

JKA Dan Grading Guideline



1st Dan

【KIHON】 IDO KIHON Moving basics

1. SANBON RENZUKI (step in)
2. JODAN AGE UKE, GYAKU ZUKI (step back)
3. CHUDAN SOTOUKE, YOKO ENPI, YOKO URAKEN-UCHI, GYAKU ZUKI (ZENKUTSU DACHI changing stance to KIBA DACHI changing stance to ZENKUTSU DACHI) (step in)
4. CHUDAN UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI (KOKUTSU DACHI to ZENKUTSU DACHI) (step back)
5. KOKUTSU SHUTO UKE, ZENKUTSU NUKITE (step in)
6. MAE GERI (On the spot) ,MAE GERI(step in)
7. MAWASHI GERI (step in)
8. YOKO GERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKO GERI KEKOMI (ZENKUTSU DACHI)

【KATA】 BASSAI DAI, KANKU DAI, ENPI or JION (your choice)

【KUMITE】 JIYU IPPON KUMITE

(JODAN JUN ZUKI (OI ZUKI), CHUDAN JUNZUKI (OI ZUKI), CHUDAN MAE GERI, CHUDAN YOKO GERI KEKOMI, JODAN MAWASHI GERI) – right and left

※Inform your choice of JODAN or CHUDAN for MAWASHIGERI

2nd Dan

【KIHON】 IDO KIHON Moving basics

1. CHUDAN JUNZUKI (OI ZUKI) (step in)
2. JODAN JUNZUKI (OI ZUKI), CHUDAN GYAKU ZUKI (step in)
3. SANBON RENZUKI (step in)
4. AGE UKE, SOTO UKE (with same arm), GYAKU ZUKI (step back)
5. UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI (KOKUTSU DACHI to ZENKUTSU DACHI) (step in)

6. KOKUTSHU DACHI SHUTO UKE, ZENKUTSU NUKITE (step back)
7. MAE GERI (On the spot), MAE GERI(step in)
8. YOKO GERI KEAGE, YOKO GERI KEKOMI (KIBA DACHI, alternate feet)
9. YOKO GERI KEKOMI (ZENKUTSU DACHI) (step in)
10. MAWASHI GERI, YOKO URAKEN UCHI, CHUDAN GYAKU ZUKI (step in)

【KATA】 Student's favorite KATA

【KUMITE】 JIYU KUMITE

3rd Dan

【KIHON】 IDO KIHON Moving basics free KAMAE

1. KIZAMI ZUKI, JODAN JUNZUKI (OI ZUKI) , CHUDAN GYAKU ZUKI (step in)
2. AGE UKE, SOTO UKE (with same arm), GYAKU ZUKI (step back)
3. UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI (KOKUTSU DACHI to ZENKUTSU DACHI) (step in)
4. KOKUTSU DACHI SHUTO UKE, KIZAMI MAE GERI, ZENKUTSU NUKITE (step back)
5. MAE GERI • GYAKU ZUKI, YOKO GERI KEKOMI • GYAKU ZUKI, MAWASHI GERI • GYAKU ZUKI (step in)
6. USHIRO GERI (step in)
7. MAE GERI, YOKO GERI KEKOMI, USHIRO GERI (ZENKUTSU DACHI same feet right and left)

【KATA】 Student's favorite KATA (Question and Answer Session)

【KUMITE】 JIYU KUMITE

4th Dan

【KIHON】 IDO KIHON Moving basics free KAMAE

1. KIZAMI ZUKI, SANBON RENZUKI (step in)
2. AGE UKE, SOTO UKE (with same arm), GYAKU ZUKI (step back)
3. UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI (KOKUTSU DACHI to ZENKUTSU DACHI) (step in)
4. KOKUTSU SHUTO UKE, KIZAMI MAE GERI, ZENKUTSU NUKITE (step back)
5. MAE GERI, JUNZUKI (OI ZUKI) , GYAKU ZUKI (step in)
6. KIZAMI MAWASHI GERI, YOKO GERI KEKOMI, GYAKU ZUKI (step in)
7. MAE GERI, YOKO GERI KEKOMI, USHIRO GERI (ZENKUTSU DACHI same feet right and left)

【KATA】 Student's favorite KATA (Question and Answer Session)

【KUMITE】 JIYU KUMITE

5th Dan

【KIHON】 IDO KIHON Moving basics free KAMAE

1. KIZAMI ZUKI, SANBON RENZUKI (step in)
2. AGE UKE, SOTO UKE (with same arm), GYAKU ZUKI (step back)

3. UCHIUKE, KIZAMIZUKI, GYAKUZUKI (KOKUTSUDACHI to ZENKUTSUDACHI) (step in)
4. KOKUTSU SHUTOUKE, KIZAMI MAE GERI, ZENKUTSU NUKITE (step back)
5. MAE GERI, JODAN JUNZUKI (OI ZUKI) , CHUDAN GYAKU ZUKI (step in)
6. YOKO GERI KEKOMI, GYAKU ZUKI (step in)
7. MAWASHI GERI, GYAKU ZUKI (step in)
8. MAE GERI, YOKO GERI KEKOMI, MAWASHI GERI, GYAKU ZUKI (step in)

【KATA】

1. from HEIAN SHODAN to TEKKI SANDAN specified by examiner (Question and Answer Session)
2. Student's favourite KATA (Question and Answer Session)

【KUMITE】 JIYU KUMITE

6th Dan

【KIHON】 Specified by examiner

【KATA】

1. from HEIAN SHODAN to TEKKI SANDAN BASSAI DAI, KANKU DAI, ENPI, or JION specified by examiner (Question and Answer Session)
2. Student's favourite KATA (Question and Answer Session)

【KUMITE】 JIYU KUMITE

- Question and Answer Session on technique
- Submit a report on technique on the exam day (Submitted one week in advance)

7th Dan

【KIHON】 Specified by examiner

【KATA】 Student's favourite KATA (Question and Answer Session)

【KUMITE】 JIYU KUMITE

- Question and Answer Session on technique
- Submit a report on technique on the exam day (Submitted one week in advance)

8th, 9th, 10th Dan

Recommendation by SHIHAN KAI