

# North Central Region Traditional Karate

## Testing Guidelines HANDBOOK

### Shodan- Sandan

## Shodan

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

### Basics

(Forward) Triple punch  
(Back) Rising block/Front kick(front leg/Reverse punch  
(Forward) Outside block/ Elbow strike/ Backfist strike/Reverse punch  
(Back) Knifehand block/ Front kick/ Spearhand strike  
(Forward/ Back) Inside block/Front kick(front leg) & same time jab/  
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 (front leg)/ Roundhouse kick (other leg)/  
Reverse punch  
(Forward) Roundhouse kick (front leg)/ Side thrust kick (same leg)/  
Step-in punch  
(Each Side) Front kick/ Side snap (same leg to side)/  
Side thrust (same leg- to side)/  
Roundhouse (same leg to front)

Pencil Control Test: First stationary, then moving target (any direction)

### Kumite

Jiyu-ippou kumite (Semi-free)

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

Advance Kata: Student's choice

(Recommended Katas)  
Bassai-dai, Kanku-dai, Empi, Jion  
(Other choices)  
Tekki Nidan, Sandan, Hangetsu  
Jutte, Gankaku

Basic Kata: Examiner's Choice

Heian 1-5  
Tekki Shodan

# Nidan

Date of Exam: \_\_\_\_\_ Results \_\_\_\_\_

Date of Re-exam: \_\_\_\_\_ Results \_\_\_\_\_

## Basics

(Forward) Jab/ Triple punch (stepping forward)

(Turn)

(Forward) Jab (sliding forward)/ Front kick (rear leg)/  
Step-in punch (face)

(Turn)

(Forward) Rising block (stepping backward)/  
Roundhouse kick(rear leg, stepping forward)/  
Backfist strike (from side stance)/  
Step-in punch (face)

(Sideways) Side snap kick/ Side thrust kick (other leg)

Facing front (each side)

Front kick/ Side snap (same leg to side)/  
Side thrust (same leg- to side)/  
Roundhouse (same leg to front)/  
Back thrust kick (same leg to rear)

## Kumite

### Jiyu Kumite (free Sparring)

Sparring Partners chosen from those testing for Shodan. The examiner may also chose sparring partners from the other Nidan candidates.

- 1st- demonstrate regular free sparring
- 2nd- demonstrate offensive skills
- 3rd- demonstrate deffensive skills

## Kata

### Advanced Kata: student's choice (Recommended Katas)

Bassai dai, Kanku dai, Empi, Jion  
(Other Choices)  
Tekki Nidan, Tekki Sandan, Gankaku  
Jutte, Hangetsu, Bassai sho, Unsu  
Sochin, Nijushi-ho, Gojushi-ho Dai  
Gojushi-ho sho,Chinte, Meikyo, Wankan

### Advanced Kata: examiner's choice

Bassai Dai, Kanku Dai, Empi, Jion

# Sandan

Date of Exam: \_\_\_\_\_ Results \_\_\_\_\_

Date of Re-exam: \_\_\_\_\_ Results \_\_\_\_\_

## Kata

Advanced Kata (student's choice from the following list):

Bassai dai, Kanku dai, Empi, Jion, Tekki Nidan, Tekki Sandan, Gankaku, Jutte, Hangetsu, Bassai sho, Kanku sho, Sochin, Nijushi-ho, Gojushi-ho Dai, Gojushi-ho Sho, Unsu, Chinte, Meikyo, Wankan

Advanced Kata (examiner's choice):

Tekki Nidan, Tekki Sandan, Gankaku, Jutte, Hangetsu

## Kata Application (Bunkai)

Student demonstrates a sequence of examiner's choice from the student's kata using a partner, then answers the examiner's questions.

## Demonstration of Teaching Ability

A random shodan candidate is chosen by the examiner to demonstrate a basic combination. The student must teach and correct the sequence, then answer the examiner's questions.

## Kumite (Jiyu Kumite- Free Sparring)

Sparring partners are chosen from the Nidan candidates. The examiner may also chose partners from the other Sandan candidates.

- 1st- demonstrate regular free sparring
- 2nd- demonstrate offensive skills
- 3rd- demonstrate defensive skills