

North Central
Region
Traditional Karate

Testing Guidelines
HANDBOOK

North Central Region Traditional Karate Testing Handbook

This guide presents the test requirements for all Kyu levels, as used by the North Central Region of the AAKF. Anyone taking an examination must join the AAKF before they can test. The yearly fee is \$30.00 and is tax deductible. If you renew your AAKF Membership before March 31st, the fee is \$20.00.

Examination fees vary depending on the club, but the range for kyu examinations is \$30-60.

Examinations are held monthly and are conducted by Sensei Fusaro, or a qualified member of the NCR Technical Committee. A student is eligible to test every 3 months, however for most students, it is recommended to wait a little longer before trying to test. The average time between tests most students who trains regularly (3 times or more per week) is 4-6 months. If you would like to test, talk it over with Sensei one to two weeks before the test. Skipping ranks is not allowed.

You can pass a test by making "Full" or "Semi". We use this system to help indicate where you are within each level. A "Semi" rank is considered average for that level. Making a "Full" rank indicates that you were better than average for that level.

Keep in mind these important points when taking your test:

1. Show good spirit. Let your enthusiasm show. Respond positively and quickly to the examiners commands as well as any critiques you may receive. Do the techniques with full speed and use a strong kiai.
2. Don't rush. Perform each technique as strongly as possible but don't rush them together. Every move should be a complete move in itself.
3. Maintain your concentration. Look forward and don't worry about the other people taking the exam with you- you do not have to "keep pace" with them. Go at your own speed and tempo.
4. If you make a mistake, don't give up. Do your best to correct what you are doing and then continue on. You will not fail the test just because of a momentary lapse in concentration.
5. Respect the examiners decision. Each person is an individual, with his or her own strengths and weaknesses, and is judged accordingly. The examiners have many years of experience- they are your Senseis. The only way taking the examination can have any real value for you, whether you pass or fail, is if their decision is respected.

9th Kyu (Yellow Belt)

Required for 12 years old and under only

Basics

(Forward) Step-in Punch
(Back) Rising Block
(Forward) Outside Block
(Back) Knifehand Block
(Forward) Front Kick
(Both) Side Snap Kick
(Both) Side Thrust Kick

Kata

Heian Shodan

Date of Exam: _____
Date of Re-exam: _____
Results: _____

Comments:

8th Kyu (Orange Belt)

Basics

(Forward) Step-in Punch
(Back) Rising Block
(Forward) Outside Block
(Back) Knifehand Block
(Forward) Front Kick
(Both) Side Snap Kick
(Both) Side Thrust Kick

Kumite

3-step Kumite

Kata

Heian Shodan

Date of Exam: _____
Date of Re-exam: _____
Results: _____

Comments:

7th Kyu (Orange Belt)

Date of Exam: _____ Date of Re-exam: _____
Results: _____

Basics

- (Forward) Step-in Punch (face)
- (Back) Rising Block/ Reverse Punch
- (Forward) Outside Block/ Reverse Punch (face)
- (Back) Knifehand Block
- (Forward) Front Kick
- (Forward) Roundhouse
- (Both) Side Snap Kick
- (Both) Side Thrust Kick

Kumite

3-Step Kumite

Kata

Heian Nidan

Comments:

6th Kyu (Green Belt)

Date of Exam: _____ Date of Re-exam: _____
Results: _____

Basics

- (Forward) Triple Punch
- (Back) Rising Block/ Reverse Punch
- (Forward) Outside Block/ Elbow Strike
- (Back) Knifehand Block/ Spearhand Strike
- (Forward) Front Kick (Rear leg- body Other leg- head)
- (Forward) Roundhouse
- (Both) Side Snap Kick
- (Both) Side Thrust Kick

Kumite

1-Step Kumite

Attacks: Step-in punch face - Jodan (x2)
Step-in punch body- Chudan (x2)

Comments:

Kata

Heian Sandan

5th Kyu (Purple Belt)

Date of Exam: _____ Date of Re-exam: _____
Results: _____

Basics

(Forward) Triple Punch
(Back) Rising Block/ Reverse Punch
(Forward) Outside Block/ Elbow Strike
(Back) Knifehand Block/ Front Kick/ Spearhand Strike
(Forward) Front Kick (Rear leg- body Other leg- head)
(Forward) Roundhouse (Rear Leg- body Other leg- head)
(Both) Side Snap Kick
(Both) Side Thrust Kick
(Forward) Front Kick (rear leg)/ Roundhouse Kick (other leg)
/ Reverse punch

Kumite

1-Step Kumite

Attacks: Step-in punch face - Jodan (x2)
Step-in punch body- Chudan (x2)
Front Kick- Mae geri (x2)

Comments:

4th Kyu (Purple Belt)

Date of Exam: _____ Date of Re-exam: _____
Results: _____

Basics

(Forward) Triple Punch
(Back) Rising Block/ Reverse Punch
(Forward) Outside Block/ Elbow Strike/ Backfist Strike
(Back) Knifehand Block/ Front Kick/ Spearhand Strike
(Forward) Front Kick (Rear leg- body Other leg- head)
(Forward) Roundhouse (Rear Leg- body Other leg- head)
(Both) Side Snap Kick
(Both) Side Thrust Kick
(Forward) Front Kick (rear leg)/ Side Thrust Kick (other leg)
/ Reverse punch

Kumite

1-Step Kumite

Attacks: Step-in punch face - Jodan
Step-in punch body- Chudan
Front Kick- Mae geri
Side Thrust Kick- Yoko kekomi

Comments:

Kata

Heian Yondan

Kata

Heian Godan

3rd Kyu (Brown Belt)

Date of Exam: _____ Date of Re-exam: _____
Results: _____

Basics

(Forward) Triple Punch
(Back) Rising Block/Reverse Punch
(Forward) Outside Block/ Elbow Strike/ Backfist Strike
(Back) Knifehand Block/ Front Kick/ Spearhand Strike
(Forward/ Back) Inside Block/ Reverse Punch
(Forward) Front Kick (Front leg- body Rear leg- head)
(Forward) Roundhouse (Front leg- body Rear leg- head)
(Both) Side Snap Kick
(Both) Side Thrust Kick
(Forward) Side Thrust Kick (rear leg)/ Roundhouse Kick (other leg)
/ Reverse punch
(Forward) Roundhouse Kick (rear leg)/ Side Thrust Kick (Same leg)
/ Reverse punch
(Each Side) Front Kick/ Side Snap (same leg- to side)

Pencil Control Test: Stationary Target

Kumite

1-Step Kumite

Attacks: Step-in punch face - Jodan
Step-in punch body- Chudan
Front Kick- Mae geri
Side Thrust Kick- Yoko kekomi
Back Thrust Kick- Ushiro geri

Kata

Tekki Shodan

2nd & 1st Kyu (Brown Belt)

Date of 2nd kyu Exam: _____ Date of Re-exam: _____
Date of 1st kyu Exam: _____ Date of Re-exam: _____
Results (2nd kyu): _____ Results (1st kyu): _____

Basics

(Forward) Triple Punch
(Back) Rising Block/Reverse Punch
(Forward) Outside Block/ Elbow Strike/ Backfist Strike
(Back) Knifehand Block/ Front Kick/ Spearhand Strike
(Forward/ Back) Inside Block/ Reverse Punch
(Forward) Front Kick (Front leg- body Rear leg- head)
(Forward) Roundhouse (Front leg- body Rear leg- head)
(Both) Side Snap Kick
(Both) Side Thrust Kick
(Forward) Side Thrust Kick (rear leg)/ Roundhouse Kick (other leg)
/ Reverse punch
(Forward) Roundhouse Kick (rear leg)/ Side Thrust Kick (Same leg)
/ Reverse punch
(Each Side) 2nd kyu: Front Kick/ Side Thrust (same leg- to side)
1st kyu: Front Kick/ Side Snap (same leg to side)
/ Side Thrust (same leg- to side)

Pencil Control Test: 2nd kyu: Moving Target (up & down- side to side)
1st kyu: Moving Target (any direction)

Kumite

1-Step Kumite

Attacks: Step-in punch face - Jodan
Step-in punch body- Chudan
Front Kick- Mae geri
Side Thrust Kick- Yoko kekomi
Back Thrust Kick- Ushiro geri

Kata

Students choice of Advanced Kata