

ISKF Kyu Examinations Guidelines (7/11/13)

9th Kyu to 8th Kyu:

Kihon: Step in - chudan oi zuki
step back – jodan age uke
Step in - chudan soto uke
Turn – step in kokutsu dachi / chudan shuto uke

Kicking:
Step in – chudan maegeri
turn – highest maegeri

Kata: Heian Shodan

Kumite: Sanbon kumite – jodan oi zuki/chudan oi zuki (to the count)

8th Kyu to 7th Kyu:

Kihon: Step in - chudan oi zuki
step back – jodan age uke
Step in - chudan soto uke
step back – kokutsu dachi / chudan shuto uke

Kicking:
Step in – chudan maegeri
turn – jodan maegeri
From kiba dachi – yoko geri keage/ yoko kekomi (both sides)

Kata: Heian Nidan

Kumite: Sanbon Kumite – jodan oi zuki/chudan oi zuki (no count)

7th Kyu to 6th Kyu:

Kihon: Step in - sanbon zuki: jodan/chudan/chudan
(Adults) step back- jodan age uke/chudan gyaku zuki
Step in - chudan soto uke/jodan gyaku zuki
step back –kokutsu dachi/chudan shuto uke

Kicking:

Step in - chudan maegeri

Turn - jodan maegeri

From kiba dachi - yoko keage/yoko kekomi
(both sides)

Kihon: Step in – chudan oi zuki
(kids) step back – jodan age uke
Step in – chudan soto uke
step back – chudan shuto uke

Step in – chudan maegeri

turn – jodan maegeri

From kiba dachi – yoko keage/
yoko kekomi (both sides)

Kata: Heian Sandan

Kata: Heian Sandan

Kumite: Ippon kumite –jodan oi zuki/chudan oi zuki
(left and right sides)

Kumite: Sanbon Kumite –jodan oi zuki/
chudan oi zuki

Defense – at least two different counter attacks

6th Kyu to 5th Kyu:

Kihon: Step in - sanbon zuki: jodan/chudan/chudan
step back - jodan age uke/chudan gyaku zuki
Step in - chudan soto uke/empi uchi in kiba dachi
step back – chudan shuto uke in kokutsu dachi /chudan nukite in
zenkutsu

Kicking:

Two kicks beginning back leg - chudan maegeri/then jodan maegeri

Turn - two kicks beginning back leg - chudan mawashi geri/ then jodan
mawashi geri

From kiba dachi - yoko geri keage both sides/yoko kekomi both sides

Kata: Heian Yondan

Kumite: Ippon Kumite – jodan oi zuki/chudan oi zuki (left and right sides)
Defense - at least two different counter attacks

5th Kyu to 4th Kyu:

Kihon: Step in - sanbon zuki: jodan/chudan/chudan
step back – jodan age uke/chudan gyaku zuki
Step in - chudan soto uke/empi uchi in kiba dachi
step back - chudan shuto uke in kokutsu dachi/ nukite in zen kutsu dachi

Kicking:

Two kicks beginning back leg - chudan maegeri then jodan mae geri
Turn - two kicks beginning back leg - mawashi geri chudan then jodan
From kiba dachi - yoko geri keage/kekomi (both sides)

Kata: Heian Godan

Kumite: Ippon Kumite - jodan oi zuki/chudan oi zuki/chudan maegeri
(left and right sides)
Defense – at least two different counter attacks

4th Kyu to 3rd Kyu:

Kihon: Step in - sanbon zuki: jodan/chudan/chudan
step back – jodan age uke/chudan gyaku zuki
Step in - chudan soto uke/chudan empi uchi/ jodan uraken
step back – chudan shuto uke in kokutsu/ chudan maeashi
maegeri/nukite in zen kutsu dachi

Kicking:

Two kicks beginning back leg – chudan maegeri/jodan maegeri
Turn – two kicks beginning back leg - chudan mawashi geri/then jodan
mawashi geri
From kiba dachi - yoko geri keage both sides/ yoko kekomi both sides

Kata: Tekki Shodan

Kumite: Ippon Kumite – jodan oi zuki/chudan oi zuki/chudan maegeri/chudan
yoko kekomi (one side only)
Defense – at least two different counter attacks

3rd Kyu to 2nd Kyu:

Kihon: Step in - sanbon zuki: jodan/chudan/chudan
step back – jodan age uke/chudan gyaku zuki
Step in - chudan soto uke/change to kiba dachi empi uchi/jodan uraken
step back – chudan shuto uke /maeashi maegeri/chudan nukite in
zenkutsu

Kicking:

Beginning front leg - chudan maegeri/ step in, back leg - jodan maegeri
Turn - front leg chudan mawashi geri, back leg jodan mawashi geri
From kiba dachi - yoko geri keage both sides/ yoko kekomi both sides

Kata: Bassai Dai

Kumite: Jiyu Ippon Kumite – jodan oi zuki/chudan oi zuki/ chudan
maegeri/chudan yoko kekomi (one side only)
Defense – at least two different counter attacks

2nd Kyu to 1st Kyu:

Kihon: Step in - sanbon zuki: jodan/chudan/chudan
step back – jodan age uke/chudan gyaku zuki
Step in - chudan soto uke /empi uchi/uraken in kiba dachi
step back – chudan shuto uke /maeashi maegeri /nukite in zen kutsu

Kicking:

Beginning front leg - chudan maegeri, step in back leg - jodan maegeri
Turn – front leg chudan mawashi geri, step in - jodan mawashi geri
From kiba dachi - yoko geri keage/ yoko kekomi (both sides)

Kata: Bassai Dai, Jion, Kanku-dai or Empi

Kumite: Jiyu Ippon Kumite – jodan oi zuki/chudan oi zuki/chudan maegeri/
chudan yoko kekomi (one side only)
Defense – at least two different counter attacks