



ITKF

ITKF BLACK BELT GRADUATION EXAM PROGRAM RANKING STANDARDS



International Traditional Karate Federation
Diploma
Ranking of Recognition
This is to recognize that



ITKF BLACK BELT GRADUATION EXAM PROGRAM RANKING STANDARDS

ITKF examination program aims to standardize the organization's examination content globally. It also aims to develop and improve the technical skills of ITKF members through a program that requires extensive training, technical knowledge, and cognitive discernment.

The exam for each grade includes kihon, kata, self-defense and kumite with increasing degrees of complexity.

Ranking is the evaluation of an individual's progress towards the attainment of human perfection through the practice of karate. This evaluation is not based solely upon the physical techniques of karate. It encompasses the entire human being's physical, moral, and spiritual development. Promo-

tions in rank are awarded in proportion to an individual's degree of development toward the karate goals of perfection. The established standards of progress and criteria for advancement are explained as follows.

For exams to be recognized by ITKF, examiners must be properly registered, examining boards must meet the compositions and candidates must meet the training time and minimum age criteria.

All those who pass the Dan exams must be registered with ITKF to officially belong to the organization, have their registration included on the institutional website and participate in courses, championships and other institutional events.





1. TRAINING TIME AND MINIMUM AGE REQUIRED FOR EACH GRADE



2. COMPOSITION OF EXAM BOARDS FOR EACH DEGREE

RANK	MINIMUM TRAINING TERM FOR REGULAR RANK	MINIMUM AGE REQUIREMENTS
SHO-DAN (1stDan)	10 months after received ICHI (1st) KYU	14 years old
NI-DAN (2ndDan)	More than 2 years after receiving SHO (1st) DAN	21 years old
SAN-DAN (3rdDan)	More than 3 years after receiving NI (2nd) DAN	25 years old
YON-DAN (4thDan)	More than 4 years after receiving SAN (3rd) DAN	30 years old
GO-DAN (5thDan)	More than 5 years after receiving YON (4th) DAN	36 years old
ROKU-DAN (6thDan)	More than 6 years after receiving GO (5th) DAN	42 years old
NANA-DAN (7thDan)	More than 7 years after receiving ROKU (6th) DAN	48 years old
HACHI-DAN (8thDan)	More than 8 years after receiving NANA (7th) DAN	56 years old
KYU-DAN (9thDan)	More than 9 years after receiving HACHI (8th) DAN	65 years old
JU-DAN (10thDan)	More than 10 years after receiving KYU (9th) DAN	75 years old

HACHI (8th) through ICHI (1st) KYU	One class D (or higher); or two class E examiners	(1D or 2E)
SHO (1st) DAN	One Class C (or higher) Examiner; or two Class D Examiners; or one Class D and two Class E Examiners.	(1C or 2D or 1D + 2E)
NI (2nd) DAN	One Class B (or higher) Examiner; or two Class C Examiners; or one Class C and two Class D.	(1B or 2C or 1C + 2D)
SAN (3rd) DAN	One Class A Examiner; or two Class B Examiners; or one Class B and two Class C Examiners; or four Class C Examiners.	(1A or 2B or 1B + 2C or 4C)
YON (4th) DAN	One Class A and one Class B Examiners; or three Class B Examiners.	(1A + 1B or 3 B)
GO (5th) DAN	One Class AA Examiner; or two Class A Examiners.	(1AA or 2A)
ROKU (6st) DAN and above	One Class AA and one Class A Examiners; or three Class A Examiners. Approval of ITKF Technical Committee.	(1AA + 1 A or 3A)
SHITI (7st) DAN and above	Two Class AA Examiners and one Class A Examiner. Approval of ITKF Technical Committee.	(2AA + 1A)

3.DAN EXAM CONTENT



SHODAN

This level necessitates a further maturation of abilities. All basic body movements and techniques, including hand and leg techniques, can be applied with extended force and proper application in basic combinations.

KIHON

	ACTION	POSITION	DIRECTION
	Yoi Hidari Gedan Barai	Shizentai Zenkutsu Dachi	in place forward →
SHODAN - ICHI			
Sequence 1	SANBON ZUKI Age Uke, Gyakuzuki Maegeri, Junzuki, Gyaku Zuki	Zenkutsu Dachi Zenkutsu Dachi Zenkutsu Dachi	forward → backward ← forward →
Sequence 2	SANBON ZUKI Uchi Uke, Kizamizuki, Gyaku Zuki Yoko Geri, Uraken Uchi, Gyaku Zuki	Zenkutsu Dachi Zenkutsu Dachi Zenkutsu Dachi	forward → backward ← forward →
Sequence 3	SANBON ZUKI Soto Uke, Yoko Hijiate, Uraken Uchi, Gyakuzuki Mawashi Geri, Gyaku Zuki Uraken Uchi	Zenkutsu Dachi Zenkutsu Dachi, Kiba dachi, Zenkutsu Dachi Zenkutsu Dachi	forward → backward ← forward →
Sequence 4	SANBON ZUKI Gedan Barai, Uraken Uchi, Gyaku Zuki Ushiro Geri, Uraken Uchi, Gyakuzuki	Zenkutsu Dachi Zenkutsu Dachi Zenkutsu Dachi	forward → backward ← forward →
Sequence 5	SANBON ZUKI Shuto Uke, Kizami Maegeri, Gyaku Nukite Mae Ashi Yoko Geri (tsugi ashi), Uraken Uchi, Gyaku zuki.	Zenkutsu Dachi Kokutsu Dachi, Zenkutsu Dachi Zenkutsu Dachi	forward → backward ← forward →
			TURN BACK
SHODAN - NI			
	Mae Geri, Yoko Geri (changing leg)	Zenkutsu Dachi	forward →
Sequence 1	Gedan Barai, Gyaku zuki	Zenkutsu Dachi	backward ←
	Mawashi Geri, Yoko Geri(changing leg), Uraken Uchi, Gyaku Zuki	Zenkutsu Dachi	forward →
			TURN BACK

KATA



SENTEI KATA

HEIAN WAZA
SHUTO WAZA

Demonstrate **complete mastery** and knowledge of the applicability of the attack and defense movements contained in Heian Waza and Shuto Waza. **Stability, balance, vision and body expression.**

TOKUI KATA

BASSAI DAI, JION
or KANKU DAI

Demonstrate mastery of a researched and chosen kata within your **personal characteristics**, showing in-depth knowledge of all its techniques by executing it with **stability, balance, vision and body expression.**

KUMITE

DISTANCE

Personal distance for each technique

ARMS: Kizamizuki, Gyakutsuki.

LEGS: Kizami maegeri, Maegeri taking a step forward with the back leg.

TODOME WAZA

Demonstrate **Gyak-zuki** using yori-ashi, pressure, expansion and rotation. **Mae geri** advancing with the back leg, pressure, expansion and using pendulum.

MOVING THE BODY

ATTACK DISPLACEMENTS: Yori-ashi, Okuri-ashi. Tsugi-ashi, Ayumi-ashi and Kaeashi.

DEFENSE MOVEMENTS: Hiraki-ashi, Ura Hiraki-ashi, Mawashi-ashi, Ura Mawashi-ashi, Yori-ashi, Okuri-ashi. Tsugi-ashi, Ayumi-ashi and Kaeashi.

APPLICATION TIMES OGI WAZA

OFFENSE SIDE: attack (half attack) with Kizami-zuki jodan, Gyaku-zuki chudan and Mae-geri chudan. **DEFENSE SIDE** - use Uke-waza and Amashi-waza and counterattack Gyaku-zuki.

JYU IPPON KUMITE

Gono Sen: Uke Waza, Amashi waza

Demonstrate correct application of attack and defense movements **Maai / Todome-waza:**

Oi-Zuki, jodan, Oi-Zukichudan, Mae-geri chudan, Yoko-geri chudan, Mawashi-geri jodan, Ushiro-geri.

JYU KUMITE

Demonstrate **fighting strategy**, timing, distance, and todome waza. **(*) From 14 to 17 years old use Ko Go Kumite.**



2nd DAN

NI-DAN

This state requires the personal assimilation and performance of all basic body movements and techniques to such a degree that their application is in accord with the individual's own unique body demands.

KIHON

KATA

SENTEI KATA
TEKKI SHODAN
ENPI WAZA

Demonstrate complete **mastery and knowledge of the attacking and defending** movements contained in the basic kata. Mastery of basic positions. Alternating between slow and fast movements. **Stability, balance, vision and body expression.** Application of self defense in Enpi Waza.

TOKUI KATA
JITTE or
ENPI

Demonstrate mastery of a researched and chosen kata within your personal characteristics, **showing in-depth knowledge of all its techniques** by executing it with **stability, balance, vision and body expression.**

	ACTION	POSITION	DIRECTION
NIDAN - ICHI	Yoi Hidari Gedan Barai	Shizentai Zenkutsu Dachii	in place forward →
Sequence 1	Kizami-Zuki jodan (yori ashi), Oi-Zuki jodan(ayumi-ashi), Gyaku-Zuki chudan (tsugi-ashi) Age-Uke (ayumi-ashi), (same arm) Soto-Uke (yori-ashi), Gyaku-zuki Kizami Mae-geri, Mae-geri, Jodan jun-zuki, Gyaku-Zuki	Zenkutsu Dachii Zenkutsu Dachii Zenkutsu Dachii	forward → backward ← forward →
Sequence 2	Kizami-Zuki Jodan (yori ashi), Oi-Zuki (ayumi-ashi), Gyaku-Zuki (tsugi-ashi) Soto-Uke (ayumi-ashi), (same arm) Gedan-Barai (yori-ashi), (same arm) Uraken-Uchi, Gyaku-zuki Kizami Mawashi-geri, Mawashi-geri, Gyaku-zuki Uraken-Uchi	Zenkutsu Dachii Zenkutsu Dachii Zenkutsu Dachii	forward → backward ← forward →
Sequence 3	Kizami-Zuki jodan (yori ashi), Oi-Zuki (ayumi-ashi), Gyaku-Zuki (tsugi-ashi) Guedan-Barai (ayumi-ashi), Uchi-Uke (same arm - yori ashi), Kizami-Zuki (same arm), Gyaku-Zuki Kizami mae-geri, Ushiro-geri, Uraken-uchi, Gyaku-zuki	Zenkutsu Dachii Zenkutsu Dachii Zenkutsu Dachii	forward → backward ← forward →
NIDAN - NI			TURN BACK
Sequence 1	Kizami-Zuki jodan (yori ashi), Oi-Zuki (ayumi-ashi), Gyaku-Zuki (tsugi-ashi) Shuto-uke (ayumi-ashi), Gyaku-nukite, Jun-Haito, Gyaku-Haito (same place), Maeashi Yoko-geri (yori ashi), Ura Shuto-uchi, Gyaku Shuto-uchi Maeashi Yoko-geri (tsugi ashi), Yoko-geri, Maeashi Ushiro-geri (tsugi-ashi), Uraken-uchi, Gyaku zuki	Zenkutsu Dachii Kokutsu/Zenkutsu Dachii Zenkutsu Dachii	forward → backward ← forward →
Sequence 2	Kizami-Zuki jodan (yori ashi), Oi-Zuki (ayumi-ashi), Gyaku-Zuki (tsugi-ashi) Age jodan Harai-uke (ayumi-ashi), Tate-Zuki (same arm), Uchikomi (yori-ashi), Maeashi Ura-mawashi (tsugi ashi), Ushiro-gueri (ayumi ashi), Uraken-Uchi, Gyaku-zuki Yoko-zuki (same arm / kiba dachi)	Zenkutsu Dachii Kokutsu /Zenkutsu Dachii Zenkutsu Dachii	forward → backward ← forward →
NIDAN - SAN			TURN BACK
Sequence 1	Maeashi Mae-Geri, Mawashi-Gueri (ayumi ashi), Gyaku-zuki, Uraken-Uchi Gedan-Barai, Uraken-uchi, Gyaku-zuki Mawashi-Geri (pull the leg/ same place), Uraken Uchi, Gyaku-Zuki Ushiro-geri (ayumi-ashi), Uraken-Uchi, Gyaku-zuki Maeashi Mawashi-geri (tsugi ashi), Gyaku-zuki, Uraken-uchi)	Zenkutsu Dachii Zenkutsu Dachii Zenkutsu Dachii	forward → backward ← forward →

KUMITE

DISTANCE
Personal
distance
for each
technique

ARMS: Kizami-zuki and Gyaku-zuki.
LEGS: Kizamimae-geri, Mawashi-geri with the back leg moving forward.
OFFENSE SIDE: Kizami-zuki, Gyaku-zuki, and Keri waza

TODOME WAZA

Demonstrate **TODOME WASA** using Yori e Tsugi-ashi by applying Uraken-uchi, Gyaku-zuki, and Mae geri.

APPLICATION TIMES

**KAKE WAZA
OGI WAZA**

KAKE WAZA

OFFENSE SIDE - Demonstrate physical kyo by opening the Kamae or changing legs. **DEFFENSE SIDE** - Kake-waza when he perceives Kyo.

OGI WAZA

OFFENSE SIDE - attack with Kizami-zuki jodan, Gyaku-zuki chudan, Mae-geri chudan, Mawashi-geri jodan, Ushiro-geri chudan and Ushiro ura- mawashi-geri jodan.

DEFFENSE SIDE - use Uke-waza, Amashi-waza and Tai-no-sem. Counterattack Gyaku-zuki.

HAPPO KUMITE

5 offenses
in a line

THE ATTACKERS: in a row, attack one at a time, then return to the row; Oi-zuki jodan, Gyaku-zuki chudan, Mae-geri chudan, Mawashi-geri jodan, Ushiro-geri chudan.

DEFFENSE SIDE - use Uke-waza, Amashi waza and Tai-no-sem. Counterattack Gyaku-zuki

JYU KUMITE

Demonstrate **fighting strategy,** timing, distance, and todome waza.



3rd DAN

SAN-DAN

At this position, the individual has acquired the understanding of the underlying principles in all basic body movements and techniques. Moreover, this understanding can be demonstrated in the application of techniques under varied circumstances and conditions.

KIHON

KATA

SENTEI KATA
KITTEI KATA
TEISHO WAZA

Demonstrate complete mastery and knowledge of the attacking and defending movements contained in the basic kata. Mastery of basic positions. Alternating between slow and fast movements. Stability, balance, vision and body expression. Application of self defense in Teisho Waza.

TOKUI KATA
GANKAKU,
HANGETSU,
BASSAI SHO or
KANKU SHO

Demonstrate mastery of a researched and chosen kata within your personal characteristics, showing in-depth knowledge of all its techniques by executing it with stability, balance, vision and body expression.

ANSWER QUESTIONS ABOUT THE PRESENTED KATA

	ACTION	POSITION	DIRECTION
SANDAN - ICHI	Yoi Hidari Gedan Barai	Shizentai Kiba Dachi	in place backward ←
Sequence	<ol style="list-style-type: none"> 1 Yoko-geri keague (okuri-ashi) 2 Gedan-Barai (ayumi ashi - backward), Gyaku-zuki 3 Maeashi Yoko-geri kekomi (tsugi-ashi), Uraken uchi, Gyaku-zuki. 	Kiba Dachi Zenkutsu Dachi Zenkutsu Dachi	forward → backward ← forward →
SANDAN - NI			
Sequence	<ol style="list-style-type: none"> 1 Kizami-zuki (yori ashi), Mae-geri (ayumi ashi), Jun zuki chudan 2 Soto-uke jodan (ayumi ashi - backward), Gedan barai (same arm), Uraken-uchi, Gyaku-zuki 3 Mawashi-gueri (ayumi ashi), Gyaku-zuki (tsugi ashi) 	Zenkutsu Dachi Zenkutsu Dachi Zenkutsu Dachi	forward → backward ← forward →
SANDAN - SAN			
Sequence	<ol style="list-style-type: none"> 1 Gyaku-zuki (tsugi ashi), Maeashi Mawashi-geri (tsugi ashi), Gyaku-zuki, Uraken-uchi 2 Mawashi-geri (ayumi ashi), Ura Mawashi-geri (same leg), Uraken-uchi, Gyaku-zuki. 	Zenkutsu Dachi Zenkutsu Dachi	forward → forward →
SANDAN - YON			
Sequence	<ol style="list-style-type: none"> 1 Mae-geri (ayumi ashi), Mawashi-geri (same leg), Gyaku-zuki, Uraken-uchi 2 Kizami-zuki (ayumi ashi - backward), Gyaku-zuki 3 Ushiro-geri (ayumi ashi), Uraken-uchi, Gyaku-zuk 4 Mawashi-geri (ayumi ashi), Gyaku-zuki, Uraken uchi (kaiten, turn forward) 	Zenkutsu Dachi Zenkutsu Dachi Zenkutsu Dachi Zenkutsu Dachi	forward → backward ← forward → forward →
SANDAN - GO			
Sequence	<ol style="list-style-type: none"> 1 Kizami Mae-gueri (same place), Kizami-zuki, Gyaku-zuki 2 Maeashi Mawashi-gueri (tsugi ashi), Mae-geri (ayumi ashi), Mawashi-geri (same leg), Gyaku Zuki 3 Ura Mawashi-geri (tsugi ashi), Uraken-uchi, Gyaku-zuki 4 Ura Shuto-uchi (kaiten/turn forward), Yoko-geri (kaeashi (- 45°, ayumi ashi) 	Zenkutsu Dachi Zenkutsu Dachi Zenkutsu Dachi Zenkutsu Dachi	forward → forward → forward → forward →

KUMITE

TODOME WAZA

Demonstrate using Yori-ashi and Tsugi-ashi by applying jodan uchi, gyaku-zuki chudan and kizami mae-geri.

EXPLANATION OF TIMES

Take-waza, Oji-waza and Shikake-waza;

APPLICATION TIMES

KAKE WAZA

OGI WAZA

SHIKAKE WAZA

KAKE WAZA

OFFENSE SIDE - Demonstrate physical kyo by opening the Kamae or changing legs. **DEFFENSE SIDE** - Kake-waza when he perceives Kyo.

OGI WAZA

OFFENSE SIDE - attack with Kizami-zuki jodan, Gyaku-zuki chudan, Mae-geri chudan, Mawashi-geri jodan, Ushiro-geri chudan and Ushiro ura- mawashi-geri jodan.

DEFFENSE SIDE - use Uke-waza, Amashi-waza and Tai-no-sem. Counterattack Gyaku-zuki.

SHIKAKE WAZA -

DEFFENSE SIDE - Sasoi-waza, Kuzushi-waza, Rensokukogeki-waza.

JYU KUMITE

Demonstrate fighting strategy, timing, distance, and todome waza.

HAPPO KUMITE

5 attackers
They will attack one at a time and return to the line

OFFENSE SIDE: Oi- zuki jodan, Gyaku-zuki chudan, Mae-geri chudan, Mawashi-geri jodan, Ushiro-geri chudan.

DEFFENSE SIDE: Kake-waza, Ogi-waza and Shikake-waza.



YON-DAN

The individual attaining this standing has exemplified knowledge of the principles of body movements and techniques and their application under varied conditions to such a degree that the ability to instruct others has been gained.

KIHON

	ACTION	POSITION	DIRECTION
YONDAN - ICHI	Yoi Hidari Gedan Barai	Shizentai Kiba Dachi	in place backward ←
Sequence 1	Gyaku-zuki (yori ashi), Kizami-zuki (yori ashi), Oi-zuki (ayumi ashi), Uraken-uchi (yori ashi) Kizami-zuki (yori ashi), Mae-geri (ayumi ashi), Jun-zuki jodan, Gyaku-zuki. Kizami Yoko-geri kekomi guedan, Oikomi-Zuki (ayumi ashi), Gyaku-zuki, Uraken-uchi (yori ashi), Gyaku-zuki (tsugi ashi), Maeashi Ura Mawashi-geri (tsugi ashi).	Zenkutsu Dachi Zenkutsu Dachi Zenkutsu Dachi	forward → forward → forward →
YONDAN - NI			
Sequence 1	Ushiro-geri (ayumi ashi), Ura-Mawashi gueri (same leg), Oikomi-zuki (ayumi ashi), Gyaku suzi (ayumi ashi). Kizami Mae-geri, Mawashi geri (kaeshi), Maeashi Yoko-geri (Yori ashi - hiki shi), Ushiro geri (ayumi ashi), Uraken-uchi (kaiten), Maeashi ushiro-geri (tsugi ashi), Uraken-uchi, Gyaku zuki	Zenkutsu Dachi Zenkutsu Dachi	backward ← backward ←

KATA

SENTEI KATA

KITTEI KATA

TEKKI 2

UCHI WAZA

Demonstrate complete mastery and knowledge of the attacking and defending movements contained in the basic kata. Mastery of basic positions. **Alternating between slow and fast movements.** Stability, balance, vision and body expression.
Application of self defense in Uchi Waza.

TOKUI KATA

Show Tokui Kata above those required in exams up to sandan graduation

Demonstrate mastery of a researched and chosen kata within your personal characteristics, showing in-depth knowledge of all its techniques by executing it with stability, balance, vision and body expression.

EXPLANATION ABOUT THE APPLICABILITY OF 2 TOKUI KATA TECHNIQUES

KUMITE

TODOME WAZA

Show the technical adaptation to your physical and morphological condition

JYU KUMITE

Demonstrate fighting strategy, timing, distance, and todome waza.

DIDACTICS

Watch an attacker carry out his strategy of attacks, and demonstrate your strategy against that attack.

THESIS

EXPLAIN THE THESIS

The instructor must **write in English** and deliver a thesis focusing on a specificity of traditional karate in **3 copies** on the day of the exam. The thesis should have **7 pages**. Typed **double space** in **12-point font size**.

The thesis should be structured and contain the following items:

Cover Page {Title, Author, Country, and Date}

Abstract {350 words} and **Key Words** {3}

Introduction / Objectives / Theme development and Discussion / Conclusion / References / Appendices.



GO-DAN

This is the level wherein research has been completed in some limited area. This research includes its application in a manner that is both relevant and applicable to the individual's particular physique.

KIHON

ACTION

Kihon sequences from the 2nd, 3rd and 4th Dan program will be requested.

KATA

SENTEI KATA

KITTEI KATA
TEKKI 3
AWAZE WAZA

Demonstrate complete mastery and knowledge of the attacking and defending movements contained in the basic kata. Mastery of basic positions. **Alternating between slow and fast movements.** Stability, balance, vision and body expression.
Application of self defense in Awaze Waza.

TOKUI KATA

Show Tokui Kata above those required in exams up to sandan graduation

Demonstrate mastery of a researched and chosen kata within your personal characteristics, showing in-depth knowledge of all its techniques by executing it with stability, balance, vision and body expression.

EXPLANATION ABOUT THE APPLICABILITY OF 3 TOKUI KATA TECHNIQUES

KUMITE

JYU KUMITE

Demonstrate fighting strategy, timing, distance, and todome waza.

THESIS

EXPLAIN THE THESIS

The instructor must **write in English** and deliver a thesis focusing on a specificity of traditional karate in **3 copies** on the day of the exam. The thesis should have **7 pages**. Typed **double space** in **12-point font size**.

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Abstract {350 words} and **Key Words** {3}

Introduction / Objectives / Theme development and Discussion / Conclusion / References / Appendices.



ROKU-DAN

The attainment of this position necessitates the performance of karate research in an area that by its nature has a universal benefit to be derived by its application.

KIHON

ACTION

Kihon sequences from the 3rd and 4th Dan program will be requested.

KATA

SENTEI KATA KITTEI KATA

Demonstrate complete mastery and knowledge of the attacking and defending movements contained in the basic kata. Mastery of basic positions. **Alternating between slow and fast movements.** Stability, balance, vision and body expression.

TOKUI KATA

Show Tokui Kata above those required in exams up to sandan graduation

Demonstrate mastery of a researched and chosen kata within your personal characteristics, showing in-depth knowledge of all its techniques by executing it with stability, balance, vision and body expression.

EXPLANATION ABOUT THE APPLICABILITY OF 3 TOKUI KATA TECHNIQUES

KUMITE

JYU KUMITE

Demonstrate fighting strategy, timing, distance, and todome waza.

THESIS

EXPLAIN THE THESIS

The instructor must **write in English** and deliver a thesis focusing on a specificity of traditional karate in **3 copies** on the day of the exam. The thesis should have **7 pages**. Typed **double space** in **12-point font size**.

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NANA-DAN

To achieve this level, the individual must have undertaken advanced research through actual application and extensive testing of the general research technique.

KIHON

ACTION

Kihon sequences from the

3rd and 4th Dan program will be requested.

Explanation about Power by Body Movement (body vibration, body rotation, body shifting, bodyweight rising, bodyweight dropping and body pendulum.

KATA

WAZA SERIES

(Choose between Shuto, Enpi, Teisho, Uchi or Awaze Waza)

Demonstrate applicability of self-defense

TOKUI KATA

Show Tokui Kata above those required in exams up to sandan graduation

Demonstrate mastery of a researched and chosen kata within your personal characteristics, showing in-depth knowledge of all its techniques by executing it with stability, balance, vision and body expression.

EXPLANATION ABOUT THE APPLICABILITY OF 3 TOKUI KATA TECHNIQUES

KUMITE

JYU KUMITE

Demonstrate fighting strategy, timing, distance, and todome waza.

THESIS

EXPLAIN THE THESIS

The instructor must **write in English** and deliver a thesis focusing on a specificity of traditional karate in **3 copies** on the day of the exam. The thesis should have **7 pages**. Typed **double space** in **12-point font size**.

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Abstract {350 words} and **Key Words** {3}

Introduction / Objectives / Theme development and Discussion / Conclusion / References / Appendices.



HACHI-DAN

At this point, research must have been completed in a new and previously unknown area.

KATA

Presentation, explanation about advanced Tokui Kata and application of 3 techniques.

KUMITE

Explanation about Oji-Waza and Shikake Waza

THESIS

EXPLAIN THE THESIS

The instructor must **write in English** and deliver a thesis focusing on a specificity of traditional karate in **3 copies** on the day of the exam. The thesis should have **7 pages**. Typed **double space** in **12-point font size**.

The thesis should be structured and contain the following items:

Cover Page {Title, Author, Country, and Date}

Abstract {350 words} and **Key Words** {3}

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KYU-DAN

The requirements for this standard call for an uncommon dedication for an extended period to the areas of individual achievement, research and technique. This dedication must have culminated in karate achievement and development of the highest and most extraordinary order. Moreover, this accumulated knowledge, and expertise must have been utilized in the general service of karate development.

THESIS

Deliver and present an advanced thesis on technical, cognitive, emotional or spiritual principles of traditional karate.



JU-DAN

This is the stage where the individual has finally neared the highest image of karate development. This has been brought about by the continuous practice and pursuit of the truth that is to be found in the human ideal.

THESIS

Deliver and present an advanced thesis on technical, cognitive, emotional or spiritual principles of traditional karate.



ITKf

GLOBAL
TRADITIONAL KARATE



We are here,
and everywhere!

www.itkf.global