

READING FOR KICKS, 1st Kyu Examination, (rev. 7/2016)

A. Kata			
1	kwanku dai	4	heian shodan
2	jion	5	examiner's choice of heian kata
3	tekki shodan		
B. Impact			
1	front stance, shift in, reverse punch middle, kamae. Change sides.		
2	front stance, shift in, short punch high, kamae. Change sides.		
3	front stance, step in, punch middle, kamae. Change sides.		
4	back stance, step in, knife hand strike middle, kamae. Change sides.		
5	side stance, shift in, hook punch middle, kamae. Change sides.		
6	front stance, shift in, ridge hand strike high, kamae. Change sides.		
7	front stance, shift in, reverse knife hand strike high, kamae. Change sides.		
8	back stance, shift in, reverse punch middle, kamae. Change sides.		
9	front stance, shift in, front leg front kick high, kamae. Change sides.		
10	side stance, shift in, front leg side snap kick high, kamae. Change sides.		
11	side stance, shift in, front leg side thrust kick high, kamae. Change sides.		
12	front stance, shift in, front leg round kick high, kamae. Change sides.		
13	front stance, step in, back kick high, kamae. Change sides.		
14	side stance, shift in, front leg reverse round kick high, kamae. Change sides.		
15	front stance, shift in, knee smash middle, kamae. Change sides.		
16	front stance, shift in, side elbow smash middle, kamae. Change sides.		
C. Falling			
1	standing roll and stand		
D. Kata Concepts			
1	kwanku dai	separation of core and limbs	
2	jion	power through making weight and body connection	
3	bassai dai	power through rotation	
4	empi	power through speed and focus	
5	tekki shodan	separation of upper and lower body	
6	heian godan	make power by rising and falling	+ concepts of heian shodan - yondan
7	heian yondan	slow techniques = fast techniques	+concepts of heian shodan - sandan
8	heian sandan	make power by shifting	+concepts of heian shodan and nidan
9	heian nidan	one breath = multiple techniques	+concepts of heian shodan
10	heian shodan	one breath = one technique	shomen/hanmi front knee/foot toward opponent

E. Bunkai (the student chooses a technique from an assigned kata)					
1	Explain the combat application of the technique				
2	List the body action(s) employed by the technique				
3	Demonstrate the technique against an opponent				
F. Body Action Analysis (list and demonstrate the six methods of making power)					
1	vibration	2	rotation	3	shifting
4	rising	5	lowering	6	expansion / contraction
G. Dojo Kun (recite)					
	long form:		short form:		
1	One. To seek perfection of character.		Character		
2	One. To be sincere and honest.		Sincerity		
3	One. To show strong spirit.		Courage		
4	One. To respect others.		Respect		
5	One. To refrain from violent behavior.		Self-Control		
H. Vocabulary (define five terms selected by the examiner from any of the previous kyu exam lists)					
I. Kihon (*=on #4: reverse punch high, twice low)					
1	front stance, step in, punch high, twice low, kamaï				
2	front stance, step back, punch high, twice low, kamaï				
3	front stance, step in / back, rising block, reverse punch high, kamaï*				
4	front stance, step in / back, outside block, reverse punch high, kamaï*				
5	front stance, step in / back, down block, reverse punch high, kamaï*				
6	back stance, step in / back, knife-hand, front leg front kick middle, reverse punch middle, kamaï*				
7	front stance, step in / back, inside block, reverse punch high, kamaï*				
8	front stance, step in / back, reverse down block, reverse punch high, kamaï*				
9	front stance, shift in, front leg front kick high, step in, front kick high, punch high, kamaï*				
10	side stance, shift in, front leg side snap kick high, step in, side snap kick high, hook punch middle, kamaï				
11	side stance, shift in, front leg side thrust kick high, step across, side thrust kick high, hook punch middle, kamaï				
12	front stance, shift in, front leg round kick high, step in, round kick high, reverse punch high, kamaï*				
13	front stance, step in, back kick high, reverse punch high, kamaï*				
14	side stance, shift in, front leg reverse round kick high, step in, reverse round kick high, hook punch middle, kamaï				

J. Yohon Kumite (*=on #4: reverse punch high, twice low)							
1	O: front stance, step in, punch high, step in, punch high						
	D: front stance, step back, rising block, step back, rising block, reverse punch high, kamai*						
2	O: front stance, step in, punch middle, step in, punch middle						
	D: front stance, step back, outside block, step back, outside block, reverse punch high, kamai*						
3	O: front stance, shift in, front leg front kick low, step in, front kick low						
	D: front stance, step back, down block, step back, down block, reverse punch high, kamai*						
4	O: front stance, step in, punch middle, step in, punch middle						
	D: back stance, step back, knife hand block, step back, knife hand block, reverse punch high, kamai*						
5	O: front stance, step in, punch middle, step in, punch middle						
	D: front stance, step back, inside block, step back, inside block, reverse punch high, kamai*						
6	O: front stance, shift in, front leg front kick low, step in, front kick low						
	D: front stance, step back, reverse down block, step back, reverse down block, reverse punch high, kamai*						
7	O: front stance, shift in, front leg front kick high, step in, front kick high						
	D: front stance, step back, any block, step back, any block, reverse punch high, kamai*						
8	O: side stance, shift in, front leg side snap kick high, step through side snap kick high						
	D: side stance, step back, any block, step back, any block, hook punch middle, kamai*						
9	O: side stance, shift in, front leg side thrust kick high, step through side thrust kick high						
	D: side stance, step back, any block, step back, any block, hook punch middle, kamai						
10	O: front stance, shift in, front leg round kick high, step in, round kick high						
	D: front stance, step back, any block, step back, any block, reverse punch high, kamai*						
11	O: front stance, step in, back kick high						
	D: front stance, step back, any block, reverse punch high, kamai*						
12	O: side stance, shift in, front leg reverse round kick high, step through reverse round kick high						
	D: side stance, step back, any block, step back, any block, hook punch middle, kamai						
K. Jyu Ippon Kumite (to complete a match, a point must be awarded for both offense and defense)							
1	against an opponent of equal or greater rank						
2	against an opponent of equal or greater rank						
3	against an opponent of greater rank						
L. Accuracy							
1	front stance, reverse punch at target without making contact with full speed and power						
2	front stance, short punch at target without making contact with full speed and power						
3	front stance, short punch/reverse punch at target without making contact with full speed and power						
M. Embusen (for all students) (for all kata for which no previous embusen assignment has been completed)							
1	line diagram	2	box diagram	3	height and timing diagram	4	body action analysis