

KWF Grading syllabus

Syllabus for Dan Grading

1st(Sho)-dan

Kihon

※ Important points to judge: proper hip-turn and stretch of back legs.

From zenkutsu-dachi with gedan-barai move forward with chudan-oizuki.

Turn around with zenkutsu-dachi and move forward with chudan-oizuki
gyaku-zuki · age-uke gyaku-zuki · chudan-soto-uke gyaku-zuki · gedan-barai

gyaku-zuki → kokutsu-dachi shuto-uke → zenkutsu-dachi gyaku-zuki.

Turn around with zenkutsu-dachi and move forward with mae-geri.

Turn around with zenkutsu-dachi and move forward with mawashi-geri.

Turn around with zenkutsu-dachi and move forward with yoko-geri-keage.

Turn around with zenkutsu-dachi and move forward with yoko-geri-kekomi.

Turn around with zenkutsu-dachi and move forward with ushiro-geri.

Kumite

Jiyu-ippou-kumite. Attacks are jodan and chudan oizuki, mae-geri, yoko-geri, and mawashi-geri.

Kata

Tokui-gata: choose from Jion, Bassai-dai, Empi, and Kanku-dai (to be chosen by the examinee)

Shitei-gata (kihon-gata) : heian-shodan

2nd (Ni)-dan

※ Need 1 years after taking 1dan qualification

Kihon

※ Important points to judge: timing of "Tsuki" performance by utilizing stretch of back legs.

From Free-style kamae oizuki.

From Free-style kamae gyaku-zuki.

From zenkutsu-dachi kamae ren-geri. Mae-geri → mawashi-geri → yoko-geri → ushiro-geri.

From zenkutsu-dachi gyaku-zuki kamae while staying in place with the age-uke gyaku-zuki → chudan-soto-uke gyaku-zuki → gedan-barai gyaku-zuki.

Kumite

Jiyu-kumite (free-style sparring)

Kata

Tokui-gata: choose from Jion, Bassai-dai, Empi, and Kanku-dai (to be chose by the examinee)

Shitei-gata (kihon-gata) one kata designated by the examiner and taken from the following: Heian-nidan, sandan, yondan, godan, or Tekki-shodan.

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3rd(San)-dan

※ Need 2 years after taking 2dan qualification

Kihon

From Free-style kamae kizami-zuki → sambon-zuki.

From Free-style kamae kizami-zuki → mae-geri → oizuki.

From Free-style kamae step back age-uke → mawashi-geri (with back leg) → uraken → oizuki.

From Kiba-dachi and move sideways kicking yoko-geri-keage → yoko-geri-kekomi (changing legs).

From zenkutsu-dachi while staying in place with the back leg kick mae-geri → yoko-geri → ushiro-geri. (Left and right)

Kumite

Jiyu-kumite (free-style sparring)

Kata

Tokui-gata

Shitei-gata (sentei-gata) one kata chosen freely by the examinee from Jion, Bassai-dai, Empi, and Kanku-dai.

4th(Yon)-dan

5th(Go)-dan

※ Need 2 years after taking 3dan qualification (Yondan)

※ Need 3 years after taking 4dan qualification (Godan)

Kumite

Jiyu-kumite (free-style sparring)

Kata

Tokui-gata

Shitei-gata (sentei-gata) one kata chosen freely by the examinee from Jion, Bassai-dai, Empi, and Kanku-dai.

6th(Roku)-dan (*above 35 years old)

7th(Nana)-dan (*above 50 years old)

Kumite

Jiyu-ippou-kumite. Attacks are jodan and chudan oizuki, mae-geri, yoko-geri, and mawashi-geri.

Kata

Tokui-gata

Shitei-gata: heian-shodan

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8th(Hachi)-dan

Kenkyu-happyo (a statement of karate research)

Kata

Tokui-gata

Shitei-gata: heian-shodan