SYLLABUS ...................................................................................................................................................................... 2
Syllabus criteria for examination........................................................................................................................................ 2
10th to 3rd Kyu (Kohai) ................................................................................................................................................... 2
2nd Kyu (Brown belt) ...................................................................................................................................................... 3
1st Kyu (Brown belt) ....................................................................................................................................................... 3
YUDANSHA .................................................................................................................................................................. 4
Shodan (Sempai) - Time before Shodan is at least 1 year after Federal registration of 1st Kyu. ............................... 4
Nidan (Sempai Dai) - Time before Nidan is at least 2 years after Shodan diploma. ..................................................... 4
Sandan (Sensei) - Time before Sandan is at least 5 years after Shodan including at least 1 year after Nidan. .......... 4
Yondan (Sensei Dai) – Time before Sandan is at least 9 years after Shodan including at least 1 year after Sandan..... 4
Godan (Shihan) - Time before Godan is at least 9 years after Sandan including at least 1 year after Yondan. .......... 4
Rokudan (Shihan Dai) - Time before Rokudan is at least 15 years after Sandan including at least 1 year after Godan.. 4
Nanadan, Hachidan & Kudan (Shihan Dai) - There is no time Schedule for these ranks. ................................. 4
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.

Kihon
Stances, techniques, static technical exercise

Ido Geiko
Stances, techniques, moving technical exercise

Kata
Knowledge of Kata & Bunkai

Stamina
Spirit and physical endurance test appropriate to the age, sex and rank level required

Kumite
Fighting level, moving, understanding of basis, spirit

Shiwari
Boards breaking (from 2nd Kyu and up)

Knowledge
Kyokushin Japanese words / Kyokushin story / "Etiquette" in the Dojo, bows, knot of belt, fold a Dogi...

MUDANSHA

10th to 3rd Kyu (Kohai)
Ranks until 3rd Kyu are delivered by Dojo operator without any time schedule between each rank.

Up to and including 3rd 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)

10th 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)
- 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, Matate): Zenkutsu Dachi, Sanchin Dachi ; Oi & Gyaku
- Kata (Bunkai): Taikyoku sono Ichi, Taikyoku sono Ni
- Kumite: Ippon Kumite, Randori, Jyu Kumite - 2 x 60 seconds

9th 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 Hijji Ate
- 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, Matate): Kokutsu Dachi
- Kata (Bunkai): Taikyoku sono San
- Kumite: Sanbon Kumite, Yakusoku Kumite, Jyu Kumite - 3 x 60 seconds

8th 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, Mawashi Gedan Barai-Chudan Gyaku Tsuki
- Kata (Bunkai): Soguki Taikyoku sono Ichi, Soguki Taikyoku sono Ni, Soguki Taikyoku sono San
- Kumite: Jyu Kumite - 4 x 60 seconds

7th Kyu (Blue belt with white stripe)

- Tachikata: Uchi Hachiji Dachi, Neko Ashi Dachi, Shiko Dachi
- Tsuki: Tetsusi Oroshi Uchi, Tetsusi Hizo Uchi, Tetsusi Kome Kami, Tetsusi Yoko Uchi (Gedan, Chudan, Jodan), Tetsusi 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
- Kumite: Jyu Kumite - 4 x 60 seconds
6th Kyu (Yellow belt)
- **Tachikata:** Kake Ashi Dachi
- **Tsuki:** Shuto Yoko Ganmen Uchi, Shuto Sakotsu Uchi, Shuto Hijo Uchi, Shuto Sakotsu Uchi Komi, Shuto 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 Mashashi Geri (Gedan, Chudan, Jodan)
- **Ido Geiko:** Kake Ashi Dachi
- **Kata (Bunkai):** Pinan sono Ni, Pinan sono San
- **Kumite:** Jyu Kumite - 5 x 60 seconds

5th 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)
- **Ido Geiko:** Moro Ashi Dachi
- **Kata (Bunkai):** Kihon Kata Nidan, Pinan sono Go, Taikyoku Ura (Sono Ichi, Ni, San)
- **Kumite:** Jyu Kumite - 6 x 60 seconds

4th Kyu (Green belt)
- **Tachikata:** Seishan Dachi, Soshin Dachi
- **Tsuki:** Koken Uchi (Gedan, Chudan, Jodan), Haishu Uchi
- **Uke:** Koken Uke (Gedan, Chudan, Jodan)
- **Gerি:** Kake Gerি (Gedan, Chudan, Jodan)
- **Ido Geiko:** Ura Ido
- **Renraku:** Sono San: Mae Gerи, Yoko Gerи, Ushiro Gerи, Chudan Gyaku Tsuki
- **Kata (Bunkai):** Kihon Kata Sandan, Pinan sono Go, Taikyoku Ura (Sono Ichi, Ni, San)
- **Kumite:** Jyu Kumite - 6 x 60 seconds

3rd Kyu (Green belt with white stripe)
- **Tsuki:** Hiraken Tsuki (Chudan, Jodan), Hiraken Oroshi Uchi, Hiraken Mashashi Uchi
- **Uke:** Gedan Shoitei Morote Uke, Gedan Shuto Morote Uke
- **Gerи:** Mae Kakato Gerи (Gedan, Chudan), Age Kakato Ushiro Gerи
- **Ido Geiko:** Yon Ju Go Do Ido
- **Kata (Bunkai):** Tsuki no Kata
- **Kumite:** Jyu Kumite - 10 x 60 seconds

2nd Kyu (Brown belt): Minimum Age – 12 years old. Successful completion of this rank qualifies for the issuance of a dated and numbered federal diploma.
- **Tsuki:** Ryuto Ken Tsuki, Ippon Ken (Nakayubi, Oyayubi, Hitosashiyubi), Yama Tsuki
- **Uke:** Kake Uke (Chudan, Jodan), Morote Kake Uke (Chudan, Jodan)
- **Keri:** Tobi Mae Gerи, Tobi Nidan Gerи
- **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 - A Go Uchi, Gyaku Tsuki, Oi Ashi - Mae Gerи, Mashashi Gerи, Ushiro Gerи, 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 Gerи Chusoku, Seiken Tsuki

1st Kyu (Brown belt): Time schedule between 2nd and 1st 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 – 14 years old.
- **Tsuki:** Hito Uchi (Gedan, Chudan, Jodan), Morote Hito Uchi, Kekko Uchi
- **Uke:** Chudan Hito Uke, Tsukui Uke, Osae Uke
- **Keri:** Tobi Yoko Gerи, Tobi Mashashi Gerи, Tobi Ushiro Gerи, Tobi Ushiro Mashashi Gerи
- **Renraku:** Sono Go: Oi Tsuki, Gyaku Tsuki, Oi Tsuki, Shita Tsuki; Sono Roku: Oi Mashashi Gerи, Oi Tsuki, Gyaku Tsuki, Gyaku Mashashi Gerи
- **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) - Mashashi Gerи 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.

Shodan (Sempai) - Time before Shodan is at least 1 year after Federal registration of 1st Kyu.

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
- **Kumite**: Jyu Kumité - 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 – 18 years old.
- **Kata (Bunkai)**: Seiienchin, 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 promotor 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 Sandan 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 promotor 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.