International Karate Organization Kyokushinkaikan Nakamura Dan Grading Requirements

中村道場
IKO NAKAMURA

	Japanese Terms		Fitness	Technical Skills					Kumite
				Kihon		Ido		Kata	
Shodan	Body Parts Seiken Uraken Tettsui Shuto Shotei Haito Nukite Koken Hiji (Enpi) Hiza Haisoku Sokuto Kakato Teisoku Chusoku Kote Sune Ago Mizoochi Mune Hara	Stances Fudo Dachi Sanchin Dachi Kiba Dachi Kokutsu Dachi Zenkutsu Dachi Heisoku Dachi Musubi Dachi Heiko Dachi Shiko Dachi Nekoashi Dachi Moroashi Dachi Kakeashi Dachi Tsuruashi Dachi Kumite Dachi Youi Dachi Kihon Refer to the Kihon section.	Flexibility Center Splits Chest to the floor (Pancake Splits) Push-Up With Seiken or Fingers 50 times or over Bo Staff Jump 10 times or over Handstand Walking 5 meters or over Kick up Exempted if a candidate is 50 and over	Tewaza 21 techniques using hands Migi Sanchin Dachi Seiken Chudan Zuki Seiken Jodan Zuki Uraken Shomen Uchi Uraken Sayu Uchi Uraken Hizo Uchi Uraken Mawashi Uchi Seiken Ago Uchi Kiba Dachi Shita Zuki Hiji Uchi Hiji Uchi Age Hiji Uchi Oroshi Hidari Sanchin Dachi Jodan Uke Soto UKe Uchi Uke Gedan Barai Uchi Uke Gedan Barai Shuto Ganmen Uchi Shuto Sakotsu Uchi-Oroshi Shuto Sakotsu Uchi-Komi Shuto Uchi Uchi Shuto Hizo Uchi	Ashiwaza 17 techniques using legs Zenkutsu Dachi Keri (Half Zenkutsu Dachi) Mae Keage Heiko Dachi Uchi Mawashi Soto Mawashi Hiza Geri Kinteki Geri Chudan Mae Geri Jodan Mae Geri Yoko Keage Kansetsu Geri Yoko Geri Ushiro Geri Kakato Geri Gedan Mawashi* Chudan Mawashi - Geri Jodan Mawashi Geri *For Gedan Mawashi Geri, there are three different angles: Kick Downward, Horizontal, and Upward. Enkei Gyaku Zuki Migi Zenkutsu Dachi	Zenkutsu Dachi Jodan Uke ►Soto Uke ►Uchi Uke ►Gedan Barai ►Jodan Gyaku Zuki ►Gedan Oi Zuki ►Chudan Gyaku Zuki Kokutsu Dachi Mae Geri with Front Leg ►Step Forward ►Shuto Mawashi Uke ►Jodan Morote Zuki two times ►Kake Uke Kiba Dachi (At 45 degrees) Jodan Hiji Uchi ►Uraken Shomen Uchi►Gedan Barai►Chudan Gyaku Zuki Sanchin Dachi Chudan Gyaku Zuki►Uchi Uke ►Uraken Shomen Uchi ►Jodan Hiji Uchi ►Hiji Uchi Age ►Hiji Uchi Oroshi Gohon Geri (Kumite Dachi / All Jodan) Migi Mawashi Geri►Hidari Ushiro Mawashi Geri►Migi Mae Geri►Hidari Mawashi Geri►Migi Ushiro Mawashi Geri	Zenkutsu Dachi Keri (Half Zenkutsu Dachi) Combination 1: Mae Keage ►Soto Mawashi ►Uchi Mawashi Combination 2: Chudan Mae Geri ►Jodan Mae Geri ►Jodan Mawashi Geri Combination 3: Jodan Mawashi Geri ►Gedan Mawashi Geri ►Chudan Mawashi Geri Kiba Dachi (At 90 degrees) Count 1: Stepping forward with Mae Kakeashi Dachi ►Yoko Keage with Front Leg ►Yoko Geri Count 2: Stepping forward with Ushiro Kakeashi Dachi ►Yoko Keage with Front Leg ►Yoko Geri Count 3: Turning forward ►Yoko Keage with Back Leg ►Yoko Geri The required skills include Mawatte / Sagari / Kaiten. Various fighting combinations to be added on test day.	Taikyoku 1-3 Sokugi-Taikyoku 1-3 Pinan 1-5 Pinan Ura 1-5 Yantsu Saifa Garyu Tsuki no Kata	10-Man Kumite
Nidan								All Katas above and: Sanchin Tensho Gekisai Dai Gekisai Sho Tekki 1-3 Seienchin Seipai Passai Dai	20-Man Kumite
Sandan								All Katas above and: Kanku Sushiho	30-Man Kumite
Yondan									40-Man Kumite
Godan									50-Man Kumite

Important Notes:

- A candidate must understand and possess the Budo Spirit, and maintain strong demeanour throughout the exam, replying with loud "Osu" and bowing properly at all times.
- Grading for Yondan and above takes place at Kobe Honbu Dojo in Japan, without exception.
- Dan grading for junior students (children) can be conducted at the Branch Chief's discretion. However, re-testing at 18 years old is recommended.
- All Dan candidates are responsible for their own health. A medical check-up prior to grading is strongly recommended, especially for candidates 40 years old and over.
- The Kata exam is conducted both with and without counts (Mugorei). A candidate must know how to count for each Kata.
- Protective gear such as head gear, groin cup, and mouth guard should be used at the Kumite exam. Enforcement is left to the Branch Chief's discretion.
- Kumite will be stopped by the examiner when a candidate looks too fatigued to continue.
- For a candidate 50 years and over, a meeting shall be held among the Branch Chief, the candidate, and his/her instructor, to determine the number of the matches based on his/her will and ability.

IKO NAKAMURA

Tell: +81-78-531-1073 Email: nakamura-dojo@arrow.ocn.ne.jp Web: www.nakamuradojo.com