

Traditional Karate North Central Region

Regional Representatives of the AAKF



Dan Test Review Seminar V1.1

September 29, 2012 12:00pm-1:30pm

Minneapolis Dojo - 1010 East Lyndale Avenue North Minneapolis, MN

Purpose: Review Dan testing requirements and provide feedback to people testing for Dan ranks - Shodan, Nidan, Sandan.

Who can attend: 5th kyu and above who are AAKF members who want to know the Dan testing requirements with focus on those who are planning on testing in the next 12 months.

Instructors: NCR Technical Committee members plus feedback by qualified Dan examiners: Sensei Furaro, Ertl, Kotula.

Handouts: Kyu and Dan rank testing requirements <http://www.ncr-aakf.org/documents.php>

Pre-warm up – attend the regular scheduled Mpls dojo Saturday 10:00am class and/or stretch before the seminar. To maximize the seminar timeline, the seminar will quickly start into the testing requirement exercise.

Pre-seminar preparation – each student should read the test requirements for the next rank they are pursuing.

Breakout into groups

1. Split the group into three groups.
 - a. Identify who will be testing – move them to the front of each group

Group #	Group 1	Group 2	Group 3
Test level	Shodan Test	Nidan Test	Sandan Test
Rank	5 th kyu – 1 st kyu	Shodans	Nidans
<i>Combine into one group if the two groups are small</i>			

- b. Each group will have
 - i. An assigned NCR instructor - who leads the group through the Dan test exercise
 - ii. An assigned Dan examiner - who will provide feedback to the students

Agenda Summary:

Kihon (basics) requirements (Shodan and Nidan; for Sandan kata application and teaching)

Kumite requirements for Shodan/Nidan/Sandan

(Kata not covered)

Post seminar – NCR instructors will be made available for about 30+ minutes after the seminar for any individual one-on-one critique.

Group 1 – Shodan Test outline

1. **Kihon – basics – 60 minutes** (see Dan test handbook for kihon sequence)
 - a. NCR instructor will walk through the **Shodan** basics
 - i. First time - have students walk through the test requirements
 - ii. Second time - half-speed
 - iii. Third time - full speed - NCR examiner - Provide feedback
2. **Combination/plus in place multiple kicks**
 - a. NCR instructor will walk through the **Shodan** combinations
 - i. First time - have students walk through the test requirements
 - ii. Second time - half-speed
 - iii. Third time - full speed - NCR examiner - Provide feedback
3. **Kumite – 30 minutes**
 - a. Have people pair-off – those testing pair off with those testing for the same rank
 - b. NCR instructor will discuss the **5** attack requirements
 - i. First time each pair will walk through the test requirements on their own
 - ii. Second time half-speed on their own
 - iii. Third time full speed in front of the Dan examiner
 1. NCR examiner - will provide feedback to the students

Group 2 – Nidan Test outline

1. **Combination/plus in place multiple kicks – 30 minutes** (see examination handbook for combination sequence)
 - a. NCR instructor will walk through the **three** combinations
 - i. First time - have students walk through the combinations/kicks
 - ii. Second time - half-speed
 - iii. Third time - full speed
 - iv. NCR examiner - will provide feedback to the students
2. **Kumite – 60 minutes**
 - a. Have people pair-off
 - b. NCR instructor will discuss the kumite requirements – see Dan test handbook
 - i. First time each pair will walk through the test requirements on their own
 - ii. Second time half-speed on their own
 - iii. Third time full speed in front of the Dan examiner
 1. NCR examiner - will provide feedback to the students

Group 3 – Sandan Test outline

1. **Kata application and teaching review – 30 minutes**
 - a. Each student will be asked to demonstrate the application in one part of their kata
 - b. Each student will correct a lower belt's executed combination
2. **Kumite – 60 minutes**
 - a. Have people pair-off
 - b. NCR instructor will discuss the kumite requirements – see Dan test handbook
 - i. First time each pair will walk through the test requirements on their own
 - ii. Second time half-speed on their own
 - iii. Third time full speed in front of the Dan examiner
 1. NCR examiner - will provide feedback to the students