kyu Examination Requirements Yellow

KIHON

Zenkutsu dachi

(front stance)

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|------------------|--------------------|---------------|
| 1. Lunge punch | <i>Oi zuki</i> | 4x fwd & back |
| 2. Rising block | <i>Age uke</i> | 4x fwd & back |
| 3. Outside block | <i>Soto uke</i> | 4x fwd & back |
| 4. Inside block | <i>Uchi uke</i> | 4x fwd & back |
| 5. Down block | <i>Gedan barai</i> | 4x fwd & back |

Kokutsu dachi

(back stance)

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|---------------------|------------------|---------------|
| 6. Knife hand block | <i>Shuto uke</i> | 4x fwd & back |
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Zenkutsu dachi

(front stance)

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|----------------------|------------------------|---------------|
| 7. Front snap kick | <i>Mae geri keage</i> | 4x fwd & back |
| 8. Front thrust kick | <i>Mae geri kekome</i> | 4x fwd & back |

Kiba dachi

(side stance)

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|----------------------|-------------------------|---------------|
| 9. Side snap kick | <i>Yoko geri keage</i> | 4x fwd & back |
| 10. Side thrust kick | <i>Yoko geri kekome</i> | 4x fwd & back |
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KATA

8th Kyu/Yellow Belt: *Heian Shodan*

KUMITE

5-step sparring

Face punch

Body punch

Gohon kumite

Jo dan

Chu dan



FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

7th and 6th Kyu Examination Requirements Orange and Green Belt

KIHON

Zenkutsu dachi

(front stance)

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|---------------------------------|--------------------------------|---------------|
| 1. Double punch | <i>Nidan zuki</i> | 4x fwd & back |
| 2. Rising block, reverse punch | <i>Age uke, gyaku zuki</i> | 4x fwd & back |
| 3. Outside block, reverse punch | <i>Soto uke, gyaku zuki</i> | 4x fwd & back |
| 4. Inside block, reverse punch | <i>Uchi uke, gyaku zuki</i> | 4x fwd & back |
| 5. Down block, reverse punch | <i>Gedan barai, gyaku zuki</i> | 4x fwd & back |

Kokutsu dachi

(back stance)

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|--|---|---------------|
| 6. Knife hand block, spear hand thrust | <i>Shuto uke, nukite</i>
(<i>zenkutsu dachi</i>) | 4x fwd & back |
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Zenkutsu dachi

(front stance)

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|----------------------|------------------------|---------------|
| 7. Front snap kick | <i>Mae geri keage</i> | 4x fwd & back |
| 8. Front thrust kick | <i>Mae geri kekome</i> | 4x fwd & back |
| 9. Round house kick | <i>Mawashi geri</i> | 4x fwd & back |
| 10. Back thrust kick | <i>Ushiro geri</i> | 4x fwd & back |

Kiba dachi

(side stance)

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|----------------------|-------------------------|---------------|
| 11. Side snap kick | <i>Yoko geri keage</i> | 4x fwd & back |
| 12. Side thrust kick | <i>Yoko geri kekome</i> | 4x fwd & back |

KATA

7th Kyu/Orange Belt: *Heian Nidan*
6th Kyu/Green Belt: *Heian Sandan*

KUMITE

3-step sparring

Face punch
Body punch

Sanbon kumite

Jo dan
Chu dan



FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

5th & 4th Kyu Examination Requirements First and Second Purple Belt

KIHON

Zenkutsu dachi (front stance)

1.	Triple punch	<i>Sanbon zuki</i>	4x fwd & back
2.	Rising block, double punch	<i>Age uke, nidan zuki</i>	4x fwd & back
3.	Outside block, double punch	<i>Soto uke, nidan zuki</i>	4x fwd & back
4.	Inside block, double punch	<i>Uchi uke, nidan zuki</i>	4x fwd & back
5.	Down block, double punch	<i>Gedan barai, nidan zuki</i>	4x fwd & back

Kokutsu dachi (back stance)

6.	Knife hand block, (front leg) front snap kick, spear hand thrust	<i>Shuto uke, mae ashi mae geri keage, nukite (zenkutsu dachi)</i>	4x fwd & back
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Zenkutsu dachi (front stance)

7.	Outside block, elbow strike (side stance)	<i>Soto uke, empi uchi (kiba dachi)</i>	4x fwd & back
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KICKS (Alternating Legs)

Zenkutsu dachi (front stance)

8.	Front snap kick, front thrust kick	<i>Mae geri keage, Mae geri kekomi</i>	2x fwd & back
9.	Front snap kick, round house kick	<i>Mae geri keage, Mawashi geri</i>	2x fwd & back
10.	Front snap kick, side thrust kick	<i>Mae geri keage, yoko geri kekome</i>	2x fwd & back
11.	Round house kick, back thrust kick	<i>Mawashi geri, Ushiro geri</i>	2x fwd & back
12.	Side thrust kick, back thrust kick	<i>Yoko geri, Ushiro geri</i>	2x fwd & back

Kiba dachi (side stance)

13.	Side snap kick, side thrust kick	<i>Yoko geri keage, yoko geri kekomi</i>	2x fwd & back
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Zenkutsu dachi (front stance)

14.	Front snap kick, round house kick, side thrust kick, back thrust kick	<i>Mae geri keage, mawashi geri, yoko geri kekomi, ushiro geri</i>	1x fwd & back
15.	Front snap, lunge punch	<i>Mae geri keage, oi zuki</i>	4x fwd & back
16.	Reverse punch, front snap kick	<i>Gyaku zuki, mae geri keage</i>	4x fwd & back

Stationary Kick

17.	Front snap kick, side snap kick	<i>Mae geri keage, yoko geri keage</i>	5x each leg
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KATA

5 th Kyu/1st Purple Belt:	<i>Heian Yondan</i>
4 th Kyu/2nd Purple Belt:	<i>Heian Godan, Tekki Shodan</i>

KUMITE

1-step sparring (right & left)

Face punch
Body punch
Front snap kick
Round house kick
Side thrust kick
Back kick

Ippepon kumite

Jo dan
Chu dan
Mae geri keage
Mawashi geri
Yoko geri kekomi
Ushiro geri



FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

3rd, 2nd & 1st Kyu Examination Requirements Brown Belt

KIYON

(Free Style Stance)

1. Jab	<i>Kizami Zuki</i>	6x fwd & back
2. Back-fist strike	<i>Uraken Uchi</i>	6x fwd & back
3. Reverse Punch	<i>Gyaku Zuki</i>	6x fwd & back
4. Lunge Punch	<i>Oi Zuik</i>	4x fwd & back
5. Lunging Reverse Punch	<i>Oi-Gyaku Zuki</i>	4x fwd & back
6. Jab, Lunge Punch	<i>Kizami zuki, Oi Zuki</i>	4x fwd & back
7. Jab, half step, Reverse Punch	<i>Kizami zuki, ½ step, gyaku zuki</i>	4x fwd & back
8. Lunge punch, ½ step, reverse punch	<i>Oi zuki, ½ step, gyaku zuki</i>	3x fwd & back
9. Jab, Lunge punch, ½ step, reverse punch	<i>Kizami zuki, Oi zuki, ½ step, Gyaku zuki</i>	2x fwd & back
10. Any Punch Combination	<i>Any "Tsuki" combination</i>	1x fwd & back
11. Front kick, lunge punch	<i>Mae geri keage, oi zuki</i>	6x fwd & back
12. Reverse punch, front kick	<i>Gyaku zuki, mae geri keage</i>	6x fwd & back
13. Reverse Punch, round house kick	<i>Gyaku zuki, mawashi geri</i>	6x fwd & back
14. Reverse Punch, side thrust kick	<i>Gyaku zuki, yoko geri kekomi</i>	6x fwd & back
15. Back Kick, Reverse Punch	<i>Ushiro Geri, Gyaku zuki</i>	6x fwd & back
16. Any Kick Combination	<i>Geri Combination</i>	1x fwd & back

Stationary Kick

17. Front snap kick, side snap kick, back kick	<i>Mae geri keage, yoko geri keage, ushiro</i>	5x each geri leg
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KATA

3 rd Kyu:	<i>Bassai Dai</i>
2 nd Kyu:	<i>Bassai Dai, Jion</i>
1 st Kyu:	<i>Bassai Dai, Jion, Kanku Dai</i>

KUMITE

Free step Sparring (Right & Left Side)

Jyu Ippon Kumite

FACE PUNCH: Jab, Reverse Punch, Lunge Punch (sweeping block)

JO-DAN: *Kizami Zuki, Gyaku Zuki, Oi Zuki*
(*Nagashi uke*)

BODY PUNCH: Jab, Reverse Punch, Lunge Punch (sweeping block)
Front Kick (Downward inside forearm block)
Roundhouse Kick (Inside block)
Side Thrust Kick (Downward inside forearm block)
Back Kick (Downward inside forearm block)

CHU-DAN: *Kizami Zuki, Gyaku Zuki, Oi Zuki*
(*Nagashi uke*)
Mae geri (naiwan gedan uke)
Mawashi geri (Uchi uke)
Yoko geri kekomi (naiwan gedan uke)
Ushiro geri (naiwan gedan uke)



FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

Shodan Examination Requirements Black Belt

KIHON

(Free Style Stance)

1. Jab	<i>Kizami Zuki</i>	6x fwd & back
2. Back-fist strike	<i>Uraken Uchi</i>	6x fwd & back
3. Reverse Punch	<i>Gyaku Zuki</i>	6x fwd & back
4. Lunge Punch	<i>Oi Zuik</i>	4x fwd & back
5. Lunging Reverse Punch	<i>Oi-Gyaku Zuki</i>	4x fwd & back
6. Jab, Lunge Punch	<i>Kizami zuki, Oi Zuki</i>	4x fwd & back
7. Jab, half step, Reverse Punch	<i>Kizami zuki, ½ step, gyaku zuki</i>	4x fwd & back
8. Lunge Punch, ½ step, Jab	<i>Oi zuki, ½ step, Kizami zuki</i>	2x fwd & back
9. Lunge Punch, ½ step, Back Fist	<i>Oi zuki, ½ step, Uraken uchi</i>	2x fwd & back
10. Lunge punch, ½ step, Reverse Punch	<i>Oi zuki, ½ step, Gyaku zuki</i>	2x fwd & back
11. Reverse Punch, step fwd, Reverse punch	<i>Gyaku zuki, Gyaku zuki</i>	4x fwd & back
12. Reverse Punch, step fwd, Back fist	<i>Gyaku zuki, Uraken uchi</i>	4x fwd & back
13. Jab, Lunge punch, ½ step, reverse punch	<i>Kizami zuki, Oi zuki, ½ step, Gyaku zuki</i>	2x fwd & back
14. Any Punch Combination	<i>Any "Tsuki" combination</i>	1x fwd & back
15. Front kick, lunge punch	<i>Mae geri keage, oi zuki</i>	6x fwd & back
16. Reverse punch, front kick	<i>Gyaku zuki, mae geri keage</i>	6x fwd & back
17. Reverse Punch, round house kick	<i>Gyaku zuki, mawashi geri</i>	6x fwd & back
18. Reverse Punch, side thrust kick	<i>Gyaku zuki, yoko geri kekomi</i>	6x fwd & back
19. Back Kick, Reverse Punch	<i>Ushiro Geri, Gyaku zuki</i>	6x fwd & back
20. Front snap kick, lunge punch, ½ step reverse punch	<i>Mae geri keage, oi zuki, ½ step, gyaku zuki</i>	2x fwd & back
21. Any Kick Combination	<i>Geri Combination</i>	1x fwd & back
Stationary Kick	<i>Mae geri keage, yoko geri keage,</i>	5 sets, each
22. Front snap kick, side snap kick, Round house kick, back kick	<i>Mawashi geri, ushiro geri</i>	leg

KATA

Bassai Dai, Jion, Kanku Dai, Hangetsu, Empi, Tekki Nidan

KUMITE

Competitive: *Jyu Kumite* (tournament Style) *Shobu Ippon*



FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

Nidan Examination Requirements Black Belt

KIHON

(Free Style Stance)

1. Jab	<i>Kizami Zuki</i>	6x fwd & back
2. Back-fist strike	<i>Uraken Uchi</i>	6x fwd & back
3. Reverse Punch	<i>Gyaku Zuki</i>	6x fwd & back
4. Lunge Punch	<i>Oi Zuik</i>	4x fwd & back
5. Lunging Reverse Punch	<i>Oi-Gyaku Zuki</i>	4x fwd & back
6. Jab, Lunge Punch	<i>Kizami zuki, Oi Zuki</i>	4x fwd & back
7. Jab, half step, Reverse Punch	<i>Kizami zuki, ½ step, gyaku zuki</i>	4x fwd & back
8. Lunge Punch, ½ step, Jab	<i>Oi zuki, ½ step, Kizami zuki</i>	2x fwd & back
9. Lunge Punch, ½ step, Back Fist	<i>Oi zuki, ½ step, Uraken uchi</i>	2x fwd & back
10. Reverse Punch, step fwd, Reverse punch	<i>Gyaku zuki, Gyaku zuki</i>	4x fwd & back
11. Reverse Punch, step fwd, Back fist	<i>Gyaku zuki, Uraken uchi</i>	4x fwd & back
12. Reverse Punch, step fwd, Lunge Punch	<i>Gyaku zuki, Oi Zuki</i>	4x fwd & back
13. Reverse Punch, Jab, Reverse Punch	<i>Gyaku zuki, Kizami zuki, Gyaku zuki</i>	4x fwd & back
14. Reverse Punch, Jab, Lunge Punch	<i>Gyaku zuki, Kizami zuki, Oi zuki</i>	4x fwd & back
15. Jab, Lunge punch, ½ step, reverse punch, lunge punch, ½ step reverse punch	<i>Kizami zuki, Oi zuki, ½ step, Gyaku zuki, Oi zuki, ½ step Gyaku zuki</i>	1x fwd & back
16. Front kick, lunge punch	<i>Mae geri keage, oi zuki</i>	4x fwd & back
17. Round house kick, lunge punch	<i>Mawashi geri, oi zuki</i>	4x fwd & back
18. Round house kick, Reverse punch	<i>mawashi geri, Gyaku zuki</i>	4x fwd & back
19. Back Kick, Back fist strike	<i>Ushiro Geri, Uraken Uchi</i>	4x fwd & back
20. Front snap kick, lunge punch, ½ step reverse punch	<i>Mae geri keage, oi zuki, ½ step, gyaku zuki</i>	2x fwd & back
21. Any Punch-Kick Combination	<i>Tsuki-Geri Combination</i>	1x fwd & back

Stationary Kick

22. Front snap kick, Front thrust kick, side snap kick side thrust kick, Round house kick, back kick	<i>Mae geri keage, mae geri kekomi, yoko geri keage, yoko geri kekomi, Mawashi geri, ushiro geri</i>	5 sets, each leg
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KATA

NIDAN

Kanku Sho, Bassai Sho, Jitte, Chinte, Tekki Sandan

KUMITE

Jyu Kumite (tournament Style) Shobu Ippon



FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

Sandan & Yondan Examination Requirements Godan & Rokudan Examination Requirements BLACK BELT

KIHON

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|--|---------------|
| 1. Kizami zuki, Oi Zuki | 3x fwd & back |
| 2. Kizami zuki, ½ step, gyaku zuki | 3x fwd & back |
| 3. Gyaku zuki, Gyaku zuki | 3x fwd & back |
| 4. Gyaku zuki, Uraken uchi | 3x fwd & back |
| 5. Oi zuki, ½ step, Kizami zuki | 2x fwd & back |
| 6. Oi zuki, ½ step, Uraken uchi | 2x fwd & back |
| 7. Gyaku zuki, 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, ½ step, Gyaku zuki, Oi zuki, ½ step Gyaku zuki | 1x fwd & back |
| 11. Mae geri keage, 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 Uchi | 4x fwd & back |
| 15. Mawashi geri keage, uraken uchi, ½ step, gyaku zuki | 2x fwd & back |
| 16. Yoko geri keage, uraken uchi, ½ step, gyaku zuki | 2x fwd & back |
| 17. Ushiro geri, uraken uchi, q/w step, gyaku zuki | 2x fwd & back |
| 18. Mae ashi (slide back leg fwd), Yoko geri keage, gyaku zuki | 4x fwd & back |
| 19. Mae ashi (slide back leg fwd), Mae geri keage, gyaku zuki | 4x fwd & back |
| 20. Kizami zuki, ½ step, gyaku zuki, mawashi geri | 2x fwd & back |
| 21. Gyaku zuki, mawashi geri, gyaku zuki | 2x fwd & back |
| 22. Mae ashi (slide back leg fwd), ura mawashi geri | 4x fwd & back |
| 23. Ura mawashi geri (back leg) | 4x fwd & back |
| 24. Ushiro uro mawashi geri | 4x fwd & back |
| 25. Mae ashi (slide back leg fwd), mawashi geri, ushiro uro mawashi geri | 2x fwd & back |
| 26. Mawashi geri (back leg) ushiro ura mawashi ger | 2x fwd & back |

KATA

SANDAN: Gankaku, Sochin, Nijushiho, Wankan, Jiin, Meikyo

YONDAN: Gojushiho Sho, Gojushiho Dai, Unsu

KUMITE Jyu Kumite (tournament Style) Shobu Ippon
