

Kyokushin Karate  
Adult Rank Syllabus



## **IKOK ADULT RANK SYLLABUS AGES 13 & UP**

This rank syllabus lists the minimum standards that must be met for each rank level. The Adult Rank Syllabus is to be followed for students ages 13 and up. Students are required to meet all of the standards of their current rank as well as those of all previous ranks. For example, under the rank of green belt, only green belt standards are listed. However the student is also responsible for meeting all requirements under yellow, blue, orange etc.

### **10<sup>th</sup> KYU – ORANGE BELT**

#### ***Stability Level***

***2 – 3 Months Consistent Training To Qualify***

#### **GENERAL**

Basic understanding of dojo etiquette.

#### **FITNESS**

Some gains in flexibility.

#### **STANCES**

Yoi / Fudo Dachii

Heisoku Dachii

Heiko Dachii

Musubi Dachii

#### **BLOCKS**

Jodan Age Uke

Gedan Barai

#### **STRIKES – TSUKI & UCHI**

Oi & Gyaku Tsuki; all levels

#### **KICKS**

Hiza Geri

Kin Geri

#### **KATA**

Kihon Kata Ichi (Gedan Barai)

Kihon Kata Ni (Age Uke)

Kihon Kata San (Mae Geri)

Taikyoku Sono Ichi

### **9<sup>th</sup> KYU – ORANGE BELT / BLUE STRIPE**

#### ***Stability Level***

***3 – 6 Months Consistent Training To Qualify***

#### **GENERAL**

Basic knowledge of Kyokushin history and Mas Oyama.

#### **FITNESS**

Basic proficiency in taiso and some gains in overall strength and flexibility.

#### **STANCES**

Sanchin Dachii

Zenkutsu Dachii

#### **BLOCKS**

Chudan Soto Uke

Chudan Uchi Uke

#### **STRIKES – TSUKI & UCHI**

Seiken Ago Uchi

Morote Tsuki; all levels

#### **KICKS**

Chudan Mae Geri

Kansetsu Geri

#### **KATA**

Kihon Kata Yon (Mae Geri / Chudan Tsuki)

Kihon Kata Go (Uchi Uke)

Kihon Kata Roku (Soto Uke)

Taikyoku Sono Ni

## ADULT RANK SYLLABUS

### **8<sup>th</sup> KYU – BLUE BELT**

**Fluidity & Adaptability Level**  
**6– 9 Months Consistent Training To Qualify**

#### **GENERAL**

Written and Oral Testing.  
Knowledge of Kyokushin history and Mas Oyama.

#### **FITNESS**

Participate fully in taiso and additional gains in overall strength and flexibility.

#### **STANCES**

Kumite Dach  
Kokutsu Dach  
Neko-Ashi Dach

#### **BLOCKS**

Morote Chudan Uchi Uke  
Uchi Uke-Gedan Barai

#### **STRIKES – TSUKI & UCHI**

Tettsui: Oroshi / Yoko / Hizo / Kome Kami

#### **KICKS**

Jodan Mae Geri  
Chudan Mawashi Geri

#### **KATA**

Taikyoku Sono San  
Sokugi Taikyoku Sono Ichi

#### **KUMITE**

2 Matches

#### **TAMESHIWARI**

Tettsui; 1 board

### **7<sup>th</sup> KYU – BLUE BELT / YELLOW STRIPE**

**Fluidity & Adaptability Level**  
**9 – 12 Months Consistent Training To Qualify**

#### **GENERAL**

Increased knowledge of Japanese; able to perform techniques on command.

#### **FITNESS**

Participate fully in taiso; gains in overall strength in 2-minute drills.

#### **STANCES**

Kiba Dach

#### **BLOCKS**

Shuto Mawashi Uke

#### **STRIKES – TSUKI & UCHI**

Jun Tsuki  
Tate Tsuki; all levels

#### **KICKS**

Mae & Yoko Keage  
Teisoku Soto Mawashi  
Sokuto Uchi Mawashi

#### **KATA**

Sokugi Taikyoku Sono Ni  
Pinan Ichi

#### **KUMITE**

3 Matches

## **ADULT RANK SYLLABUS**

### **6<sup>th</sup> KYU – YELLOW BELT**

#### **Assertion Level**

**12 – 18 Months Consistent Training To Qualify**

#### **GENERAL**

Written and oral testing.

Recite dojo kun.

#### **FITNESS**

Strength and flexibility gains.

#### **STANCES**

Tsuru Ashi Dachi

#### **BLOCKS**

Juji Uke; gedan / jodan

Shuto Juji Uke; gedan / jodan

Osae Uke

Sukui Uke

#### **STRIKES – TSUKI & UCHI**

Uraken: Shomen / Sayu / Hizo / Oroshi / Mawashi

Nukite; all levels

#### **KICKS**

Jodan Mawashi

Chudan Yoko Geri

#### **KATA**

Pinan Ni

Sokugi Taikyoku Sono San

#### **KUMITE**

4 matches

#### **SELF-DEFENSE**

4 defenses against grabs / attacks.

#### **TAMESHIWARI**

Seiken; 1 board

Mae Geri; 1 board

### **5<sup>th</sup> KYU – YELLOW BELT / GREEN STRIPE**

#### **Assertion Level**

**18 - 24 Months Consistent Training To Qualify**

#### **GENERAL**

Increased knowledge of Japanese terminology.

The ability to effectively explain / teach basic fundamentals of techniques to date.

#### **FITNESS**

Strength and flexibility gains.

#### **STANCES**

Moro Ashi Dachi

#### **BLOCKS**

Four basic blocks using Shuto / Haito

Jodan Age Uke - Gedan Barai

Chudan Soto Uke - Gedan Barai

#### **STRIKES – TSUKI & UCHI**

Shuto: Ganmen / Sakotsu Oroshi / Hizo / Naka /

Sakotsu Uchi Komi

#### **KICKS**

Ushiro Geri

Combination Mae Geri - Ushiro Geri

#### **KATA**

Pinan San

Informal Sanchin (te waza, ashi waza and nogare)

#### **KUMITE**

5 matches

#### **SELF-DEFENSE**

6 defenses against grabs / attacks.

## **ADULT RANK SYLLABUS**

### **4<sup>th</sup> KYU – GREEN BELT**

**Emotion / Sensitivity Level**  
**24 – 36 Months Consistent Training To Qualify**

#### **GENERAL**

Written and oral testing.  
Begin to assist teaching in the dojo.

#### **FITNESS**

Minimum 30 knuckle pushups, 50 sit-ups,  
30 leg throwdowns, 30 squats

#### **STANCES**

Uchi Hachi-ji Dachii  
Kake Ashi Dachii

#### **BLOCKS**

Shotei Uke; all levels  
Mae Shotei Mawashi Uke

#### **STRIKES – TSUKI & UCHI**

Shotei Uchi; all levels  
Morote Haito Uchi

#### **KICKS**

Jodan Yoko Geri  
Jodan Ushiro Geri  
Ushiro Mawashi  
Combination Mae Mawashi - Ushiro Mawashi

#### **KATA**

Pinan Yon  
Formal Sanchin (Ibuki and body testing)

#### **KUMITE**

6 matches

#### **SELF-DEFENSE**

8 defenses against holds, grabs, and strikes

#### **TAMESHIWARI**

2 boards with a hand technique  
2 boards with a foot technique

### **3<sup>RD</sup> KYU – GREEN BELT / BROWN STRIPE**

**Emotion / Sensitivity Level**  
**2 ½ - 3 Years Consistent Training To Qualify**

#### **GENERAL**

Sufficient gains in speed and power in all techniques.  
Continued improvements and fine tuning of body  
mechanics in the execution of all techniques.

#### **FITNESS**

Minimum 40 knuckle pushups, 20 five-finger pushups,  
75 sit-ups, 40 leg throwdowns, 50 squats

#### **STANCES**

All previous stances moving forward and backward  
with proficiency

#### **BLOCKS**

Koken Uke, all levels  
Sune Uke

#### **STRIKES – TSUKI & UCHI**

Haishu  
Hiji; Oroshi / Chudan & Jodan Ate / Chudan Ushiro  
Ate / Age Uchi

#### **KICKS**

Mae Oroshi Kakato Geri

#### **KATA**

Pinan Go

#### **KUMITE**

7 matches

#### **SELF-DEFENSE**

10 defenses against holds, grabs, and strikes

#### **TAMESHIWARI**

2 boards with 2 hand techniques  
2 boards with 2 foot technique

## ADULT RANK SYLLABUS

### 2nd KYU –BROWN BELT

#### *Practical / Creative Level*

*3 ½ - 4 Years Consistent Training To Qualify*

#### **GENERAL**

Written and oral testing.

Written paper on selected subject.

Sufficient ability, knowledge and command to run a class independently.

#### **FITNESS**

Minimum 50 knuckle pushups, 10 koken pushups, 20 five-finger pushups, 100 sit-ups, 50 leg throwdowns, 50 squats

#### **STANCES**

All stances to date

Tachi No Kata w/ full explanations of each element

#### **BLOCKS**

Kake Uke; all levels

#### **STRIKES – TSUKI & UCHI**

Hiraken Mawashi Uchi, all levels

Koken; all levels

Ryutoken

#### **KICKS**

Tobi Nidan Geri

Tobi Mae Geri

Kake Geri Chudan

#### **KATA**

Gekisai Dai

#### **KUMITE**

8 matches

#### **SELF-DEFENSE**

10 defenses against misc. attacks, adding takedowns / throws

#### **TAMESHIWARI**

3 boards with 1 hand techniques

3 boards with 1 foot technique

### 1st KYU – BROWN BELT / BLACK STRIPE

#### *Practical / Creative Level*

*3 ½ - 4 Years Consistent Training To Qualify*

#### **GENERAL**

Written and oral testing.

Sufficient ability, knowledge and command to run a class independently.

Strong knowledge of all techniques and commands in Japanese.

#### **FITNESS**

Minimum 60 knuckle pushups, 40 five-finger pushups, 20 koken pushups, 125 sit-ups, 50 leg throwdowns, 50 squat kicks.

#### **STANCES**

The ability to move through all stances quickly, with ease and excellent form. Good transitioning through different stances.

#### **BLOCKS**

Tensho cover; inside and outside and varying applications

#### **STRIKES – TSUKI & UCHI**

Hitosashi Yubi Ippon Ken

Naka Yubi Ippon Ken

Oya Yubi Ippon Ken

Toho

Keiko

#### **KICKS**

Tobi Yoko Geri

Jodan Uchi Haisoku Geri

Oroshi Soto Kakato Geri

Oroshi Uchi Kakato Geri

#### **KATA**

Yantsu

Tsuki-No

Kihon Katas 1 – 6 in ura

#### **KUMITE**

9 matches

#### **SELF-DEFENSE**

Defense against club, knife and multiple opponents

#### **TAMESHIWARI**

4 boards with 1 hand techniques

4 boards with 1 foot technique

## **ADULT RANK SYLLABUS**

(Note: Please consult the XXX Policy for Applying for and Administering Yudansha Grade Examinations.)

### **SHODAN – FIRST DEGREE BLACK BELT / ONE GOLD BAR**

*4 ½ To 5 Years Consistent Training with a Minimum of One Year at the Rank of Ikkyu*

*Black Belt – A return to the beginning; starting in the Yudansha ranks.*

*“Shodan” – Beginner’s Grade; “Shoshin” – Beginner’s Mind*

Approved candidates shall submit an application and \$75 testing fee to their instructor. A copy of the application is to be forwarded to the area Branch Chief (if instructor is not a Branch Chief) and regional Director. Upon successful completion and promotion, the candidate will then be required to submit two passport photos and TBD for the Shodan certificate and embroidered obi from Honbu.

The Shodan test consists of the following. The test is typically administered on two days.

- Written Test; (must pass by 80% to be eligible for remaining parts of test)
- Fitness, Kihon, Execution of all techniques, Oral Testing
- Kata
- Kumite
- Self-Defense / Tameshiwari

<b>General Requirements</b>	<ul style="list-style-type: none"> <li>▪ The applicant shall have a thorough knowledge of the history of Kyokushin Karate and Mas Oyama.</li> <li>▪ The applicant shall have at least one year of assistant teaching.</li> <li>▪ The applicant will have attended <u>all</u> current years’ special trainings, including a tournament official’s clinic.</li> <li>▪ The applicant will have assisted in the organization and running of any dojo events or tournaments.</li> </ul>
<b>Resume &amp; Report</b>	<ul style="list-style-type: none"> <li>▪ The applicant shall submit with the application, a four page minimum, typed report detailing their past history, present training, future plans, and the effect Karate has had in their life.</li> </ul>
<b>Certifications</b>	<ul style="list-style-type: none"> <li>▪ CPR Certificate</li> </ul>
<b>Taiso</b>	<ul style="list-style-type: none"> <li>▪ 75 knuckle pushups</li> <li>▪ 50 five-finger pushups</li> <li>▪ 20 koken pushups</li> <li>▪ 150 sit-ups</li> <li>▪ 50 leg throwdowns</li> <li>▪ 30 reverse trunks</li> <li>▪ 60 squat kicks</li> <li>▪ Strength, endurance and cardiovascular exercises as also required</li> </ul>
<b>Thrusts &amp; Strikes</b>	<ul style="list-style-type: none"> <li>▪ Morote Haito Uchi; chudan &amp; jodan</li> <li>▪ Ude Uchi</li> </ul>
<b>Blocking</b>	<ul style="list-style-type: none"> <li>▪ Morote Kake Uke; all levels</li> <li>▪ Ryusui-uke; various kumite and Goshin-Jitsu applications</li> <li>▪ Leg blocking in Kumite</li> </ul>
<b>Kicking</b>	<ul style="list-style-type: none"> <li>▪ Tobi Mawashi Geri</li> <li>▪ Jodan Kake Geri</li> <li>▪ Tobi Ushiro Geri</li> </ul>

## **ADULT RANK SYLLABUS**

### **SHODAN** *(continued)*

<b><i>Kata</i></b>	<ul style="list-style-type: none"> <li>▪ Tensho</li> <li>▪ Saiha</li> <li>▪ Taikyoku Sono Ichi, Ni, and San in ura</li> <li>▪ Demonstration of Bunkai for Taikyoku Ichi-San &amp; Pinan Ichi - Go</li> </ul>
<b><i>Self-Defense</i></b>	<ul style="list-style-type: none"> <li>▪ Spontaneous defenses against all situations.</li> </ul>
<b><i>Tameshiwari</i></b>	<ul style="list-style-type: none"> <li>▪ 5 boards Seiken Tsuki</li> <li>▪ 3 boards Hiji</li> <li>▪ 3 boards with Mae Geri, Mawashi Geri, Yoko Geri</li> </ul>
<b><i>Kumite</i></b>	<ul style="list-style-type: none"> <li>▪ 10 – 15 matches at 1 ½ minutes (Kumite is optional for ages over 35)</li> </ul>

## **NIDAN – SECOND DEGREE BLACK BELT / TWO GOLD BARS**

*8 Years Consistent Training with a Minimum of Two Years at the Rank of Shodan*

Approved candidates shall submit an application and \$75 testing fee to their instructor. A copy of the application is to be forwarded to the area Branch Chief (if instructor is not a Branch Chief) and Regional Director. Upon successful completion and promotion, the candidate will then be required to submit two passport photos and \$TBD for the Nidan certificate and embroidered obi from Honbu.

The Nidan test consists of the following. The test is typically administered on two days.

- Fitness, Kihon, Execution of all techniques, Oral Testing
- Kata
- Kumite
- Self-Defense
- Tameshiwari

<b><i>General Requirements</i></b>	<ul style="list-style-type: none"> <li>▪ The applicant shall have a thorough knowledge of the IKOK Policies and Regulations.</li> <li>▪ The applicant will have attended <u>all</u> current years' special trainings, including the IKOK tournament official's clinic.</li> <li>▪ The applicant will have assisted in the organization and running of any dojo events or tournaments.</li> <li>▪ The applicant will have participated in conferences, tournaments, camps, demonstrations, and seminars.</li> </ul>
<b><i>Resume &amp; Report</i></b>	<ul style="list-style-type: none"> <li>▪ The applicant shall submit with the application, a typed report detailing their past history, present training, future plans, effect Karate has had in their life, and reasons for Nidan application.</li> <li>▪ A report on a specified Budo-related topic. Topic and length to be determined at time of application.</li> </ul>
<b><i>Certifications</i></b>	<ul style="list-style-type: none"> <li>▪ Current CPR Certificate</li> <li>▪ IKOK Fukushin Certificate (Corner Judge)</li> </ul>



## **ADULT RANK SYLLABUS**

### **NIDAN** *(continued)*

<b><i>Eligibility Criteria</i></b>	<ul style="list-style-type: none"> <li>▪ Exhibits high level of commitment to regular training.</li> <li>▪ Teaches willingly and effectively in dojo classes.</li> <li>▪ Has a minimum of two years of consistent training at the rank of Shodan.</li> <li>▪ Experience as a tournament corner official (Fukushin).</li> <li>▪ Is a IKOK member in good standing, consistently in compliance with all IKOK Policies and Procedures. If candidate is a dojo operator, he/she shall also be in compliance with all policies pertaining to dojo operations (such as student registration policies&gt;)</li> </ul>
<b><i>Kihon and Self-Defense</i></b>	<ul style="list-style-type: none"> <li>▪ Demonstrated technical mastery in all previous rank requirements.</li> <li>▪ Deep Understanding of Kata Bunkai for Ju –kyu through Shodan kata.</li> <li>▪ Deeper understanding of Tensho kata and demonstration of applications in Goshin Jitsu</li> </ul>
<b><i>Kicking</i></b>	<ul style="list-style-type: none"> <li>▪ Tobi Ushiro Geri</li> <li>▪ Jodan Ushiro Mawashi Geri</li> <li>▪ Tobi Kaiten Uchi Mawashi Geri</li> </ul>
<b><i>Kata</i></b>	<ul style="list-style-type: none"> <li>▪ Kanku</li> <li>▪ Gekisai Sho</li> <li>▪ Seienchin</li> <li>▪ Pinan Sono Ichi, Ni in ura</li> <li>▪ Chion no Bo</li> </ul>
<b><i>Kumite</i></b>	<ul style="list-style-type: none"> <li>▪ 20 matches at 1 ½ minutes (Kumite is optional for ages over 35)</li> </ul>

**SANDAN (SENSEI) – THIRD DEGREE BLACK BELT / THREE GOLD BARS**  
 10 - 12 Years Consistent Training with a Minimum of Three Years at the Rank of Nidan

Approved candidates shall submit an application and \$75 testing fee to their instructor. A copy of the application is to be forwarded to and approved by the area Branch Chief (if instructor is not a Branch Chief), Regional Director and Executive Committee. Upon successful completion and promotion, the candidate will then be required to submit two passport photos and \$TBD for the Sandan certificate and embroidered obi from Honbu.

The Sandan test consists of the following. The test is typically administered on two days.

- Fitness, Kihon, Execution of all techniques, Oral Testing
- Kata
- Kumite
- Self-Defense
- Martial Arts Theory and Strategy

<p><b>General Requirements</b></p>	<ul style="list-style-type: none"> <li>▪ The applicant shall have a thorough knowledge of the IKOK Policies and Regulations</li> <li>▪ The applicant will have attended all current years' special trainings, including the IKOK tournament official's clinic.</li> <li>▪ The applicant will have assisted in the organization and running of any dojo events or tournaments.</li> <li>▪ The applicant will have participated in conferences, tournaments, camps, demonstrations, and seminars.</li> <li>▪ The applicant shall be a role model within his/her dojo and community...IE: a Budo-ka</li> </ul>
<p><b>Resume &amp; Report</b></p>	<ul style="list-style-type: none"> <li>▪ The applicant shall submit with the application, a typed report detailing their past history, present training, future plans, effect Karate has had in their life, and reasons for Sandan application.</li> <li>▪ A report on a specified Budo, Heiho or Philosophical related topic. Topic and length to be determined at time of application.</li> </ul>
<p><b>Certifications</b></p>	<ul style="list-style-type: none"> <li>▪ Current CPR Certificate</li> <li>▪ IKOK Fukushin Certificate (Corner Judge)</li> </ul>
<p><b>Eligibility Criteria</b></p>	<ul style="list-style-type: none"> <li>▪ Exhibits a high level of commitment to regular training (exemplary work ethic).</li> <li>▪ Extensive regular instructional experience at an advanced level.</li> <li>▪ Has a minimum of three years of consistent training at the rank of Nidan.</li> <li>▪ Experience as a tournament corner official in national and international events.</li> <li>▪ Is a IKOK member in good standing, consistently in compliance with all IKOK Policies and Procedures. If candidate is a dojo operator, he/she shall also be in compliance with all policies pertaining to dojo operations (such as student registration policies.)</li> </ul>

## **IKOK ADULT RANK SYLLABUS**

### **SANDAN** *(continued)*

<b><i>Kihon and Self-Defense</i></b>	<ul style="list-style-type: none"> <li>▪ Demonstrated technical mastery in all previous rank requirements.</li> <li>▪ Deep understanding of Kata Bunkai for Ju –kyu through Nidan kata.</li> <li>▪ Deeper understanding of physiology and mechanics of kihon and ability to teach same.</li> <li>▪ Syllabus is an integral part of the candidate's being (mushin).</li> <li>▪ Candidate adapts to unknown or rapidly changing situations with confidence, accuracy, and speed.</li> <li>▪ Ability to teach syllabus to Nidan level, clearly and completely.</li> </ul>
<b><i>Kata</i></b>	<ul style="list-style-type: none"> <li>▪ Sushiho</li> <li>▪ Garyu</li> <li>▪ Pinan Sono Ni through Go in ura</li> </ul>
<b><i>Kumite</i></b>	<ul style="list-style-type: none"> <li>▪ 30 matches at 1 ½ minutes (Kumite is optional for ages over 35)</li> </ul>

## ADULT RANK SYLLABUS

### **YONDAN – FOURTH DEGREE BLACK BELT / FOUR GOLD BARS**

16 – 20 Years Consistent Training with a Minimum of Four Years at the Rank of Sandan

The candidate shall be nominated by at least two members of the executive Committee, submit an application to the Regional Director, IKOK Executive Committee and a \$100 testing fee. Grading for Yondan and up must be conducted jointly by the IKOK Executive Committee and a International Honbu Representative. Upon successful completion and promotion, the candidate will then be required to submit two passport photos and \$TBD for the Yondan certificate and embroidered obi from Honbu.

The Yondan test consists of the following.

- Fitness, Kihon, Execution of all techniques, Oral Testing
- Kata
- Kumite
- Self-Defense
- Martial Arts Theory and Strategy

<b>General Requirements</b>	<ul style="list-style-type: none"> <li>▪ The applicant shall have a thorough knowledge of the IKOK Policies and Regulations.</li> <li>▪ The applicant will have organized / attended all current years' special trainings, including the IKOK tournament official's clinic.</li> <li>▪ The applicant will have organized / participated in conferences, tournaments, camps, demonstrations, tournaments, and seminars.</li> </ul>
<b>Resume &amp; Report</b>	<ul style="list-style-type: none"> <li>▪ The applicant shall submit with the application, a typed report detailing their past history, present training, future plans, effect Karate has had in their life, major milestones achieved and reasons for Yondan application.</li> <li>▪ A report on a specified Budo, Heiho or Philosophical related topic. Topic and length to be determined at time of application.</li> </ul>
<b>Certifications</b>	<ul style="list-style-type: none"> <li>▪ Current CPR Certificate</li> <li>▪ IKOK Shushin Certificate (Center Judge)</li> </ul>
<b>Eligibility Criteria</b>	<ul style="list-style-type: none"> <li>▪ Exhibits a high level of commitment to regular training (exemplary work ethic).</li> <li>▪ Extensive regular teaching experience at an advanced level.</li> <li>▪ Has a minimum of four years of consistent training at the rank of Sandan.</li> <li>▪ Experience as a tournament corner official at national and international events.</li> <li>▪ Is a IKOK member in good standing, consistently in compliance with all IKOK Policies and Procedures. If candidate is a dojo operator, he/she shall also be in compliance with all policies pertaining to dojo operations (such as student registration policies.)</li> </ul>
<b>Kihon and Self-Defense</b>	<ul style="list-style-type: none"> <li>▪ Demonstrated technical mastery in all previous rank requirements.</li> <li>▪ Deep understanding of Kata Bunkai for Ju -kyu through Sandan kata.</li> <li>▪ Deeper understanding of physiology and mechanics of kihon and ability to teach same.</li> </ul>

## **IKOK ADULT RANK SYLLABUS**

### **YONDAN** (continued)

<b><i>Kata</i></b>	<ul style="list-style-type: none"><li>▪ Seipai</li><li>▪ The candidate shall submit a type written research paper on one of the following kata: Sanchin, Tsuki-no, Gekisai Dai, Gekisai Sho, Saiha, Yantsu, Seienchin, Garyu, or Sushiho.</li><li>▪ The research shall include a review of all techniques contained in the subject kata, bunkai, a history of the kata's lineage (where, when and by whom developed), and its development to date.</li><li>▪ It shall also explore the underlying philosophical and technical principles that are being introduced in the kata.</li><li>▪ The bunkai portion of the report will be submitted in video format for review.</li></ul>
<b><i>Jissen Kumite</i></b>	<ul style="list-style-type: none"><li>▪ Understanding and application of body vital points with knowledge of the anatomy and physiology associated with each point. This knowledge must then be applied to Kyokushin kihon, kumite, and Goshin-Jitsu.</li></ul>