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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>	Spirit and physical endurance test appropriate to the age, sex and rank level required
<b>Kumite</b>	Fighting level, moving, understanding of basis, spirit
<b>Shiwari</b>	Boards breaking (from 2 <sup>nd</sup> Kyu and up)
<b>Knowledge</b>	Kyokushin Japanese words / Kyokushin story / "Etiquette" in the Dojo, bows, knot of belt, fold a Dogi...

## MUDANSHA

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

Ranks until 3<sup>rd</sup> Kyu are delivered by Dojo operator without any time schedule between each rank.  
Up to and including 3<sup>rd</sup> Kyu, these grades may be (at the option of the student or the teacher), honoured by a specific Kyokushin federal diploma or embroidered coloured belt (see <http://www.kyokushinkai-france.com/1train.htm>)

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, Seiken Chudan Uchi
- **Uke:** Jodan Uke, Mae Gedan Barai (Seiken, Shuto)
- **Geri:** 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, Oi Ashi, Okuri Ashi, Fumi Ashi): Zenkutsu Dachi, Sanchin Dachi
- **Kata** (Bunkai): Taikyoku sono Ichi, Taikyoku sono Ni
- **Kumite:** Ippon Kumite, Randori, Jyu Kumite - 4 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, Seiken Mawashi Uchi, Mawashi Hiji Ate
- **Uke:** Seiken Soto Uke, Seiken Uchi Uke, Shuto Soto Uke, Shuto Uchi Uke (Chudan, Jodan)
- **Geri:** Uchi Mawashi Keage, Soto Mawashi Keage, Yoko Keage, Mae Keage
- **Ido Geiko** (Maeni, Sagari, Mawate, Oi Ashi, Okuri Ashi, Fumi Ashi): Kokutsu Dachi
- **Kata** (Bunkai): Taikyoku sono San
- **Kumite:** Sanbon Kumite, Yakusoku Kumite, Jyu Kumite - 4 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
- **Geri:** Kansetsu Geri, Yoko Geri (Chudan, Jodan), Mawashi Geri (Sune Gedan, Kochi Chudan, Kubi Jodan)
- **Ido Geiko:** Kiba Dachi (Maeni, Sagari, Mawate, Oi Ashi, Okuri Ashi, Fumi Ashi, Kosa Ashi)
- **Renraku:** Sono Ichi: Mae Geri, Chudan Gyaku Tsuki; Sono Ni: Chudan Soto Uke, Mawashi Gedan Barai-Chudan Gyaku Tsuki
- **Kata (Bunkai):** Sokugi Taikyoku sono Ichi, Sokugi Taikyoku sono Ni, Sokugi Taikyoku sono San
- **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:** Tettsui Oroshi Uchi, Tettsui Hizo Uchi, Tettsui Kome Kami, Tettsui Yoko Uchi (Gedan, Chudan, Jodan), Tettsui Mae Yoko Uchi (Gedan, Chudan, Jodan)
- **Uke:** Shuto Mawashi Uke, Mawashi Uke (Mae, Yoko, Ushiro, Oroshi, Age)
- **Geri:** Jodan Uchi Heisoku Geri, Ago Jodan Geri
- **Kokyu Ho:** Ibuki Sankai
- **Ido Geiko:** Neko Ashi Dachi (Maeni, Sagari, Mawate, Oi Ashi, Okuri Ashi, Fumi Ashi, Kosa Ashi)
- **Kata (Bunkai):** Kihon Kata Shodan, Pinan sono Ichi, Sanchin no Kata
- **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), Ushiro Hiji Ate, Mae Hiji Ate
- **Uke:** Mawashi Gedan Barai, Juji Gedan Barai, Hiji Uke, Jodan Shuto Uchi Uke, Enkei Gyaku Tsuki (2 forms)
- **Geri:** 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
- **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, Jun Tsuki
- **Uke:** Seiken Juji Uke (Gedan, Jodan), Shuto Juji Uke (Gedan, Jodan), Shotei Uke (Gedan, Chudan, Jodan)
- **Geri:** Oroshi Kakato Geri
- **Ido Geiko:** Moro Ashi Dachi (Maeni, Sagari, Mawate, Oi Ashi, Okuri Ashi, Fumi Ashi, Kosa Ashi)
- **Kata (Bunkai):** Kihon Kata Nidan, Pinan sono yon
- **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):** Kihon Kata Sandan, Pinan sono Go, Taikyoku Ura (Sono Ichi, Ni, San)
- **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):** Tsuki no Kata
- **Kumite:** Jyu Kumite - 10 x 60 seconds

**2<sup>nd</sup> Kyu (Brown belt): Successful completion of this rank qualifies for the issuance of a dated and numbered federal diploma.**

Minimum Age – 11 years old.

- **Tsuki:** Ryuto Ken Tsuki, Ippon Ken (Nakayubi, Oyayubi, Hitosashiyubi), Yama Tsuki
- **Uke:** Kake Uke (Chudan, Jodan), Morote Kake Uke (Chudan, Jodan)
- **Geri:** Tobi Mae Geri, Tobi Nidan Geri
- **Ido Geiko:** Kumite no Kamae (Maeni, Sagari, Oi Ashi, Okuri Ashi, Fumi 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
- **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 registration. Successful completion of this rank qualifies for the issuance of a dated and numbered federal diploma.**

Minimum Age – 12 years old.

- **Tsuki:** Haito Uchi (Gedan, Chudan, Jodan), Morote Haito Uchi, Keiko Uchi
- **Uke:** Chudan Haito Uke, Tsukui Uke, Osae Uke
- **Geri:** 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
- **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 - Successful completion of each Dan exam will result in the issuance of a dated and numbered federal diploma, a Dan card, and a traditional embroidered belt on the student's behalf.**

*The "Kumite" Unit of Value for rank test from Shodan is optional for senior candidates over 40 years old for women and 45 years old for men.*

*If the candidate chooses on his registration form not to take the Kumite test, he will be awarded an average score of 10/20 for this UV.*

**Shodan (Sempai) - Time before Shodan is at least 1 year after Federal registration of 1<sup>st</sup> Kyu.**

Minimum Age – 14 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
- **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 before Nidan is at least 2 years after Shodan diploma.**

Minimum Age – 17 years old.

- **Kata (Bunkai):** Seienchin, Seipai
- **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 before Sandan is at least 5 years after Shodan including at least 1 year after Nidan.**

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, "Kumite Kyokushin" #1~3
- **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 before Sandan is at least 9 years after Shodan including at least 1 year after Sandan.**

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, Five "Kumite Kyokushin" with a partner among candidates
- **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 before Godan is at least 9 years after Shodan including at least 1 year after Yondan.**

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.

Candidate must send a thesis of 10 to 20 pages on a subject of his choice concerning his practice of Kyokushin with a compulsory part summarizing the history of the bases of karate, Kyokushin and Sosai Oyama (may be written in English, French or Spanish). This thesis must be sent to FKOK by eMail at least 2 months before the exam in Word format (\*.docx).

The candidate will be received in free discussion with the Jury during the camp during which the exam takes place.

**Technique**

Knowledge of special Sosai's techniques as:

- Five "Kumite Kyokushin" with free partner
- 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 before Rokudan is at least 15 years after Sandan including at least 1 year after Godan.**

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.