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## SYLLABUS

### Syllabus criteria for examination

Exam follows Sosai's Syllabus: candidate who intent a test must know the program of the rank wished and ranks lower.

<b>Kihon</b>	Stances, techniques, static technical exercise
<b>Ido Geiko</b>	Stances, techniques, moving technical exercise
<b>Kata</b>	Knowledge of Kata & Bunkai
<b>Stamina</b>	Kyokushin spirit
<b>Kumite</b>	Fighting level, moving, understanding of basis, spirit
<b>Shiwari</b>	Boards breaking
<b>Knowledge</b>	Kyokushin Japanese words / Kyokushin story / "Etiquette" in the Dojo, bows, knot of belt, fold a Dogi...

### 10<sup>th</sup> to 3<sup>rd</sup> Kyu (Kohai)

Ranks until 3<sup>rd</sup> Kyu are delivered by Dojo operator on their own responsibility.  
There is no time schedule between each rank.

#### 10<sup>th</sup> Kyu (Orange belt)

- **Tachikata:** Yoi, Fudo Dachi, Sanchin Dachi, Zenkutsu Dachi
- **Tsuki:** Seiken Tsuki (Jodan, Chudan, Gedan), Seiken Morote Tsuki (Jodan, Chudan, Gedan), Seiken Ago Uchi
- **Uke:** Jodan Uke, Mae Gedan Barai (Seiken, Shuto)
- **Keri:** Hiza Geri (Mae, Mawashi, Ganmen), Kin Geri, Mae Geri (Chudan, Jodan)
- **Kokyu Ho:** Shin Kokyu Ho, Nogare (Omote, Ura), Kiai
- **Ido Geiko** (Maeni, Sagari, Mawate): Zenkutsu Dachi, Sanchin Dachi ; Oi & Gyaku
- **Kata** (Bunkai): Taikyoku sono Ichi, Taikyoku sono Ni
- **Kumite:** Ippon Kumite, Randori, Jyu Kumite - 2 x 60 seconds

#### 9<sup>th</sup> Kyu (Orange belt with white stripe)

- **Tachikata:** Musubi Dachi, Heiko Dachi, Heisoku Dachi, Kokutsu Dachi
- **Tsuki:** Seiken Shita Tsuki, Seiken Tate Tsuki (Chudan, Jodan), Seiken Kagi Tsuki
- **Uke:** Seiken Soto Uke, Seiken Uchi Uke, Shuto Soto Uke, Shuto Uchi Uke (Chudan, Jodan)
- **Keri:** Uchi Mawashi Keage, Soto Mawashi Keage, Yoko Keage, Mae Keage
- **Ido Geiko** (Maeni, Sagari, Mawate): Kokutsu Dachi
- **Kata** (Bunkai): Taikyoku sono San
- **Kumite:** Sanbon Kumite, Yakusoku Kumite, Jyu Kumite - 3 x 60 seconds

#### 8<sup>th</sup> Kyu (Blue belt)

- **Tachikata:** Tsuru Ashi Dachi, Kiba Dachi, Kumite no Kamae
- **Tsuki:** Uraken - Ganmen Uchi, Sayu Uchi, Hizo Uchi, Mawashi Uchi, Oroshi Uchi (2 forms)
- **Uke:** Morote Chudan Uchi Uke, Uchi Uke Gedan Barai, Soto Uke Gedan Barai, Jodan Uke Gedan Barai
- **Keri:** Kansetsu Geri, Yoko Geri (Chudan, Jodan), Mawashi Geri (Sune Gedan, Kochi Chudan, Kubi Jodan)
- **Ido Geiko:** Kiba Dachi
- **Renraku:** Sono Ichi: Mae Geri, Chudan Gyaku Tsuki; Sono Ni: Chudan Soto Uke, Mae Gedan Barai-Chudan Gyaku Tsuki
- **Kata** (Bunkai): Sokugi Taikyoku sono Ichi, Sokugi Taikyoku sono Ni, Sokugi Taikyoku sono San
- **Stamina**
- **Kumite:** Jyu Kumite - 4 x 60 seconds

#### 7<sup>th</sup> Kyu (Blue belt with white stripe)

- **Tachikata:** Uchi Hachiji Dachi, Neko Ashi Dachi, Shiko Dachi
- **Tsuki:** Tetsui Oroshi Uchi, Tetsui Hizo Uchi, Tetsui Kome Kami, Tetsui Yoko Uchi (Gedan, Chudan, Jodan), Tetsui Mae Yoko Uchi (Gedan, Chudan, Jodan)
- **Uke:** Shuto Mawashi Uke, Mawashi Uke (Mae, Yoko, Ushiro, Oroshi, Age)
- **Keri:** Jodan Uchi Heisoku Geri, Ago Jodan Geri
- **Kokyu Ho:** Ibuki Sankai
- **Ido Geiko:** Neko Ashi Dachi
- **Kata** (Bunkai): Kihon Kata Shodan, Pinan sono Ichi, Sanchin no Kata
- **Stamina**
- **Kumite:** Jyu Kumite - 4 x 60 seconds

#### 6<sup>th</sup> Kyu (Yellow belt)

- **Tachikata:** Kake Ashi Dachi
- **Tsuki:** Shuto Yoko Ganmen Uchi, Shuto Sakotsu Uchi, Shuto Hizo Uchi, Shuto Sakotsu Uchi Komi, Shuto Jodan Uchi Uchi, Nihon Nukite, Yohon Nukite (Chudan, Jodan)
- **Uke:** Mawashi Gedan Barai, Juji Gedan Barai, Hiji Uke, Jodan Shuto Uchi Uke, Enkei Gyaku Tsuki (2 forms)

- **Keri:** Ushiro Geri (Chudan, Jodan, 3 forms), Ushiro Mawashi Geri (Gedan, Chudan, Jodan)
- **Ido Geiko:** Kake Ashi Dachi
- **Kata (Bunkai):** Pinan sono Ni, Pinan sono San
- **Stamina**
- **Kumite:** Jyu Kumite - 5 x 60 seconds

#### 5<sup>th</sup> Kyu (Yellow belt with white stripe)

- **Tachikata:** Moro Ashi Dachi
- **Tsuki:** Shotei Uchi (Gedan, Chudan, Jodan), Age Hiji Ate, Oroshi Hiji Ate, Ushiro Hiji Ate, Mawashi Hiji Ate, Mae Hiji Ate, Jun Tsuki
- **Uke:** Seiken Juji Uke (Gedan, Jodan), Shuto Juji Uke (Gedan, Jodan), Shotei Uke (Gedan, Chudan, Jodan)
- **Keri:** Oroshi Kakato Geri
- **Ido Geiko:** Moro Ashi Dachi
- **Kata (Bunkai):** Kihon Kata Nidan, Pinan sono yon
- **Stamina**
- **Kumite:** Jyu Kumite - 5 x 60 seconds

#### 4<sup>th</sup> Kyu (Green belt)

- **Tachikata:** Seishan Dachi, Soshin Dachi
- **Tsuki:** Koken Uchi (Gedan, Chudan, Jodan), Haishu Uchi
- **Uke:** Koken Uke (Gedan, Chudan, Jodan)
- **Geri:** Kake Geri (Gedan, Chudan, Jodan)
- **Ido Geiko:** Ura Ido
- **Renraku:** Sono San: Mae Geri, Yoko Geri, Ushiro Geri, Chudan Gyaku Tsuki
- **Kata (Bunkai):** Pinan sono Go, Taikyoku sono Ichi Ura, Taikyoku sono Ni Ura, Taikyoku sono San Ura,
- **Stamina**
- **Kumite:** Jyu Kumite - 6 x 60 seconds

#### 3<sup>rd</sup> Kyu (Green belt with white stripe)

- **Tsuki:** Hiraken Tsuki (Chudan, Jodan), Hiraken Oroshi Uchi, Hiraken Mawashi Uchi
- **Uke:** Gedan Shotei Morote Uke, Gedan Shuto Morote Uke
- **Geri:** Mae Kakato Geri (Gedan, Chudan), Age Kakato Ushiro Geri
- **Ido Geiko:** Yon Ju Go Do Ido
- **Kata (Bunkai):** Kihon Kata Sandan, Tsuki no kata
- **Stamina**
- **Kumite:** Jyu Kumite - 10 x 60 seconds

#### 2<sup>nd</sup> Kyu (Brown belt)

Minimum Age – 12 years old.

- **Tsuki:** Ryuto Ken Tsuki, Ippon Ken (Nakayubi, Oyayubi, Hitosashiyubi), Yama Tsuki
- **Uke:** Kake Uke (Chudan, Jodan), Morote Kake Uke (Chudan, Jodan)
- **Keri:** Tobi Mae Geri, Tobi Nidan Geri
- **Ido Geiko:** Kumite no Kamae (Fumi Ashi, Oi Ashi, Okuri Ashi, Kosa Ashi) with angle variation
- **Renraku:** Sono Yon: Sagari Oi Ashi - Gedan Barai, Oi Ashi - Ago Uchi, Gyaku Tsuki, Oi Ashi - Mae Geri, Mawashi Geri, Ushiro Geri, Gedan Barai, Chudan Gyaku Tsuki
- **Kata (Bunkai):** Gekisai Dai, Tensho
- **Stamina**
- **Kumite:** Jyu Kumite - 12 x 60 seconds
- **Tame Shiwari:** 2 boards (30 cm x 20 cm x 2.4 cm) - Mae Geri Chusoku, Seiken Tsuki

#### 1<sup>st</sup> Kyu (Brown belt)

Time schedule between 2<sup>nd</sup> and 1<sup>st</sup> Kyu is at least 6 complete months after date of Federal homologation.

Minimum Age – 14 years old.

- **Tsuki:** Haito Uchi (Gedan, Chudan, Jodan), Morote Haito Uchi
- **Uke:** Chudan Haito Uke, Tsukui Uke, Osae Uke
- **Keri:** Tobi Yoko Geri, Tobi Mawashi Geri, Tobi Ushiro Geri, Tobi Ushiro Mawashi Geri
- **Renraku:** Sono Go: Oi Tsuki, Gyaku Tsuki, Oi Tsuki, Shita Tsuki; Sono Roku: Oi Mawashi Geri, Oi Tsuki, Gyaku Tsuki, Gyaku Mawashi Geri
- **Kata (Bunkai):** Gekisai Sho, Yantsu
- **Stamina**
- **Kumite:** Jyu Kumite - 15 x 60 seconds
- **Tame Shiwari:** 3 boards for men, 2 for women (30 cm x 20 cm x 2.4 cm) - Mawashi Geri Chusoku, Seiken Tsuki

## YUDANSHA

### **Shodan (Sempai) - Time between 1<sup>st</sup> Kyu and Shodan is at least 1 complete year after Federal homologation.**

Minimum Age – 16 years old.

- **Tsuki:** Toho Uchi, Jodan Age Tsuki
- **Uke:** Morote Haito Uchi Uke
- **Renraku:** Sono Sichi: Mawashi Geri, Ushiro Mawashi Geri, Jodan Mae Geri, Mawashi Geri, Ushiro Mawashi Geri
- **Kata (Bunkai):** Pinan Ura (sono Ichi, sono Ni, sono San, sono yon, sono Go), Saiha
- **Stamina**
- **Kumite:** Jyu Kumite - 20 x 60 seconds
- **Tame Shiwari:** 6 boards for men, 3 for women (30 cm x 20 cm x 2.4 cm) Seiken Tsuki, Mawashi Geri Chusoku, Ushiro Mawashi Geri

### **Nidan (Sempai Dai) - Time between Shodan and Nidan is at least 2 complete years.**

Minimum Age – 18 years old.

- **Kata (Bunkai):** Seienchin, Seipai
- **Stamina**
- **Kumite:** Jyu Kumite - 30 x 60 seconds
- **Tame Shiwari:** 7 boards for men, 4 for women (30 cm x 20 cm x 2.4 cm) Seiken Tsuki, Mawashi Geri Chusoku, Ushiro Mawashi Geri

### **Sandan (Sensei) - Time between Nidan and Sandan is at least 3 complete years.**

Minimum Age – 21 years old.

Candidate must be active National Judge before Sandan test.

Candidate must be regularly present at Kyokushin national courses in his / her own country since his / her Nidan rank.

- **Kata (Bunkai):** Garyu, Kanku, present an own personal Kata
- **Stamina**
- **Kumite:** Jyu Kumite - 40 x 60 seconds
- **Tame Shiwari:** 9 boards for men, 5 for women (30 cm x 20 cm x 2.4 cm) Seiken Tsuki, Mae Geri, Mawashi Geri Chusoku, Ushiro Mawashi Geri

### **Yondan (Sensei Dai) – Time between Sandan and Yondan is at least 4 complete years.**

Minimum Age – 24 years old.

Candidate must be active National Referee before Yondan test.

Candidate must be regularly present at Kyokushin national courses in his / her own country since his / her Sandan rank.

Candidate must be acknowledged as a promoter and / or a national organizer in his / her own country within FKOK.

- **Kata (Bunkai):** Sushi Ho, present an own personal Kata
- **Stamina**
- **Kumite:** Jyu Kumite - 50 x 60 seconds
- **Tame Shiwari:** 12 boards for men, 7 for women (30 cm x 20 cm x 2.4 cm) Seiken Tsuki, Mae Geri, Mawashi Geri Chusoku, Ushiro Mawashi Geri, Shuto

### **Godan (Shihan) - Time between Yondan and Godan is at least 5 complete years.**

Minimum Age – 35 years old.

Candidate must be acknowledged as a leader in his own country.

Candidate must be regularly present at Kyokushin international FKOK's courses since his / her Yondan rank.

Candidate must be acknowledged as a promoter and / or an international organizer within FKOK.

Knowledge of special Sosai's techniques as:

- Five "Kumite Kyokushin" (candidate must choose a partner among the other candidates)
- Happo no Ko Dachi (candidate must choose a partner among the other candidates)
- **Kata (Bunkai):** Bassai (For Bunkai, candidate must choose a partner among the other candidates)
- **Tame Shiwari:** 12 boards for men, 7 for women (30 cm x 20 cm x 2.4 cm) Seiken Tsuki, Mae Geri, Mawashi Geri Chusoku, Ushiro Mawashi Geri, Shuto

### **Rokudan (Shihan Dai) - Time between Godan and Rokudan is at least 6 complete years.**

Minimum Age – 45 years old.

Candidate must be regularly present at Kyokushin international FKOK's courses since his / her Godan rank.

Candidate must be acknowledged as an international leader.

### **Nanadan, Hachidan & Kudan (Shihan Dai) - There is no time Schedule for these ranks.**

Nanadan and up must be proposed by a Federal world member board via eMail for international leaders active within FKOK.

Nanadan and up are delivered by the Federal world board.