

Technical program for CSIT DAN EXAMINATIONS

KIHON BY STYLE

Legend: ZKD = Zenkutsu-dachi; KKD = kokutsu-dachi; NAD = neko-ashi-dachi; KD = kiba-dachi; lhs = left-hand side; rh = right-hand side fl = front leg; bl = backside leg; s.l. = same leg; s.a. = same arm

GOJU RYU

1st DAN

Start: Hanzenkutsu-dachi hidari kamae

A) jodan-aghe-uke gyaku-tsuki, go backwards uci-uke shita-barai-uke (s.a.), go forward chudan-seiken-tsuki.

Start: Neko-ashi-dachi hidari kamae

B) kake-uke (two times), go forward in zenkutsu-dachi, ghedan-barai othoshi-uke, soto chudan-uke (s.a.) gyaku-tsuki.

2nd DAN

Start: Hanzenkutsu-dachi hidari kamae

mae-ashide mae-gheri kansetsu-gheri (s.l.), go forward mawashi-gheri ura-uci ren-tsuki.

Start: Sanchin dachi hidari kamae

morote-soto-uke shitabarai-uke (s.a.) mawashi-uke, morote-awase-tsuki, load up the backside leg sokuto sideways.

Start: Shikodachi 90° hidari kamae

C) surikomi-uci-uke ure-uci (s.a.), with the forward leg to pass in zenkutsu-dachi gyaku-tsuki, mai-gheri (backside leg), yoko-hiji-in kamae shiko-dachi 90°.

3rd DAN

Start; Zenkutsu-dachi hidari kamae

mawashi-hiji-ate otoshi-hiji-ate aghe-tsuki (s.a.), go forward in zenkutsu-dachi seiken-tsuki, rise with the backside leg sagi-ashi-dachi, chudan-shita-barai-uke, kan-setsu-gheri, furi-uci, seiken-tsuki.

Start: Neko-ashi-dachi hidari kamae

mae-ashide san-dan-gheri (ghedan, chudan, jodan), go forward in han-zenkutsu-dachi mawashi-gheri, ushiro-gheri (s.l.), ura-uci, gyaku-tsuki, ura-mawashi-gheri, mae-gheri (s.a.)

4th DAN

Start: Zenkutsu-dachi

kokutsu-dachi tekubini-yoru-kake-uke, sukui-uke, shuto-uke, mawashi-uke, morote-teisho-tsuki, haito-uci, sanbon-tsuki.

Start sanchin-dachi

B) neko-ashi-dachi morote-kake-uke, morote-sukui uke, tekubini-joru-kake-uke, haito-uci (s.a.), sokutei-uke, tobi-nidan-gheri, kizami-tsuki, gyaku-tsuki.

5th DAN

Personal technical combinations in Goju-Ryu.

This programme is valid since January 1, 2004

Approved by the Technical Commission Karate of the CSIT

This under restriction of text / translation faults

Technical program for CSIT DAN EXAMINATIONS

KIHON BY STYLE

Legend: ZKD = Zenkutsu-dachi; KKD = kokutsu-dachi; NAD = neko-ashi-dachi; KD = kiba-dachi; lhs = left-hand side; rh = right-hand side fl = front leg; bl = backside leg; s.l. = same leg; s.a. = same arm

SHITO RYU

1st DAN

Start: zenkutsu-dachi lhs jun-tsuki

A) oi-tsuki aghe-uke (s.a.) ren-tsuki.

Start: zenkutsu-dachi lhs jun-tsuki

B) mae-gheri, oi-tsuki, neko-ashi-dachi yoko-uke, ren-tsuki.

Start: zenkutsu-dachi lhs jun-tsuki

oi-tsuki, shiko-dachi ghedan-barai, ren-tsuki

2nd DAN

Start: neko-ashi-dachi yoko-uke lhs
gyaku-tsuki, shuto-uko gyaku-tsuki

Start: neko-ashi-dachi kake-uke lhs
gyaku-tsuki, mae-gheri ghedan-barai yoko-uke (s.a.) gyaku-tsuki.

Start: sanchin-dachi yoko-uke lhs
ren-tsuki, shiko-dachi ghedan-barai kagi-tsuki, shiko-dachi ghedan-barai, ren-tsuki.

3rd DAN

Start: shiko-dachi ghedan-barai lhs
zenkutsu-dachi ren-tsuki, neko-ashi-dachi shuto-uke, mae-ashi mae-gheri, neko-ashi ren-tsuki

Start: neko-ashi-dachi shuto-uke lhs
neko-ashi-dachi gyaku-tsuki, kosa-dachi mawashi-tsuki, (fl) shiko-dachi ghedan-barai aghe-uke (s.a.), zenkutsu-dachi ren-tsuki.

Start: sanchin-dachi lhs mawashi-uke

C) mae-gheri, tsuru-ashi neko-ashi-dachi gyaku-tsuki gyaku-aghe-uke (s.a.), sanbon-tsuki

4th DAN

Start: sanchin-dachi lhs
mawashi-uke sanchin-dachi kake-uke, shiko-dachi otoshi-uke, aghe-tsuki uraken-uci (s.a.)
mae-ashi-yoko-gheri, yoko-uke ren-tsuki neko-ashi mawashi-uke.

Start: neko-ashi-dachi lhs yoko-uke

yoru-ashi gyaku-tsuki) gyaku-aghe-uke (s.a.), sanchin-dachi jun-tsuki yoko-uke (s.a.), ren-tsuki.

5th DAN

Personal technical combinations in Shito-Ryu.

This programme is valid since January 1, 2004
Approved by the Technical Commission Karate of the CSIT
This under restriction of text / translation faults

Technical program for CSIT DAN EXAMINATIONS

KIHON BY STYLE

Legend: ZKD = Zenkutsu-dachi; KKD = kokutsu-dachi; NAD = neko-ashi-dachi; KD = kiba-dachi; lhs = left-hand side; rh = right-hand side fl = front leg; bl = backside leg; s.l. = same leg; s.a. = same arm

SHOTOKAN RYU

1st DAN

Start: zenkutsu-dachi kamae

- A) mae-gheri (fl), sanbon-tsuki.
- B) mawashi-gheri (fl) yoko-gheri (s.l.), uraken-uci, gyaku-tsuki.
- C) (go forward) shuto-uke gyaku-tsuki (kokutsu-dachi), shuto-uci (zenkutsu-dachi).

2nd DAN

Start: zenkutsu-dachi kamae

- A) zenkutsu-dachi oi-tsuki, call in the front leg to neko-ashi-dachi aghe-uke gyaku-tsuki, go forward zenkutsu-dachi tate-tsuki jodan.
- B) sanbon-tsuki, yoko-gheri kekomi (fl), gyaku-tsuki.
- C) mae-ashi-mawashi-gheri (fl lhs), move leg forward jodan-kalten-uraken right (move forward with a back turn of 180°).

3rd DAN

Start: zenkutsu-dachi kamae

- A) mae-ashi-mawashi-gheri (return into the start position), ura-mawashi-gheri (bl), go forward uraken, gyaku-tsuki.
- B) shiho-tate-shuto gyaku-tsuki.
- C) mikatsuki-gheri with the front leg and yoko-gheri-kekomi (s.l.), go forward change leg ushiro-gheri, shuto-uci, gyaku-haito-uci.

4rd DAN

Start: zenkutsu-dachi kamae

- A) shiho-gheri (in the 4 directions; 2 times each; 1st left side kamae 2nd right side kamae).
- B) mae-ashi-mawashi-gheri, gyaku-tsuki-oikomi, gyaku-tsuki, mae-ashi-ura-mawashi-gheri jodan.
- go forward mae-gheri right, (rotate the head 180°) ghedan-barai lhs, kagi-tsuki rhs (kiba-dachi), go backwards with the left leg aghe-uke lhs, gyaku-tsuki right in neko-ashi-dachi, (rotate the head 180°) ushiro-yoko-gheri uraken lhs, touch down in zenkutsu-dachi aghe-uke ren-tsuki.

5th DAN

Personal technical combinations in Shotokan-Ryu.

Technical program for CSIT DAN EXAMINATIONS

KIHON BY STYLE

Legend: ZKD = Zenkutsu-dachi; KKD = kokutsu-dachi; NAD = neko-ashi-dachi; KD = kiba-dachi; lhs = left-hand side; rh = right-hand side fl = front leg; bl = backside leg; s.l. = same leg; s.a. = same arm

WADO RYU

1st DAN

Start: zenkutsu-dachi lhs Jun-tsuki
Jun-tsuki jodan-uke(s.a.); ren-tsuki

Start: zenkutsu-dachi lhs Jun-tsuki
kette jun-tsuki, soto-uke, ren-tsuki

Start: zenkutsu-dachi lhs Jun-tsuki
C) Jun-tsuki, ghedan-barai, ren-tsuki

2nd DAN

Start: zenkutsu-dachi lhs Jun-tsuki
soto-uke gyaku-tsuki, shuto-uke ren-tsuki

Start: zenkutsu-dachi lhs Jun-tsuki
B) kake-uke, kette jun-tsuki ghedan-barai, ren-tsuki

Start: zenkutsu-dachi lhs Jun-tsuki
soto-uke gyaku-tsuki, ghedan-barai kagi-tsuki, jodan-uke, ren-tsuki

3rd DAN

Start: zenkutsu-dachi lhs Jun-tsuki
soto-uke, maeashi-gheri (fl) gyaku-tsuki, uci-uke ren-tsuki

Start: zenkutsu-dachi lhs Jun-tsuki
soto-uke, mae-gheri (fl) ren-tsuki, shuto-uke, ren-tsuki

Start: zenkutsu-dachi lhs Jun-tsuki
C) shute-uke nukite, ghedan-barai soto-uke (s.a.), mae-gheri (fl) ren-tsuki

4th DAN

Start: zenkutsu-dachi lhs Jun-tsuki
kake-uke, gyaku-tsuki, (fl) fumikomi haito-uci jun-tsuki

Start: zenkutsu-dachi lhs Jun-tsuki
mawashi-uke morote-tsuki, yoko-geri-chudan, kagi-tsuki, morote-ude-uke, kette-jun-zuki.

Start: zenkutsu-dachi lhs Jun-tsuki
shuto-uke gyaku-tsuki, kette-gyaku-tsuki, fumikomi (fl), uraken-uchi, ren-zuki.

5th DAN

Personal technical combinations in Wado-Ryu.

This programme is valid since January 1, 2004
Approved by the Technical Commission Karate of the CSIT
This under restriction of text / translation faults

Technical program for CSIT DAN EXAMINATIONS

KATA PER STYLE

GOJU RYU

1st dan: Seienchin, Saifa
2nd dan: Seipai, Kururunfa
3rd dan: Seisan, Sanseiru
4th dan: Shisochin, Tensho
5th dan; Suparimpei, Sanchin

SHITO RYU

1st dan: Seienchin, Bassai-Dai, Saifa
2nd dan: Seipai, Kosokundai, Rohai
3rd dan: Nipaipo, Unshu, Kosokun-Sho
4th dan; Ahnan, Niseishi, Gojushiho
5th dan: Chatanjahra-Kushanku, Suparimpei

SHOTOKAN RYU

1st dan: Bassai-Dai, Kanku-Dai, Jion
2nd dan: Enpi, Bassai-Sho, Kanku-sho
3rd dan: Unsu, Gojushiho-Sho, Niju-Shiho
4th dan: Sochin, Gangaku, Gojushiho-Dai
5th dan: Meikyo, Hangetsu

WADO RYU

1st dan: Kushanku, Bassai
2nd dan: Wanshu, Jion
3rd dan: Rohai, Niseishi
4th dan: Chinto, Jitte
5th dan: Suparimpei, Seisan

KUMITE

For athletes Dan examination

Free kumite, without score. Performance at about 60%. The candidate must prove knowledge about the principal technical combinations performed with the left and right zuki and with left and right keri. This in attach and remittance.

For instructors Dan examination

Write an essay of 5 to 6 pages and a discussion about technical / didactical themes

For referees Dan examination

Write an essay of 3 to 4 pages and a discussion about referee themes

(essays preferable in the English language)