

Dan Requirements

Shodan

Kihon no Tsuki:

Kette Junzuki, Kette Junzuki no tsukkomi, Kette Gyakuzuki, Kette Gyakuzuki no tsukkomi
Tobikomizuki, Tobikomi Nagashizuki

Kihon no Keri:

Maegeri, Mawashigeri, Sokuto chudan, Sokuto gedan, Ushirogeri

Kata & Kaisetsu (Commentary using opponents to demonstrate techniques): Pinan Yondan

Shiteigata: Kushanku

Tokuigata: favorite kata other than Pinan and Kushanku

Kihon Kumite: 1 and 2

Jiyu Kumite

Nidan

All Shodan requirements but substitute kata and kihon kumite with:

Kata & Kaisetsu: Pinan Godan

Shitei gata: Naihanchi

Tokui gata: favorite kata other than Pinan and Naihanchi

Kihon Kumite: 1,2,3

Sandan

All Shodan requirements but substitute kata and kihon kumite with:

Kata & Kaisetsu: Kushanku

Shitei gata: Seishan Tokuigata: favorite kata other than Seishan or Kushanku

Kihon Kumite: 1,4, 5

Yondan

All Shodan requirements but substitute kata and kihon kumite with:

Kata & Kaisetsu: Seishan

Shitei gata: Chinto

Tokui gata: favorite kata other than Pinan , Seishan or Chinto

Kihon Kumite: 1,5,6,7

Godan

All Shodan requirements but substitute kata and kihon kumite with:

Kata & Kaisetsu: Chinto

Shitei gata: Seishan

Tokui gata: favorite kata other than Pinan, Seishan or Chinto; Kihon Kumite: 1,5,8,9,10