



Sensei Roman Herman, Branch Chief USA, NJ

## Junior Rank Kyu Requirements up to 15 years old students

### 10-1

( orange belt with a red stripe )

A minimum of 2 months of continuous training

#### Theory

- The right way to fold of Karate -Gi
- The right way to wear Karate Gi
- Dojo Etiquette

#### Stances

- Fudo Dachi

#### Punches

- Seiken Tsuki ( chudan , jodan , gedan )
- Morote Seiken Tsuki ( chudan , jodan , gedan )

#### Blocks

- Seiken Morote Gedan Barai ( Kakewake Uke )

#### Kicks

- Hiza Geri Ganmen



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**10-2**

(orange belt with two red stripes )

A minimum of 2 months of continuous training since the last exam

Theory

- The importance of Karate -Do and Kyokushinkai
- Dojo Oath

Stances

- Yoi Dachi
- Zenkutsu Dachi

Punches

- Seiken Oi Tsuki ( chudan , jodan , gedan )
- Morote Seiken Tsuki ( chudan , jodan , gedan )

Blocks

- Seiken Mae Gedan Barai
- Seiken Jodan Uke

Kicks

- Kin Geri

\*Ippon Kumite

- Attack: Zenkutsu - Dachi , Seiken Oi Tsuki Jodan
- Defense: Zenkutsu - Dachi , Seiken Jodan Uke , Contra-attack: Kin Geri .



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9-1

(orange belt with two red and one blue stripes )

A minimum of 3 months of continuous training since the last exam

#### Theory

- The importance of Kanku
- Meaning of Karate Kyokushinkai and Shinkyokushinkai

#### Stances

- Musubi Dachi

#### Punches ( tsuki , uchi )

- Gyaku Seiken Tsuki ( chudan , jodan , gedan )

#### Blocks ( uke )

- Seiken Chudan Soto Uke

#### Kicks ( geri )

- Chusoku Mae Keage

#### Kata

- Kihon Sono Ichi

#### Breathing

- Nogare I

#### \*Ippon Kumite

- Attack: Zenkutsu Dachi , Seiken Oi Tsuki Chudan

Defense: Zenkutsu Dachi , Seiken Chudan Soto Uke , Contra: Seiken Tsuki Jodan Gyaku



Sensei Roman Herman, Branch Chief USA, NJ

9-2

(orange belt with two red and two blue stripes )

A minimum of 3 months of continuous training since the last exam

#### Theory

- Mas Oyama - the founder of Kyokushin Karate

#### Stances

- Uchi Hachiji Dachi,
- correct to fight position- Kamate

#### Punches ( tsuki , uchi )

- Seiken Ago Uchi

#### Blocks ( uke )

- Seiken Chudan Uchi Uke

#### Kicks ( geri )

- Chusoku Chudan Mae Geri

#### Kata

- Taikyoku Sono Ichi ,

#### \*Ippon Kumite

- Attack: Zenkutsu - Dachi , Seiken Oi Tsuki Chudan

Defense: Zenkutsu - Dachi , Seiken Chudan Uchi Uke , Contra: Seiken Tsuki Jodan Gyaku

#### \*Renraku

- Gyaku Seiken Tsuki ( chudan or jodan ) , Mae Geri Chudan Chusoku , back to fighting position



Sensei Roman Herman, Branch Chief USA, NJ

**8-1**

(blue belt with a red stripe )

A minimum of 3 months of continuous training since the last exam

Theory

Dojo Oath

Positions ( dachi )

Sanchin Dachi

Kiba Dachi

Standing distance in fighting position- Kamate 2 step distance

Punches ( tsuki , uchi )

Tate Seiken Tsuki ( chudan , jodan , gedan )

Uraken Shita Tsuki

Blocks ( uke )

Seiken Chudan Uchi Uke Gedan Barai

Kicks ( geri )

Mae Geri Jodan Chusoku

Kata

Taikyoku Sono Ni

\*Ippon Kumite

Attack: Zenkutsu - Dachi , Mae Geri Chudan Chusoku

Defense: Kiba - Dachi (450) , Seiken Oi Chudan Soto Uke , Contra: Gyaku Tate Tsuki Jodan

\*Renraku

Step in the Zenkutsu Dachi forward , backward and Mawate of Oi Uke / Gyaku Tsuki



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8-2

(blue belt with two red stripes )

A minimum of 3 months of continuous training since the last exam

Theory

- History of Karate -Do,
- Fall Down
- Yoko Ukemi

Positions ( dachi )

- Kokutsu Dachi, Moving in fighting position ( front-back )

Punches ( tsuki , uchi )

- Seiken Jun Tsuki ( chudan , jodan , gedan )

Blocks ( uke )

- Seiken Morote Chudan Uchi Uke

Kicks ( geri )

- Teisoku Soto Mawashi Keage

Kata

- Taikyoku Sono San

\*Sanbon Kumite Variant I

The position Zenkutsu - Dachi :

- I Step attack : Seiken Oi Tsuki Jodan - Defense: Seiken Jodan Uke Oi
- II Step attack : Seiken Oi Tsuki Chudan - Defense: Seiken Oi Soto Uke
- Third Step attack : Seiken Oi Tsuki Gedan - Defense: Seiken Oi Mae Gedan Barai + Gyaku Seiken Tsuki Chudan + Seiken Oi Mae Gedan Barai

Ippon Kumite

- n/a

\*Renraku

In fighting position , Me Geri Chudan Chusoku , Seiken Tsuki Chudan Gyaku in Zenkudsu Dachi , back to fighting position , Mawate ( Seiken Chudan Uchi Uke ) , a step back in fighting position Seiken Chudan Soto Uke , Seiken Gedan Barai , the entrance to Zenkudsu Dachi , Seiken Tsuki Chudan Gyaku , back to fighting position Mawate ( Seiken Chudan Uchi Uke ) position Kamate.



Sensei Roman Herman, Branch Chief USA, NJ

7-1

(blue belt with two red stripes and yellow )

A minimum of 3 months of continuous training since the last exam

#### Theory

- History of Karate Kyokushinkai

#### Positions ( dachi )

- Moving sideways in fighting position

#### Punches ( tsuki , uchi )

- Tettsui Mae Yoko Uchi ( jodan , chudan , gedan )
- Tettsui Yoko Uchi ( iodate , chudan , gedan )
- Tettsui Komekami Uchi

#### Blocks ( uke )

- Seiken Mawashi Gedan Barai

#### Kicks ( geri )

- Heisoku ( Sokuto ) Uchi Mawashi Keage

#### Kata

- Pinan Sono Ichi

#### Breathing Exercises

- Gyaku Nogare

#### \*Ippon kumite

- Attack: Zenkutsu - Dachi , Seiken Oi Tsuki Gedan

Defense: Zenkutsu - Dachi , Seiken Mawashi Uke Gedan Barai , Contra: Kokutsu - Dachi , Tettsui Mae Yoko Uchi Jodan

#### Kumite

- Jiyu Kumite - 3 - fighting with opponents in accordance with the provisions of the cadets , juniors , seniors



Sensei Roman Herman, Branch Chief USA, NJ

7-2

(blue belt with two red and two yellow stripes )

A minimum of 3 months of continuous training since the last exam

#### Theory

- Shinkyokushinkai history , Kokoro understanding.

#### Fall Down

- Ushiro Ukemi

#### Positions ( dachi )

- Neko Ashi Dachi
- The Descent from the blow line in fighting position

#### Punches ( tsuki , uchi )

- Tettsui Ganmen Oroshi Uchi
- Tettsui Hizo Uchi
- Seiken Jun Tsuki

#### Blocks ( uke )

- Shuto Mawashi Uke

#### Kicks ( geri )

Kansetsu Geri ( Sokuto )

#### Kata

- Sakugi Kata Sono Ichi

#### Breathing Exercises

- Ibuki Sankai

#### Ippon Kumite

- n/a

#### Kumite

- Jiyu Kumite - 3 - fighting with opponents in accordance with the provisions of the cadets , juniors , seniors





Sensei Roman Herman, Branch Chief USA, NJ

**6-1**

(yellow belt with red stripe )

A minimum of 3 months of continuous training since the last exam

Theory

- Leaders of the World Organization Shinkyokushinkai

Positions ( dachi )

- Heiko Dachi

Punches ( tsuki , uchi )

- Uraken Shomen Ganmen Uchi
- Uraken Sayu Ganmen Uchi
- Uraken Hizo Uchi
- Uraken Ganmen Oroshi Uchi

Blocks ( uke )

- Osae Uke

Kicks ( geri )

- Sokuto Yoko Keage
- Mawashi Geri Gedan ( chusoku , haisoku )

Kata

- Kihon Kata Sono Ni

Ippon kumite

- n/a

Kumite

- Jiyu Kumite - 4 - fights with opponents in accordance with the regulations for cadets , juniors , seniors



Sensei Roman Herman, Branch Chief USA, NJ

6-2

(yellow belt with two red stripes )

A minimum of 3 months of continuous training since the last exam

#### Theory

- Leaders Organization Shinkyokushinkai in USA

#### Positions ( dachi )

- Tsuru Ashi Dachi

#### Punches( tsuki , uchi )

- Uraken Mawashi Uchi
- Nihon Nukite ( hit the front - Me Tsuki )
- Yonhon Nukite ( jodan , chudan )

#### Blocks ( uke )

- Seiken Juji Uke ( jodan , gedan )

#### Kicks ( geri )

- Mawashi Chudan Geri ( haisoku and chusoku )

#### Kata

- Pinan Sono Ni

#### \*Ippon kumite

- Attack: Zenkutsu - Dachi , Nihon Nukite Jodan

Defense: Zenkutsu - Dachi , Seiken Juji Jodan Uke , Contra: Sanchin - Dachi , Uraken Shomen Gamnen Uchi

#### Kumite

- Jiyu Kumite - 4 - fighting with opponents in accordance with the regulations for cadets , juniors , seniors



Sensei Roman Herman, Branch Chief USA, NJ

5-1

(yellow belt with two red stripes and green )

A minimum of 3 months of continuous training since the last exam

#### Theory

- Leaders Organization Shinkyokushinkai in North America

#### Positions ( dachi )

- Shiko Dachi

#### Punches( tsuki , uchi )

- Shotei Uchi ( jodan , chudan , gedan )

#### Blocks ( uke )

- Shotei Uke ( jodan )

#### Kicks ( geri )

- Sokuto Chudan Yoko Geri

#### Kata

- Taikyoku Sono Ichi - Ura

#### \*Ippon Kumite

- Attack: Zenkutsu - Dachi , Seiken Oi Tsuki Jodan ,  
Defense: Zenkutsu - Dachi , Shotei Jodan Uke , Contra: Moro Ashi - Dachi , Shotei Chudan Uchi

#### \*Renraku :

- Mae Geri Chudan Chusoku , Kansetsu 45 deg Geri , Mawashi Geri Chudan , Gyaku Tsuki Chudan .

#### Kumite

- Jiyu Kumite - 5 - fights with opponents in accordance with the regulations for cadets , juniors , seniors



Sensei Roman Herman, Branch Chief USA, NJ

5-2

(yellow belt with two red and two green stripes )

A minimum of 3 months of continuous training since the last exam

#### Theory

- Knowledge of general principles and rules of sportsmanship

#### Positions ( dachi )

- Moro Ashi Dachi

#### Punches ( tsuki , uchi )

- Jodan Hiji Ate

#### Blocks ( uke )

- Shotei Uke ( chudan , gedan )

#### Kicks ( geri )

- Ushiro Geri ( chudan or gedan )

#### Kata

- Pinan Sono San

#### Ippon Kumite

- n/a

#### \*Renraku :

- Mae Geri Chudan Chusoku , Mawashi Geri Chudan Haisoku , Yoko Geri Chudan Sokuto , Ushiro Chudan Geri , Gyaku Tsuki Chudan .

#### Kumite

- Jiyu Kumite - 5 - fighting with opponents in accordance with the regulations for cadets , juniors , seniors



Sensei Roman Herman, Branch Chief USA, NJ

#### 4-1

(green belt with red stripe )

A minimum of 6 months of continuous training since the last exam

#### Theory

- Knowledge of the World Organization of Shinkyokushinkai

#### Positions ( dachi )

- Heisoku Dachi

#### Punches ( tsuki , uchi )

- Sakotsu Shuto Uchi , Shuto Uchi Komi , Shuto Yoko Uchi Ganmen

#### Blocks ( uke )

- Shuto Jodan Uchi Uke , Shuto Jodan Uke , Shuto Chudan Soto Uke

#### Kicks ( geri )

- Mawashi Geri Jodan ( chusoku , haisoku )

#### Kata

- Sanchin No Kata

#### \*Ippon Kumite

- Attack: Zenkutsu - Dachi , Seiken Oi Tsuki Chudan

Defense: Kokutsu - Dachi , Shuto Chudan Uchi Uke Contra: Yoko Geri Jodan

#### \*Sanbon Kumite Variant II

- Attack (1): Seiken Oi Tsuki Jodan , defense (1): Seiken Jodan Uke + third step of the Contra : Gyaku Tsuki Jodan

- Attack (2): Seiken Oi Tsuki Chudan , defense (2): Seiken Chudan Soto Uke + third step of the Contra Gyaku Tsuki Chudan

#### Kumite

- Jiyu Kumite - free fight - 6 fights with opponents in accordance with the regulations for cadets , juniors , seniors



Sensei Roman Herman, Branch Chief USA, NJ

4-2

(green belt with two red stripes )

A minimum of 6 months of continuous training since the last exam

Theory

Knowledge of all techniques names

Positions ( dachi )

Moving in Kamate for 3 distance for fighting

Punches ( tsuki , uchi )

Hizo Shuto Uchi , Shuto Jodan Uchi Uchi

Blocks ( uke )

Chudan Shuto Uchi Uke , Shuto Mae Gedan Barai , Shuto Mawashi Uke Mae

Kicks ( geri )

Yoko Geri Jodan Sokuto

Ushiro Geri Jodan

Kata

Sakugi Sono Ni

Ippon Kumite

-----n/a

\*Sanbon Kumite Variant III

Attack (3): Seiken Oi Tsuki Chudan , defense (3): Seiken Chudan Uchi Uke + third step of the Contra Gyaku Tsuki Chudan

Attack (4): Mae Geri Chudan Chusoku , defense (4): Mae Gedan Barai + third step of the Contra Gyaku Mawashi Geri Jodan (after we kick the leg forward to Zenkutsu Dachi )

Kumite

Jiyu Kumite - 6 fights with opponents in accordance with the regulations for cadets , juniors , seniors



Sensei Roman Herman, Branch Chief USA, NJ

**3-1**

(green belt with two red stripes and brown )

A minimum of 6 months of continuous training since the last exam

Theory

- Knowledge of principles and rules Kumite competitions

Positions ( dachi )

- Moving in Kamate for 3 distance for fighting and 45 deg

Punches ( tsuki , uchi )

- Hiji Ate ( chudan , iodate ) , Chudan Mae Hiji Ate ,

Blocks ( uke )

- Shuto Jodan Uke Juji

Kicks ( geri )

- Kakato Mae Geri ( chudan , gedan )

Kata

- Pinan Sono Yon

\*Ippon Kumite

- Attack: Zenkutsu - Dachi , Seiken Oi Tsuki Jodan

Defense: Zenkutsu - Dachi , Jodan Shuto Juji Uke , Contra: Kokutsu Dachi , Ushiro Hiji Ate

Kumite

- Jiyu Kumite - 7 fights with opponents in accordance with the regulations for cadets , juniors , seniors



Sensei Roman Herman, Branch Chief USA, NJ

3-2

(green belt with two red stripes and two bronze )

A minimum of 6 months of continuous training since the last exam

Theory

Basic strategy in Kumite (fighting)

Positions ( dachi )

Kake Dachi

Punches ( tsuki , uchi )

Age Hiji Ate ( jodan , chudan ) , Ushiro Hiji Ate , Oroshi Hiji Ate

Blocks ( uke )

Shuto Uke Gedan Juji

Kicks ( geri )

Kakato Mae Geri ( iodate )

Kata

Sakugi Sono San

Ippon Kumite

-----n/a

Kumite

Jiyu Kumite - 7 fights with opponents in accordance with the regulations for cadets , juniors , seniors





Sensei Roman Herman, Branch Chief USA, NJ

2-1

(brown belt with a red stripe )

A minimum of 12 months of continuous training since the last exam

Theory

Knowledge of principles and rules of kata competitions

Punches ( tsuki , uchi )

Hiraken ( Hiraken Tsuki (jodan , chudan) , Hiraken Oroshi Uchi , Hiraken Mawashi Uchi

Age Jodan Tsuki

Blocks ( uke )

Koken Uke ( jodan )

Kicks ( geri )

Nidan Tobi Geri ,

Kata

Pinan Sono Go

\*Ippon Kumite

Attack: Zenkutsu Dachi , Jodan Tsuki Ken Hira

Defense: Neko Ashi Dachi , Jodan Koken Uke , Contra: Kiba Dachi (45 deg ) , Jodan Tsuki Age

Renraku

-----n/a

Kumite

Jiyu Kumite - 8 fights with opponents in accordance with the regulations for cadets , juniors , seniors



Sensei Roman Herman, Branch Chief USA, NJ

2-2

(brown belt with two red stripes )

A minimum of 12 months of continuous training since the last exam

#### Theory

- Understanding basic Kata Bunkai- application

#### Punches ( tsuki , uchi )

- Haishu ( jodan , chudan )
- Koken Uchi ( jodan , chudan , gedan )

#### Blocks ( uke )

- Koken Uke ( chudan , gedan )

#### Kicks ( geri )

- Mae Tobi Geri

#### Kata

- Gekisai Dai

#### Ippon Kumite

- n/a

#### \*Renraku

- Revocation and block Seiken Mae Gedan Barai , sliding forward Seiken Ago Uchi , sliding forward Seiken Tsuki Chudan Gyaku , step forward and kick Hiza Ganmen Geri , Mae Geri Chudan Chusoku , Mawashi Geri Chudan Haisoku , Ushiro Chudan Geri , Mae Seiken Gedan Barai , Seiken Tsuki Chudan Gyaku .

#### Kumite

- Jiyu Kumite - 8 fights with opponents in accordance with the regulations for cadets , juniors , seniors



Sensei Roman Herman, Branch Chief USA, NJ

1-1

(brown belt with two red stripe and black stripe )

A minimum of 12 months of continuous training since the last exam

Punches ( tsuki , uchi )

Ryutoken Tsuki ( jodan , chudan )

Blocks ( uke )

Chudan Haito Uchi Uke

Kicks ( geri )

Yoko Tobi Geri

Jodan Uchi Geri Haisoku

Kata

Tsuki No Kata

\*Ippon Kumite

Attack: Zenkutsu - Dachi , Seiken Oi Tsuki Chudan

Defense: Kokutsu - Dachi , Chudan Haito Uchi Uke , Contra: Jodan Uchi Haisoku Mawashi Geri

Renraku

-----n/a

Kumite

Jiyu Kumite - 9 fights with opponents in accordance with the regulations for cadets , juniors , seniors



Sensei Roman Herman, Branch Chief USA, NJ

1-2

(brown belt with two red stripes and two black )

A minimum of 12 months of continuous training since the last exam

Punches ( tsuki , uchi )

Naka Yubi Ipponken( jodan , chudan ) , Oya Yubi Ipponken

Blocks ( uke )

Kake Uke ( jodan , chudan )

Kicks ( geri )

Oroshi Uchi Geri Kakato

Oroshi Soto Geri Kakato

Kata

Yantsu

Ippon Kumite

-----n/a

\*Renraku

Part 1: Seiken Oi Tsuki Chudan , Seiken Gyaku Tsuki Chudan , Seiken Oi Tsuki Chudan , Seiken Gyaku Shita Tsuki ,

Part 2: Mawashi Geri Oi Haisoku Jodan (front leg), Seiken Oi Tsuki Chudan , Seiken Chudan Gyaku Tsuki , Mawashi Geri Haisoku Jodan ( back leg ) .

Kumite

Jiyu Kumite - 9 fights with opponents in accordance with the regulations for cadets , juniors , seniors

**NOTE:**

1. ALL REQUIREMENTS MARKED (\*) WILL BE IN THE USA PROGRAM FROM 2016 (Ippon Kumite, Sanbon Kumite, Renyaku).
2. Senior Rank Requirements combined both junior ranks except amount of Jiyu Kumite but not limited to minimum fights amount.
3. Additional Stamina and Exercise requirements can apply pending examiner preference.