

W.S.K.F.
Crimean Republican Branch

www.wskf-crimea.ru

DAN-EXAMINATION

DAN	KUMITE	KATA
SHO DAN (1st.DAN)	JIYU KUMITE	* 1 SHITEI KATA * 1 SENTEI KATA
NIDAN (2nd.DAN)	JIYU KUMITE	* 1 SENTEI KATA * 1 SHITEI KATA
SAN DAN (3rd.DAN)	JIYU KUMITE	* 1 SENTEI KATA * 1 TOKUI KATA
YON DAN (4th DAN)	JIYU KUMITE REPORT: ANY TECHNIQUE	* 2 TOKUI KATA (FREE CHOICE)
GO DAN (5th DAN)	JIYU KUMITE REPORT: ANY TECHNIQUE	* 2 TOKUI KATA (FREE CHOICE)
ROKU DAN (6th DAN)	REPORT: 1. CONCERNING KUMITE 2. FREE SUBJECT	* 2 TOKUI KATA (FREE CHOICE)
NANA DAN (7th DAN)	REPORT: 1. CONCERNING KATA 2. FREE SUBJECT	* 2 TOKUI KATA (FREE CHOICE)

* SHITEI KATA: BASSAI-DAI. KANKU-DAI, JION, ENPI (COMPULSORY)

* SENTEI KATA: BASSAI-DAI. KANKU-DAI, JION, ENPI (OPTION)

* 38 years old can choice from Kihon Ippon, Jiyu Ippon, Jiyu kumite or Self-defense technique

KIHON (↑ FORWARD, ↓ BACKWARD → SIDE)

[SHO-DAN]

FROM ZENKUTSU DACHI GEDAN BARAI

1. ↑ OIZUKI:SANBONZUKI (JODAN.CHUDAN.CHUDAN)
2. ↑ SPINNING GYAKUZUKI :SANBONZUKI
3. ↓ AGEUKE-URAKEN-GYAKUZUKI
(AGEUKE-URAKEN:SAME ARM)
4. ↑ SOTOUKE →ENPI ↑ SPINNING URAKEN-GYAKUZUKI
(ENPI:KIBADACHI GYAKUZUKI:ZENKUTUDATI)
5. ↓ UCHIUKE-KIZAMIZUKI-GYAKUZUKI-MAWASHI ENPI

FROM KOKUTSU DACHI

6. ↑ SPINNING SHUTO UKE-KIZAMIGERI-NUKITE
(NUKITE:ZENKUTSUDACHI)

FROM ZENKUTSU DACHI GEDAN BARAI

7. ↑ MAEGERI-MAWASHIGERI-GYAKUZUKI
8. ↑ MAEGERI-YOKOGERI-GYAKUZUKI

FROM ZENKUTSU DACHI (FACE TO EXAMINER)

9. MAEGERI-MAWASHIGERI (SAME LEG)
10. MAWASHIGERI-KEKOMI (SAME LEG)

[NI-DAN]

FROM ZENKUTSU-DACHI

1. ↑ SANBON-ZUKI (↑ OIZUKI →GYAKUZUKI ↑ SPINNING GYAKUZUKI)
2. ↓ AGEUKE-SOTOUKE-GEDANBARAI-UCHIUKE-MAEGERI,GYAKUZUKI
(STEP BACK) (ALL UKE:SAME HAND)
3. ↑ SANNBON-GERI
(KIZAMIGERI-MAEGERI:BACK-MAWASHIGERI:FORWARD)
4. ↓ AGEUKE, ↑ MAWASHIGERI-URAKEN-OIZUKI
(AGEUKE:BACKWARD)

FROM FUDODACHI GEDANBARAI

5. ↑ OIZUKI
6. ↓ SANBONZUKI
7. ↑ SPINNING-URAKEN-GYAKUZUKI, ↓ SPINNING BACK
GEDANBARAI, ↑ MAEGERI-OIZUKI

FROM ZENKUTSU DACHI (FACE TO EXAMINER)

8. MAEGERI-YOKOGERI-USHIROGERI

[SAN-DAN]

FROM ZENKUTSU-DACHI GEDANBARAI

1. ↑ CHANGE STEP (SHIFT),OIZUKI,SPINNING GYAKUZUKI

FROM FUDO DACHI

2. ↑ SANBONZUKI (ALL FUDODACHI)

FROM ZENKUTSU DACHI

- ↑ OIZUKI-GYAKUZUKI(FRONT)-GYAKUZUKI(B A C K 4 5°)
SPINNING URAKEN-GYAKUZUKI
4. ↑ OIZUKI -GEDANBARAI (SAME HAND) -GYAKUZUKI
FROM ZENKUTSU DACHI (FACE TO EXAMINER)
5. 1.MAEGERI-GYAKUZUKI 2.KEKOMI-GYAKUZUKI
3.MAWASHIGERI-GYAKUZUKI 4.USHIROGERI-GYAKUZUKI
6. 1.MAEGERI 2.YOKOGERI 3.USHIROGERI
4.MAWASHIGERI (SAME LEG)

[YON- DAN]

FROM NEKOASHI-DACHI

1. ↑ GEDANBARAI-GYAKUZUKI

FROM SANCHIN-DACHI

2. ↑ OIZUKI

FROM FUDO-DACHI

3. ↑ MAEGERI-OIZUKI
4. ↑ OIZUKI
(FUDODACHI ,KOKUTSU-DACHI ,NEKOASHI-DACHI
SANCHIN-DACHI)