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

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

Kicking:
- Step in - chudan maegeri
- Turn - jodan maegeri
- From kiba dachi - yoko keage/yoko kekomi
  (both sides)

Kata: Heian Sandan

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