

Desert Valley Shotokan

Rank Requirements

General Guidelines

Japanese Terms

Whenever these requirements use Japanese terms, *knowing* the Japanese is part of the requirement.

Cumulative Requirements

For youth students taking 9th – 7th kyu exams, kihon, pad work and knowledge requirements are cumulative. (i.e. Students testing for the “B” step are responsible for all “D”, “C”, and “B” requirements, etc.)

New Techniques & Requirements

Students should look closely at underlined requirements, as they indicate something new, or substantially changed, since their last test.

Testing for 9th Kyu – Yellow Belt

Kihon

(Cumulative)

Youth D	<ul style="list-style-type: none">Stepping forward – Oi-zuki (chudan)
Youth C	<ul style="list-style-type: none">Stepping forward – Age uke
Youth B	<ul style="list-style-type: none">Stepping forward – Mae-geri keage (chudan)
Full Kyu	<ul style="list-style-type: none">Stepping forward – Gedan baraiLoud kiai

Kumite

Youth D	<ul style="list-style-type: none">None
Youth C	<ul style="list-style-type: none">Kihon sanbon – Jodan oi-zuki vs. age-uke
Youth B	<ul style="list-style-type: none">Same as above.
Full Kyu	<ul style="list-style-type: none">Kihon sanbon – Jodan oi-zuki vs. age-uke & chudan oi-zuki vs. gedan barai.

Kata

- Taikyoku Shodan

Fitness

	Push ups	Leg lifts	Balance on one leg	Sit still and quiet
Youth D	n/a	<u>5 sec.</u>	n/a	5 sec.
Youth C	1	5 sec.	<u>5 sec.</u>	<u>10 sec.</u>
Youth B	1	5 sec.	5 sec.	<u>15 sec.</u>
Full Kyu	1	<u>10 sec.</u>	<u>10 sec.</u>	15 sec.

Pad Work

(Cumulative)

Application

Self-Protection

Knowledge

(Cumulative)

Youth D	<ul style="list-style-type: none">Demonstrate stances: Zenkutsu dachiVocabulary: Osu, Sensei, Rei
Youth C	<ul style="list-style-type: none">Vocabulary: Shotokan, Dojo, Gi
Youth B	<ul style="list-style-type: none">Vocabulary: Kiai, Seiza, Mokuso
Full Kyu	<ul style="list-style-type: none">Tie your belt correctly without assistance.

Testing for 8th Kyu – Orange Belt

Kihon

(Cumulative)

Youth D	<ul style="list-style-type: none">Stepping forward – Oi-zuki (chudan)Stepping forward – Age ukeStepping forward – Gedan baraiStepping forward – Mae-geri keage (chudan)
Youth C	<ul style="list-style-type: none"><u>Stepping forward – Soto uke</u>
Youth B	<ul style="list-style-type: none">Same as above.
Full Kyu	<ul style="list-style-type: none"><u>Stepping forward in kokutsu dachi – Shuto uke</u>

Kumite

Youth D	<ul style="list-style-type: none">Kihon sanbon – Jodan oi-zuki vs. age-uke & chudan oi-zuki vs. gedan barai
Youth C	<ul style="list-style-type: none">Same as above.
Youth B	<ul style="list-style-type: none">Kihon sanbon: Jodan oi-zuki vs. age-uke & chudan oi-zuki vs. <u>soto uke</u>
Full Kyu	<ul style="list-style-type: none">Same as above.

Kata

- Heian Shodan

Fitness

	Push ups	Leg lifts	Balance on one leg	Sit still and quiet
Youth D	<u>2</u>	10 sec.	10 sec.	15 sec.
Youth C	<u>3</u>	<u>15 sec.</u>	10 sec.	15 sec.
Youth B	<u>4</u>	<u>20 sec.</u>	10 sec.	<u>30 sec.</u>
Full Kyu	<u>5</u>	20 sec.	10 sec.	<u>30 sec.</u>

Pad Work

(Cumulative)

Youth D	<ul style="list-style-type: none">Gyaku-zuki, chudan
Youth C	<ul style="list-style-type: none">Tatte mawashi kensui uchi (move #4 from Heian Shodan)
Youth B	<ul style="list-style-type: none">Same as above.
Full Kyu	<ul style="list-style-type: none">Mae-geri keage, chudan

Application

Youth D	<ul style="list-style-type: none">None
Youth C	<ul style="list-style-type: none">Demonstrate the wrist escape in Heian Shodan (move #4) with a partner.
Youth B	<ul style="list-style-type: none">Same as above.
Full Kyu	<ul style="list-style-type: none">All above & demonstrate cross-side wrist grab escape using downward block, with a partner.

Self-Protection

Knowledge

(Cumulative)

Youth D	<ul style="list-style-type: none">Demonstrate stances: Zenkutsu dachiExplain the difference between jodan, chudan, and gedan.Vocabulary: Kamae/Kamaete, Uke, Hikite
Youth C	<ul style="list-style-type: none">Count to ten in JapaneseVocabulary: Yoi, Hajime, Yame, Naore
Youth B	<ul style="list-style-type: none">Explain the difference in hip position when blocking and attackingVocabulary: Shomen, Hanmi
Full Kyu	<ul style="list-style-type: none">Explain the difference between kihon, kata, and kumite.Vocabulary: Kyu, Dan, Obi

Testing for 7th kyu – Blue Belt

Kihon

(Cumulative)

Youth D	<ul style="list-style-type: none">Stepping forward – Oi-zuki (chudan)Stepping forward – Age ukeStepping forward – Gedan baraiStepping forward – Soto ukeStepping forward in kokutsu dachi – Shuto ukeStepping forward – Mae-geri keage (chudan)
Youth C	<ul style="list-style-type: none">Stepping forward – Uchi uke
Youth B	<ul style="list-style-type: none">Stepping sideways in kiba dachi – Yoko-geri kekomi
Full Kyu	<ul style="list-style-type: none">Stepping sideways in kiba dachi – Yoko-geri keage

Kumite

- Kihon ippon: Oi-zuki jodan & oi-zuki chudan

Kata

- Heian Nidan

Fitness

	Push ups	Leg lifts
Youth D	5 on <u>kuckles</u>	25 sec.
Youth C	5 on kuckles	25 sec.
Youth B	5 on kuckles	25 sec.
Full Kyu	5 on kuckles	<u>30 sec.</u>

Pad Work

- Gyaku-zuki, chudan
- Mae-geri keage, chudan
- Tatte mawashi kensui uchi
- Yoko mawashi uraken uchi (move #7 from Heian Nidan)

Application

- Demonstrate any application of the first three moves of Heian Nidan with a partner.

Self-Protection

Knowledge

Youth D	<ul style="list-style-type: none">Demonstrate stances: Zenkutsu dachi, kokutsu dachi, & kiba dachi
Youth C	<ul style="list-style-type: none">Recite the first 3 precepts of the dojo kun in English.
Youth B	<ul style="list-style-type: none">Recite the dojo kun in English.
Full Kyu	<ul style="list-style-type: none">Explain the difference between side snap kick and side thrust kick.

Testing for 6th kyu – Green Belt

Kihon

- Stepping forward – Oi-zuki (chudan)
- Stepping forward – Age uke & gyaku-zuki
- Stepping backward – Gedan barai & gyaku-zuki
- Stepping forward – Soto uke & gyaku-zuki
- Stepping forward – Uchi uke & gyaku-zuki
- Stepping backward in kokutsu dachi – Shuto uke
- Stepping forward – Mae-geri keage (chudan)
- Stepping forward – Mawashi-geri
- Stepping sideways in kiba dachi – Yoko-geri kekomi
- Stepping sideways in kiba dachi – Yoko-geri keage

Kumite

- Kihon ippon: Oi-zuki jodan, oi-zuki chudan, & mae-geri keage

Kata

- Heian Sandan

Fitness

- Knuckle push ups: 10
- Leg lifts: 30 sec.

Pad Work

- | | | |
|--------------------------|-----------------------------|--------------------|
| • Gyaku-zuki, chudan | • Tatte mawashi kensui uchi | • Ushiro empi uchi |
| • Mae-geri keage, chudan | • Yoko mawashi uraken uchi | |

Application

- Demonstrate one application from your kata with a partner.

Self-Protection

Knowledge

- Demonstrate knowledge of commands necessary to open and close class.
- Explain the difference between oi-zuki and gyaku-zuki in terms of how power is generated.

Testing for 5th kyu – Purple Belt

Kihon

- Stepping forward – Oi-zuki (chudan)
- Stepping forward – Age uke & gyaku-zuki
- Stepping backward – Gedan barai & gyaku-zuki
- Stepping forward – Soto uke, then yoko empi uchi in kiba dachi
- Stepping forward – Uchi uke & gyaku-zuki
- Stepping backward in kokutsu dachi – Shuto uke, then nukite in zenkutsu dachi
- Stepping forward – Mae-geri keage (chudan)
- Stepping forward – Mawashi-geri & gyaku-zuki
- Stepping sideways in kiba dachi – Yoko-geri kekomi
- Stepping sideways in kiba dachi – Yoko-geri keage
- Stepping forward – Ushiro-geri

Kumite

- Kihon ippon: Oi-zuki jodan, oi-zuki chudan, & mae-geri keage
- Jiyu ippon: Yori-ashi, jodan kizami-zuki & yori-ashi, chudan gyaku-zuki
- Three-to-five attack drill

Kata

- Heian Yondan

Fitness

- Knuckle push ups: 15
- Leg lifts: 45 sec.

Pad Work

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|-----------------------------|----------------------------|--------------------|
| • Gyaku-zuki, chudan | • Yoko mawashi uraken uchi | • Yoko-geri kekomi |
| • Mae-geri keage, chudan | • Ushiro empi uchi | |
| • Tatte mawashi kensui uchi | • Yoko mawashi shuto uchi | |

Application

- Demonstrate one application from your kata with a partner.

Self-Protection

Knowledge

- Demonstrate stances: Zenkutsu dachi, kokutsu dachi, heisoku dachi, kiba dachi, & kosa dachi
- Demonstrate shomen, hanmi, and gyaku-hanmi hip positions, and explain when to use each.

Testing for 4th kyu – Purple Belt

Kihon

- Stepping forward – Oi-zuki (chudan)
- Shifting forward – Kizami-zuki (jodan)
- Stepping forward – Age uke & gyaku-zuki
- Stepping backward – Gedan barai & gyaku-zuki
- Stepping forward – Soto uke, yoko empi uchi in kiba dachi, then uraken uchi
- Stepping forward – Uchi uke & gyaku-zuki
- Stepping backward in kokutsu dachi – Shuto uke, then nukite in zenkutsu dachi
- Stepping forward – Mae-geri keage (chudan)
- Stepping forward – Mawashi-geri & gyaku-zuki
- Stepping sideways in kiba dachi – Yoko-geri kekomi
- Stepping sideways in kiba dachi – Yoko-geri keage
- Stepping forward – Ushiro-geri
- Stepping forward – Ren mae-geri, rear leg first
- Stepping forward – Ren mawashi-geri, rear leg first

Kumite

- Kihon ippon: Oi-zuki jodan, oi-zuki chudan, mae-geri keage, yoko-geri keage, & mawashi-geri
- Jiyu ippon: Yori-ashi, jodan kizami-zuki & yori-ashi, chudan gyaku-zuki
- Three-to-five attack drill
- Jiyu kumite (slow)

Kata

- Heian Godan

Fitness

- Knuckle push ups: 15
- Leg lifts: 45 sec.

Pad Work

- | | | |
|-----------------------------|----------------------------|--------------------------|
| • Gyaku-zuki, chudan | • Ushiro empi uchi | • Mikazuki-geri |
| • Mae-geri keage, chudan | • Yoko mawashi shuto uchi | • Yoko mawashi empi uchi |
| • Tatte mawashi kensui uchi | • Yoko-geri kekomi | |
| • Yoko mawashi uraken uchi | • Yoko mawashi kensui uchi | |

Application

- Demonstrate one application from your kata with a partner.

Self-Protection

Knowledge

- Explain the five precepts of the dojo kun.

Testing for 3rd kyu – Brown Belt

Kihon

- Stepping forward – Sanbon-zuki
- Shifting forward – Kizami-zuki (jodan) & gyaku-zuki (chudan)
- Stepping forward – Age uke & gyaku-zuki
- Stepping backward – Gedan barai & gyaku-zuki
- Stepping forward – Soto uke, yoko empi uchi in kiba dachi, then uraken uchi, then gyaku zuki in zenkutsu dachi
- Stepping forward – Uchi uke & gyaku-zuki
- Stepping backward in kokutsu dachi – Shuto uke, then nukite in zenkutsu dachi
- Stepping forward – Mae-geri keage (chudan)
- Stepping forward – Mawashi-geri & gyaku-zuki
- Stepping forward – Mae-ashi yoko-geri kekomi, then step forward oi-zuki jodan
- Stepping sideways in kiba dachi – Yoko-geri keage
- Stepping forward – Ushiro-geri, then gyaku-zuki
- Stepping forward – Ren mae-geri, front leg first
- Stepping forward – Ren mawashi-geri, front leg first
- In place, w/ rear leg, without putting it down: Mae-geri keage, yoko-geri keage, & yoko-geri kekomi
- In place: Follow a moving target (up/down only) with gyaku-zuki, maintaining accuracy and control.

Kumite

- Kihon ippon: Oi-zuki jodan & chudan, mae-geri, yoko-geri keage, mawashi-geri, & ushiro-geri
- Jiyu ippon: Yori-ashi jodan kizami-zuki, yori-ashi chudan gyaku-zuki, oi-zuki jodan, oi-zuki chudan, & mae-geri keage
- Three-to-five attack drill
- Jiyu kumite (slow)

Kata

- Tekki Shodan

Fitness

- Knuckle push ups: 20
- Leg lifts: 60 sec.

Pad Work

- | | | |
|-----------------------------|----------------------------|--------------------------|
| • Gyaku-zuki, chudan | • Ushiro empi uchi | • Mikazuki-geri |
| • Mae-geri keage, chudan | • Yoko mawashi shuto uchi | • Yoko mawashi empi uchi |
| • Tatte mawashi kensui uchi | • Yoko-geri kekomi | • Ura zuki |
| • Yoko mawashi uraken uchi | • Yoko mawashi kensui uchi | |

Application

- Demonstrate one application from your kata with a partner.

Self-Protection

Knowledge

- Demonstrate the ability to lead warm-up exercises before class.
- Explain the meaning and purpose of “hikite.”

Testing for 2nd kyu – Brown Belt

Kihon

- Stepping forward – Sanbon-zuki
- Shifting forward – Kizami-zuki (jodan), gyaku-zuki (chudan), then step forward with mae-geri keage
- Stepping forward – Age uke, mae-ashi mae-geri keage, & gyaku-zuki
- Stepping backward – Gedan barai & gyaku-zuki
- Stepping forward – Soto uke, yoko empi uchi in kiba dachi, then uraken uchi, then gyaku zuki in zenkutsu dachi
- Stepping forward – Uchi uke, same hand kizami-zuki, then gyaku-zuki
- Stepping backward in kokutsu dachi – Shuto uke, then mae-ashi mae-geri keage, and land with nukite in zenkutsu dachi
- Stepping forward – Mae-geri keage (chudan)
- Stepping forward – Mawashi-geri & gyaku-zuki
- Stepping forward – Mae-ashi yoko-geri kekomi, then oi-zuki jodan
- Stepping sideways – Yoko-geri keage (in kiba dachi), then pivot to yoko-geri kekomi
- Stepping forward – Ushiro-geri & gyaku-zuki
- Stepping forward – Ren mae-geri, front leg first
- Stepping forward – Ren mawashi-geri, front leg first
- Stepping forward – Same leg mawashi-geri/yoko-geri kekomi, then step forward oi-zuki
- In place, w/ rear leg, without putting it down: Mae-geri keage, yoko-geri keage, yoko-geri kekomi, & mawashi-geri
- In place: Follow a moving target (up/down/left/right) with gyaku-zuki, maintaining accuracy and control.

Kumite

- Kihon ippon: Oi-zuki jodan, oi-zuki chudan, mae-geri, yoko-geri, mawashi-geri, & ushiro-geri
- Jiyu ippon: Yori-ashi jodan kizami zuki, yori-ashi chudan gyaku-zuki, oi-zuki jodan, oi-zuki chudan, mae-geri keage, yoko-geri kekomi, & mawashi-geri
- Three-to-five attack drill
- Jiyu kumite (slow)

Kata

- Bassai Dai

Fitness

- Knuckle push ups: 20
- Leg lifts: 60 sec.

Pad Work

- | | | |
|-----------------------------|----------------------------|--------------------------|
| • Gyaku-zuki, chudan | • Ushiro empi uchi | • Mikazuki-geri |
| • Mae-geri keage, chudan | • Yoko mawashi shuto uchi | • Yoko mawashi empi uchi |
| • Tatte mawashi kensui uchi | • Yoko-geri kekomi | • Ura zuki |
| • Yoko mawashi uraken uchi | • Yoko mawashi kensui uchi | |

Application

- With a partner, demonstrate the wrist lock in move #18 of Bassai Dai.

Self-Protection

Knowledge

- Recite the dojo kun in Japanese.

Testing for 1st kyu – Brown Belt

Kihon

- Stepping forward – Yori-ashi kizami-zuki, then sanbon-zuki
- Shifting forward – Kizami-zuki (jodan), gyaku-zuki (chudan), step forward mae-geri keage, & gyaku-zuki (chudan)
- Stepping forward – Age uke, mae-ashi mae-geri keage, & gyaku-zuki
- Stepping backward – Gedan barai & gyaku-zuki
- Stepping forward – Soto uke & yoko empi uchi (kiba dachi) & uraken uchi & gyaku zuki (zenkutsu dachi)
- Stepping forward – Uchi uke, then simultaneous same hand kizami-zuki & mae-geri keage, then land with gyaku-zuki
- Stepping backward in kokutsu dachi – Shuto uke, then mae-ashi mae-geri keage, and land with nukite in zenkutsu dachi
- Stepping forward – Mae-geri keage (chudan)
- Stepping forward – Mawashi-geri & gyaku-zuki
- Stepping forward – Mae-ashi yoko-geri kekomi, then oi-zuki jodan
- Stepping sideways – Yoko-geri keage (in kiba dachi), then pivot to yoko-geri kekomi
- Stepping forward – Ushiro-geri & gyaku-zuki
- Stepping forward – Ren mae-geri, front leg first
- Stepping forward – Ren mawashi-geri, front leg first
- Stepping forward – Same leg mawashi-geri/yoko-geri kekomi, then step forward oi-zuki
- Stepping forward – Gedan ashi barai & jodan oi-zuki
- In place, w/rear leg, without putting it down: Mae-geri keage, yoko-geri keage, yoko-geri kekomi, mawashi-geri, & ushiro-geri
- Rear leg w/o dropping: Mae-geri, yoko-geri keage, yoko-geri kekomi, mawashi-geri, & ushiro-geri
- In place: Gyaku-zuki contact drill – wearing gloves, contact the target with the glove, but not the fist

Kumite

- Kihon ippon: Oi-zuki jodan, oi-zuki chudan, mae-geri, yoko-geri, mawashi-geri, & ushiro-geri
- Jiyu ippon: Yori-ashi jodan kizami zuki, yori-ashi chudan gyaku-zuki, oi-zuki jodan, oi-zuki chudan, mae-geri keage, yoko-geri kekomi, mawashi-geri, & ushiro-geri
- Three-to-five attack drill
- Jiyu kumite (slow)

Kata

- Bassai Dai
- One other kata of examiner's choice from among Heian katas or Tekki Shodan

Fitness

- Knuckle push ups: 20
- Leg lifts: 60 sec.

Pad Work

- | | | |
|-----------------------------|----------------------------|--------------------------|
| • Gyaku-zuki, chudan | • Ushiro empi uchi | • Mikazuki-geri |
| • Mae-geri keage, chudan | • Yoko mawashi shuto uchi | • Yoko mawashi empi uchi |
| • Tatte mawashi kensui uchi | • Yoko-geri kekomi | • Ura zuki |
| • Yoko mawashi uraken uchi | • Yoko mawashi kensui uchi | |

Application

- With a partner, demonstrate the wrist lock in move #18 of Bassai Dai.
- With a partner, demonstrate one other application from Bassai Dai.
- With a partner, demonstrate one application from the kata selected by the examiner.

Self-Protection

Knowledge

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