

WORLD SHOTOKAN FEDERATION



世界松濤館空手道連盟

W.S.F DAN-EXAMINATION LIST

KUMITE AND KATA

**VERSION-1
01. 03. 2022**

W.S.F DAN-EXAMINATION LIST KUMITE AND KATA

DAN	KUMITE	KATA
Sho Dan (1st.Dan)	Jiyu Kumite	* 1 Shitei Kata * 1 Sentei Kata
Ni Dan (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 Selection (Optionally)	* 2 Tokui Kata (Free Choice)
Nana Dan (7th DAN)	Report: 1. Concerning Kata 2. Free Subject Selection (Optionally)	* 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

SHODAN 1st Dan Examination Techniques

1.Jodan (Oizuki) + Chudan Gyakuzuki (Fudo-dachi)

Sanbon zuki (Fudo-dachi)

Jodan Age-uke + Chudan Gyakuzuki (Zenkutsu-dachi)

Chudan Soto-uke (Zenkutsu-dachi) + Empi + Yoko Urakan (Kiba-dachi) Chudan Gyakuzuki (Zenkutsu-dachi)

Chudan Uchi-uke + Jodan Kizami-zuki + Chudan Gyakuzuki (Zenkutsu-dachi)

Shuto-uke (Kokutsu-dachi) + Nukite (Zenkutsu-dachi)

Mae-geri Chudan Gyakuzuki (Zenkutsu-dachi)

Yoko-geri Kekomi (Zenkutsu-dachi)

Mawashi-geri (Zenkutsu-dachi)

Kihon	Yoko geri (Kiba-dachi) Yoko-geri Keage
Kata	Sentei Kata:1.Bassai – dai,2.Kanku – dai,3.Jion,Empi
Kumite	1.Jiyu ippon Kumite, 2.Kihon Ippon Kumite, 3. Jiyu kumite

NIDAN 2nd Dan Examination Techniques

Start from Jiyu Kamae (Free style posture)

Kizami + Sanbon zuki (Fudo Dachi)

Sambon Tsuki Jodan Chudan (zenkutsu dachi)

Jodan tsuki Gyakutsu forty-five degrees 45 degrees and kamae

Mae-geri + (Oizuki)

Yoko-geri Keage (Kiba-dachi)

Yoko-geri Kekomi + Gyakuzki (Zenkutsu-dachi)

Mawashi-geri + Gyakuzki (Zenkutsu-dachi)

Zenkutsu-dachi Age-uke (moving back)<==== (moving forward

)Mawashi-geri + Yoko Uraken uchi + (step forward) Chudan gyakuzuki (Oizuki) + =====>

Zenkutsu-dachi Mae-geri + Yoko-geri Kekomi + Ushiro-geri (all kicks to be executed in a stationary position)

Kihon	
Kata	1.Bassai Sho,2.Kaku Sho,3.Jiin,4.Niju Shiho
Kumite	1. Jiyu Kumite (free style)(Competition style)

SANDAN 3rd Dan Examination Techniques

	Start from Jiyu Kamae Oi-Tsuki Gyaku,Tsuki, forty-five degrees 45 degrees Gyaku Tsuki,(front)Mawashi Geri, Gyaku Tsuki =====> Sambon Tsuki (All Fudo Dachi) Negoashi-Dachi Gedenbarai-Gyakutsuki Sanchin Dachi Oizuki Jodan Age-uke +Chudan Soto-uke + Gedan barai +Chudan Gyakuzuki <=====
	Chudan Uchi-uke + Jodan Kizami-zuki + Chudan Gyakuzuki =====>
	Shuto-uke (Kokutsu-dachi) + Kizami-Mae-geri + Nukite <=====
	Mae-geri + Yoko-geri Kekomi + Mawashi-geri + Chudan Gyakuzuki=====>
	(stepping back) Jodan Age-uke +(moving forward)Mae-geri + Chudan Gyakuzuki=====>
Kihon	
Kata	1. Jitte,2.Gankaku,3.Meikyo,4.Sochin,5.Goju Shiho Sho,6.Unsu
Kumite	1. Jiyu Kumite (free style)(Competition style)

YONDAN 4th Dan Examination Techniques

	Start from Jiyu Kamae (Free style posture) Sanbon zuki (All Fudo Dachi) Oi zuki-Gyakuzuki (Front)-Gyakuzuki forty five 45 Degrees Spinning Uraken-Gyakuzuki Jodan Age-uke +Chudan Soto-uke + Gedan barai +Chudan Gyakuzuki <=====
	Chudan Uchi-uke + Jodan Kizami-zuki + Chudan Gyakuzuki =====>
	Shuto-uke (Kokutsu-dachi) + Kizami-Mae-geri + Nukite <=====
	(Same leg) Mae-geri + Yoko-geri Kekomi Chudan Gyakuzuki(=====>
	(Stepping forward with each kick) Mae-geri + Yoko-geri Kekomi + Mawashi-geri +Chudan Gyakuzuki=====>
Kihon	
	1. Chinte,2.Gankaku,3.Meikyo,4.Sochin,4.Goju Shiho Sho,
Kata	5.Wankan
Kumite	1.Jiyu Kumite (free style)(Competition style)

GODAN 5th Dan Examination Techniques

	Tokui (Favorite) Kata with Question & Answer Examinee will be asked questions about the kata Shitei Kata and Bunkai (One designated kata from Super Bassaidai,Kanku dai,Jion,Empi, and Tekki Shodan)
Kata	
Kumite	Jiyu Kumite (free style)(Competition style)

.ROKU 6th Dan Examination Techniques

Tokui (Favorite) Kata and Bunkai with Question & Answer
Kata Examinee will be asked questions about the kata
Kumite Jiyu Kumite (free style)(Competition style)
PresentationThe presentation of one's research paper about karate techniques

NANA 7th Dan Examination Techniques

Tokui (Favorite) Kata and bunkai with Question & Answer
Kata Examinee will be asked questions about the kata
Kumite Jiyu Kumite (free style)(Competition style)
PresentationThe presentation of one's research paper about karate techniques

Dan – 8-9-10 By recommendation of Shihan Kai

This examination rule shall take effect on and from 1st.March 2022 .

Authorized coaches must inform about the Dan grading exams to the World Shotokan Federation's HQ email adress worldshotokan@gmail.com

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