



Online Kyu Exam Requirements - May 30, 2020

The belt exam requirements that students will be expected to demonstrate during the online test are shown below. We have modified the requirements slightly to reflect what will be feasible in an online exam.

Requirements are cumulative - anything on a previous exam can be included on a test. The exam requirements for youth and adults are the same. These requirements are subject to change.

Promotion from 10th Kyu (White Belt) to 9th Kyu (Yellow Belt)

Kihon

- Stepping forward punching to the face-level (oizuki jodan)
- Stepping backward rising block
- Stepping forward punching to the stomach-level (oizuki chudan)
- Stepping backward inward block
- Stepping forward front kick
- Stepping backward downward block

Kumite

Step sparring will not be assessed in the online exam.

Kata

- Taikyoku Shodan. For a provisional Yellow belt, students should be able to perform the kata to the instructor's count.

Promotion from 9th Kyu (Yellow Belt) to 8th Kyu (Orange Belt)

Kihon

- Stepping forward punching to the face-level (oizuki jodan)
- Stepping backward rising block
- Stepping forward punching to the stomach-level (oizuki chudan)
- Stepping backward inward block
- Stepping forward front kick
- Stepping backward downward block
- Stepping forward into back stance (kokutsu dachi), knife-hand block (shoto uke)
- Stepping backward into back stance (kokutsu dachi), knife-hand block (shoto uke)

Kumite

Step sparring will not be assessed in the online exam.

Kata

- Heian Shodan, Taikyoku Shodan
-

Promotion from 8th Kyu (Orange Belt) to 7th Kyu (Green Belt)

Kihon

- Stepping forward punching to the face-level (oizuki jodan)
- Stepping back rising block (age uke)
- Stepping forward punching to the stomach-level (oizuki chudan)
- Stepping backward inward block (soto ude uke)
- Stepping forward front kick
- Stepping backward downward block (gedan barai)
- Stepping forward into back stance (kokutsu dachi), knife-hand block (shoto uke)
- Stepping backward into back stance (kokutsu dachi), knife-hand block (shoto uke)

Kumite

Step sparring will not be assessed in the online exam.

Kata

- Heian Nidan, Heian Shodan, Taikyoku Shodan
-

Promotion from 7th Kyu (Green Belt) to 6th Kyu (Blue Belt)

Kihon

- Stepping forward triple punch (sanban zuki)
- Stepping back rising block (age uke), reverse punch (gyaku zuki)
- Stepping forward outward block (uchi ude uke), reverse punch (gyaku zuki)
- Stepping backward inward block (soto ude uke), reverse punch (gyaku zuki)
- Stepping forward front kick with front leg (kizami mae geri), front kick with back leg (mae geri)
- Stepping backward downward block (gedan barai), reverse punch gyaku zuki
- Stepping forward into back stance (kokutsu dachi), knife-hand block (shoto uke)
- Stepping backward into back stance (kokutsu dachi), knife-hand block (shoto uke)

Kumite

Step sparring will not be assessed in the online exam.

Kata

- Heian Sandan, Heian Nidan, Heian Shodan, Taikyoku Shodan

Promotion from **6th Kyu (Blue Belt)** to **5th Kyu (1st Purple Belt)**

Kihon

- Stepping forward triple punch (sanban zuki)
- Stepping back rising block (age uke), reverse punch (gyaku zuki)
- Stepping forward outward block (uchi ude uke), reverse punch (gyaku zuki)
- Stepping back inward block (soto ude uke), reverse punch (gyaku zuki)
- Stepping forward front kick with front leg (kizami mae geri), front kick with back leg (mae geri)
- Stepping backward downward block (gedan barai), reverse punch (gyaku zuki)
- Stepping forward into back stance (kokutsu dachi), knife-hand block (shoto uke), front stance spear-hand (nukite)
- Stepping backward into back stance (kokutsu dachi), knife-hand block (shoto uke), front stance, reverse punch (gyaku zuki)
- Stepping forward roundhouse kick (mawashi geri)

Kumite

Step sparring will not be assessed in the online exam.

Kata

- Heian Yondan, Heian Sandan, Heian Nidan, Heian Shodan, Taikyoku Shodan
-

Promotion from **5th Kyu (1st Purple Belt)** to **4th Kyu (2nd Purple Belt)**

Kihon

- Stepping forward triple punch (sanban zuki)
- Stepping back rising block (age uke), front kick with front leg (kizami mae geri), reverse punch (gyaku zuki)
- Stepping forward outward block (uchi ude uke), jab (kizami zuki), reverse punch (gyaku zuki)
- Stepping back inward block (soto ude uke) in front stance, elbow strike (empi uchi) in kiba dachi stance, backfist (uraken uchi), reverse punch (gyaku zuki) in front stance
- Stepping forward front kick with front leg (kizami mae geri), reverse punch (gyaku zuki), front kick with back leg (mae geri), reverse punch (gyaku zuki)
- Stepping backward downward block (gedan barai), roundhouse kick with front leg (kizami mawashi geri), reverse punch (gyaku zuki)
- Stepping forward into back stance (kokutsu dachi), knife-hand block (shoto uke), front kick with front leg (kizami mae geri), front stance spear hand (nukite)
- Stepping backward into back stance (kokutsu dachi), knife-hand block (shoto uke), front kick with front leg (kizami mae geri), front stance reverse punch (gyaku zuki)
- Stepping forward roundhouse rick with front leg (kizami mawashi geri), reverse punch (gyaku zuki), roundhouse kick with back leg (mawashi geri) reverse punch (gyaku zuki)

Kumite

Step sparring will not be assessed in the online exam.

Kata

- Heian Godan, Heian Yondan, Heian Sandan, Heian Nidan, Heian Shodan, Taikyoku Shodan

Promotion from **4th Kyu (2nd Purple Belt)** to **3rd Kyu (1st Brown Belt)**

Kihon

- Stepping forward triple punch (sanban zuki)
- Stepping back rising block (age uke), front kick with front leg (kizami mae geri), reverse punch (gyaku zuki)
- Stepping forward outward block (uchi ude uke), jab (kizami zuki), reverse punch (gyaku zuki)
- Stepping back inward block (soto ude uke) in front stance, elbow strike (empi uchi) in kiba dachi stance, backfist (uraken uchi), reverse punch (gyaku zuki) in front stance
- Stepping forward front kick with front leg (kizami mae geri), reverse punch (gyaku zuki), front kick with back leg (mae geri), reverse punch (gyaku zuki)
- Stepping backward downward block (gedan barai), roundhouse kick with front leg (kizami mawashi geri), reverse punch (gyaku zuki)
- Stepping forward into back stance (kokutsu dachi), knife-hand block (shoto uke), front kick with front leg (kizami mae geri), front stance spear hand (nukite)
- Stepping backward into back stance (kokutsu dachi), knife-hand block (shoto uke), front kick with front leg (kizami mae geri), front stance reverse punch (gyaku zuki)
- Stepping forward roundhouse kick with front leg (kizami mawashi geri), reverse punch (gyaku zuki), roundhouse kick with back leg (mawashi geri) reverse punch (gyaku zuki)

Kumite

Step sparring will not be assessed in the online exam.

Kata

- Tekki Shodan, Heian Godan, Heian Yondan, Heian Sandan, Heian Nidan, Heian Shodan, Taikyoku Shodan

Promotion from **3rd Kyu (1st Brown Belt)** to **2nd Kyu (2nd Brown Belt)**

Kihon

- Stepping forward triple punch (sanban zuki)
- Stepping back rising block (age uke), front kick with front leg (kizami mae geri), reverse punch (gyaku zuki)
- Stepping forward outward block (uchi ude uke), jab (kizami zuki), reverse punch (gyaku zuki)
- Stepping back inward block (soto ude uke) in front stance, elbow strike (empi uchi) in kiba dachi stance, backfist (uraken uchi), reverse punch (gyaku zuki) in front stance
- Stepping forward front kick with front leg (kizami mae geri), reverse punch (gyaku zuki), front kick with back leg (mae geri), reverse punch (gyaku zuki)
- Stepping backward downward block (gedan barai), roundhouse kick with front leg (kizami mawashi geri), reverse punch (gyaku zuki)
- Stepping forward into back stance (kokutsu dachi), knife-hand block (shoto uke), front kick with front leg (kizami mae geri), front stance spear hand (nukite)
- Stepping backward into back stance (kokutsu dachi), knife-hand block (shoto uke), front kick with front leg (kizami mae geri), front stance reverse punch (gyaku zuki)
- Stepping forward roundhouse kick with front leg (kizami mawashi geri), reverse punch (gyaku zuki), roundhouse kick with back leg (mawashi geri) reverse punch (gyaku zuki)

Kumite

Sparring will not be assessed in the online exam.

Kata

- Student selection among basic black belt katas: Bassai Dai, Jion
 - Taikyoku Shodan, Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan
-

Promotion from **2nd Kyu (2nd Brown Belt)** to **1st Kyu (3rd Brown Belt)**

Kihon

- Stepping forward triple punch (sanban zuki)
- Stepping back rising block (age uke), front kick with front leg (kizami mae geri), reverse punch (gyaku zuki)
- Stepping forward outward block (uchi ude uke), jab (kizami zuki), reverse punch (gyaku zuki)
- Stepping back inward block (soto ude uke) in front stance, elbow strike (empi uchi) in kiba dachi stance, backfist (uraken uchi), reverse punch (gyaku zuki) in front stance
- Stepping forward front kick with front leg (kizami mae geri), reverse punch (gyaku zuki), front kick with back leg (mae geri), reverse punch (gyaku zuki)
- Stepping backward downward block (gedan barai), roundhouse kick with front leg (kizami mawashi geri), reverse punch (gyaku zuki)
- Stepping forward into back stance (kokutsu dachi), knife-hand block (shoto uke), front kick with front leg (kizami mae geri), front stance spear hand (nukite)
- Stepping backward into back stance (kokutsu dachi), knife-hand block (shoto uke), front kick with front leg (kizami mae geri), front stance reverse punch (gyaku zuki)
- Stepping forward roundhouse kick with front leg (kizami mawashi geri), reverse punch (gyaku zuki), roundhouse kick with back leg (mawashi geri) reverse punch (gyaku zuki)
- Stepping forward side thrust kick (yoko geri kekomi), ushiro geri chudan, backfist (uraken uchi), reverse punch (gyaku zuki)

Kumite

Sparring will not be assessed in the online exam.

Kata

- Student selection among basic black belt katas: Bassai Dai, Jion, Empi, Kanku Dai
- Taikyoku Shodan, Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan