

Exam requirements for kyu and dan of the
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10 kyu - senior (orange belt) - over the age of 16

Minimum two months continuous training

Steps for junior under the age of 16

10.1 kyu - junior I part (orange belt and 1 red stripe)

10.2 kyu - junior II part (orange belt and 2 red stripes)

General:

- Meaning of Karate-Do and Shinkyokushinkai
- Correct method of folding Karate-Gi
- Correct method of wearing Karate-Gi
- Dojo etiquette
- General stretching and conditioning exercises

Positions (dachi):

- Yoi Dachi
- Fudo Dachi
- Zenkutsu Dachi

Strikes (tsuki, uchi):

- Seiken oi tsuki (chudan, jodan, gedan)
- Seiken morote tsuki (chudan, jodan, gedan)

Blocks (uke):

- Seiken jodan uke
- Seiken mae gedan barai
- Seiken mae juji gedan barai

Kicks (geri):

- Hiza ganmen geri
- Kin geri

Ippon Kumite:

- Attack: Zenkutsu Dachi, Seiken oi tsuki jodan
- Defence: Zenkutsu Dachi, Seiken jodan uke, Counterattack: Kin geri

Strength and mobility tests are conducted according to the examiners discretion and are adapted to the age and abilities of the examinee, with regards to health and safety.

9 9 kyu - senior (orange belt, blue stripe) - over the age of 16

Minimum 3 months of continuous training since the previous examination

Steps for junior under the age of 16

9.1 kyu - junior I part (orange belt, blue stripe and 1 red stripe)

9.2 kyu - junior II part (orange belt, blue stripe and 2 red stripes)

General:

- History of Karate-Do and Shinkyokushinkai
- Meaning of Kanku

Positions:

- Sanchin Dachi
- Kokutsu Dachi
- Musubi Dachi

Strikes (tsuki, uchi):

- Seiken ago uchi
- Seiken gyaku tsuki (chudan, jodan, gedan)

Blocks (uke):

- Seiken chudan uchi uke
- Seiken chudan soto uke

Kicks (geri):

- Mae geri chudan chusoku

Kata:

- Taikyoku Sono ichi
- Taikyoku Sono ni

Breathing exercises:

- Nogare

Ippon Kumite:

- Attack: Zenkutsu Dachi, Seiken oi tsuki chudan
- Defence: Zenkutsu Dachi, Seiken chudan uchi uke, Counterattack: Seiken gyaku tsuki jodan

Renraku:

Seiken gyaku tsuki (chudan lub jodan), mae geri chudan chusoku, return to fighting stance

Strength and mobility tests are conducted according to the examiners discretion and are adapted to the age and abilities of the examinee, with regards to health and safety.

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8 kyu - senior (blue belt) - over the age of 16

Minimum 3 months of continuous training since the previous examination

Steps for junior under the age of 16

8.1 kyu - junior I part (blue belt and 1 red stripe)

8.2 kyu - junior II part (blue belt and 2 red stripes)

Positions (dachi):

-Kiba dachi

Strikes (tsuki, uchi):

-Seiken tate tsuki (chudan, jodan, gedan)

-Seiken shita tsuki

-Seiken jun tsuki (chudan, jodan, gedan)

Blocks (uke):

-Seiken morote chudan uchi uke

-Seiken chudan uchi uke gedan barai

Kicks (geri):

-Mae geri chusoku jodan

Kata:

-Taikyoku Sono San

Sanbon kumite variant I:

In Zenkutsu Dachi position:

-I step attack: seiken oi tsuki jodan; defence: seiken oi jodan uke

-II step attack: seiken oi tsuki chudan; defence: seiken oi soto uke

-III step attack: seiken oi tsuki gedan; defence: seiken oi mae gedan barai + seiken gyaku tsuki chudan + seiken oi mae gedan barai

Ippon Kumite:

-Attack: Zenkutsu Dachi, mae geri chudan chusoku

-Defence: Kiba – Dachi (45 °), Seiken oi chudan Soto uke, Counterattack: gyaku tate tsuki jodan

Renraku:

-from fighting stance, mae geri chudan chusoku, seiken gyaku tsuki chudan in zenkutsu dachi, return to fighting stance, mawate (seiken chudan uchi uke), step backwards in fighting stance seiken chudan soto uke, seiken gedan barai, enter zenkutsu dachi stance, seiken gyaku tsuki chudan, return to fighting stance, mawate (seiken chudan uchi uke) fighting stance

Strength and mobility tests are conducted according to the examiners discretion and are adapted to the age and abilities of the examinee, with regards to health and safety

7 kyu - senior (blue belt, yellow stripe) - over the age of 16

Minimum 3 months of continuous training since the previous examination

Steps for junior under the age of 16

7.1 kyu - junior I part (blue belt, yellow stripe and 1 red stripe)

7.2 kyu - junior II part (blue belt, yellow stripe and 2 red stripes)

Positions (dachi):

-Neko ashi dachi

Strikes (tsuki, uchi):

- Tettsui oroshi ganmen uchi
- Tettsui komekami
- Tettsui hizo uchi
- Tettsui mae yoko uchi (jodan, chudan, gedan)
- Tettsui yoko uchi (jodan, chudan, gedan)

Blocks (uke):

- Seiken mawashi gedan barai
- Shuto mawashi uke

Kicks (geri):

- Mae chusoku ke age
- Teisoku mawashi soto keage
- Heisoku mawashi uchi keage
- Yoko sokuto keage

Kata:

- Pinan Sono Ichi

Additional exercises:

- Ibuki sankai
- Nogare ura

Ippon Kumite:

- Attack: Zenkutsu Dachi, Seiken oi tsuki gedan
- Defense: Zenkutsu Dachi, Seiken mawashi uke gedan barai, Counterattack: shifting forward into Kokutsu Dachi, Tettsui Mae yoko uchi jodan

Kumite:

Jiyu Kumite (free fight)

4 fights with opponents, with accordance to the rules for cadets, juniors and seniors

Strength and mobility tests are conducted according to the examiners discretion and are adapted to the age and abilities of the examinee, with regards to health and safety.

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6 kyu - senior (yellow belt) - over the age of 16

Minimum 3 months of continuous training since the previous examination

Steps for junior under the age of 16

6.1 kyu - junior I part (yellow belt and 1 red stripe)

6.2 kyu - junior II part (yellow belt and 2 red stripes)

Positions (dachi):

-Tsuru Ashi Dachi

Strikes (tsuki, uchi):

-Uraken shomen ganmen uchi

-Uraken sayu ganmen uchi

-Uraken hizo uchi

-Uraken ganmen oroshi uchi

-Uraken mawashi uchi

-Nihon nukite (striking forward - Me tsuki)

-Yonhon nukite (jodan, chudan)

Blocks (uke):

-Seiken juji uke (jodan, gedan)

Kicks (geri):

-Kansetsu geri sokuto

-Yoko geri sokuto chudan

-Mawashi gedan geri (chusoku, haisoku)

Kata:

-Pinan sono ni

Ippon Kumite:

-Attack: Zenkutsu Dachi, Nihon Nukite jodan

-Defence: Zenkutsu Dachi, Seiken juji uke jodan, Counterattack: shifting forward into Sanchin Dachi, Uraken Shomen Gamnen Uchi

Kumite:

Jiyu Kumite (free fight)

5 fights with opponents, with accordance to the rules for cadets, juniors and seniors

Strength and mobility tests are conducted according to the examiners discretion and are adapted to the age and abilities of the examinee, with regards to health and safety.

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5 kyu - senior (yellow belt, green stripe) - over the age of 16

Minimum 3 months of continuous training since the previous examination

Steps for junior under the age of 16

5.1 kyu - junior I part (yellow belt, green stripe and 1 red stripe)

5.2 kyu - junior II part (yellow belt, green stripe and 2 red stripes)

Positions (dachi):

-Moro ashi dachi

Strikes (tsuki, uchi)

-Shotei Uchi (jodan, chudan, gedan)

-Jodan Hiji ate

Blocks (uke):

-Shotei Uke (jodan, chudan, gedan)

Kicks (geri):

-Mawashi geri chudan (chusoku, haisoku)

-Ushiro geri (chudan lub gedan) 3 methods

Kata

-Pinan sono san

Ippon Kumite:

-Attack: Dachi, Seiken oi tsuki jodan

-Defence: Zenkutsu Dachi, Shotei uke jodan; Counterattack: Moro Ashi Dachi, shotei uchi chudan

Renraku:

-Mae geri chudan chusoku, yoko geri chudan sokuto, ushiro geri chudan, gyaku tsuki chudan

Kumite:

Jiyu Kumite (free fight)

6 fights with opponents, with accordance to the rules for cadets, juniors and seniors

Strength and mobility tests are conducted according to the examiners discretion and are adapted to the age and abilities of the examinee, with regards to health and safety.

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4 kyu - senior (green belt) - over the age of 16

Minimum 6 months of continuous training since the previous examination

Steps for junior under the age of 16

4.1 kyu - junior I part (green belt and 1 red stripe)

4.2 kyu - junior II part (green belt and 2 red stripes)

Positions (dachi): -Heisoku dachi
-Uchi hachiji dachi

Strikes (tsuki, uchi): - Shuto Sakotsu uchi
-Shuto uchi komi
-Shuto yoko ganmen uchi
-Shuto hizo uchi
-Shuto jodan uchi uchi

Blocks (uke): -Shuto jodan uchi uke
-Shuto jodan uke
-Shuto chudan soto uke
-Shuto chudan uchi uke
-Shuto mae gedan barai
-Shuto mawashi uke (mae)

Kicks (geri): -Yoko geri jodan sokuto
-Mawashi geri jodan (chusoku, haisoku)
-Ushiro geri jodan (3 methods)

Kata: -Sanchin no kata

Ippon Kumite:

-Attack: Zenkutsu Dachi, Seiken oi tsuki chudan
-Defense: Kokutsu Dachi, Shuto chudan uchi uke; Counterattack: Jodan Yoko Geri

Sanbon kumite variant II:

-Attack (1): seiken oi tsuki jodan; Defense (1): Seiken jodan uke + third step with counterattack: gyaku tsuki jodan
-Attack (2): seiken oi tsuki chudan; Defense (2): Seiken chudan soto uke + third step with counterattack: gyaku tsuki chudan
-Attack (3): seiken oi tsuki chudan; Defense (3): Seiken chudan uchi uke + third step with counterattack gyaku tsuki chudan
-Attack (4): mae geri chudan chusoku; Defense (4): mae gedan barai + third step with counterattack gyaku mawashi geri jodan (after kick, place leg forward into zenkutsu dachi)

Kumite: **Jiyu Kumite (free fight)**

8 fights with opponents, with accordance to the rules for cadets, juniors and seniors
Strength and mobility tests are conducted according to the examiners discretion and are adapted to the age and abilities of the examinee, with regards to health and safety.

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3 kyu - senior (green belt, brown stripe) - over the age of 16

Minimum 6 months of continuous training since the previous examination

Steps for junior under the age of 16

3.1 kyu - junior I part (green belt, brown stripe and 1 red stripe)

3.2 kyu - junior II part (green belt, brown stripe and 2 red stripes)

Positions (dachi):

-Kake dachi

Strikes (tsuki, uchi):

-Chudan hiji ate

-Chudan mae hiji ate

-Age hiji ate (jodan, chudan)

-Ushiro hiji ate

-Oroshi hiji ate

Blocks (uke):

-Shuto juji uke (jodan, gedan)

Kicks (geri):

-Mae Kakato geri (jodan, chudan, gedan)

Kata:

-Pinan Sono Yon

Ippon Kumite:

-Attack: Zenkutsu Dachi, Seiken oi tsuki jodan

-Defense: Zenkutsu Dachi, jodan Shuto juji uke; Counterattack: kokutsu Dachi, Ushiro Hiji Ate

Kumite:

Jiyu Kumite (free fight)

10 fights with opponents, with accordance to the rules for cadets, juniors and seniors

Strength and mobility tests are conducted according to the examiners discretion and are adapted to the age and abilities of the examinee, with regards to health and safety.

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2 kyu - senior (brown belt) - over the age of 16

Minimum 12 months of continuous training since the previous examination

Steps for junior under the age of 16

2.1 kyu - junior I part (brown belt and 1 red stripe)

2.2 kyu - junior II part (brown belt and 2 red stripes)

General:

- the main topics of karate-do, Kyokushin Karate and the World Shinkyokushinkai Karate Organisation
- understanding of warm up and flexibility exercises in karate and the ability to demonstrate these

Strikes (tsuki, uchi):

- Hiraken tsuki (jodan, chudan)
- Hiraken oroshi uchi
- Hiraken mawashi uchi
- Haishu (jodan, chudan)
- Age jodan tsuki
- Koken uchi (jodan, chudan, gedan)

Blocks (uke): -Koken uke (jodan, chudan, gedan)

Kicks (geri):

- Nidan tobi geri
- Mae tobi geri (3 methods)

Kata:

- Pinan sono go
- Gekisai dai

Ippon Kumite:

- Attack: Zenkutsu Dachi, Jodan Hira Ken Tsuki
- Defense: Neko Ashi Dachi, Jodan Koken Uke; Counterattack: Kiba Dachi (45°), Jodan Age Tsuki

Kumite:

Jiyu Kumite (free fight)

12 fights with opponents, with accordance to the rules for cadets, juniors and seniors

Renraku:

- movement backward and seiken mae gedan barai block, movement forward with seiken ago uchi, movement forward with chudan gyaku tsuki, step forward and hiza ganmen geri kick, then mae geri chudan chusoku, mawashi geri chudan haisoku, ushiro geri chudan, seiken mae gedan barai, seiken gyaku chudan tsuki

Strength and mobility tests are conducted according to the examiners discretion and are adapted to the age and abilities of the examinee, with regards to health and safety.

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1 kyu - senior (brown belt, black stripe) - over the age of 16

Minimum 12 months of continuous training since the previous examination

Steps for junior under the age of 16

1.1 kyu - junior I part (brown belt, black stripe and 1 red stripe)

1.2 kyu - junior II part (brown belt, black stripe and 2 red stripes)

Strikes (tsuki, uchi):

- Ryuto ken tsuki (jodan, chudan)
- Naka Yubi ippon ken (jodan, chudan)
- Oya yubi ippon ken

Blocks (uke):

- Kake uke (jodan, chudan)
- Chudan haito uchi uke

Kicks (geri):

- Jodan uchi haisoku geri
- Oroshi uchi kakato geri
- Oroshi soto kakato geri
- Yoko tobi geri

Kata:

- Yantsu
- Tsuki no kata

Ippon Kumite:

- Attack: Zenkutsu Dachi, Seiken Oi Tsuki Chudan
- Defense: Kokutsu Dachi, Chudan Haito Uchi Uke, Counterattack: Jodan Haisoku Mawashi Geri

Kumite:

Jiyu Kumite (free fight)

15 fights with opponents, with accordance to the rules for cadets, juniors and seniors

Renraku:

- Part 1: seiken chudan oi tsuki, seiken chudan gyaku tsuki, seiken chudan oi tsuki, seiken gyaku shita tsuki
- Part 2: oi mawashi geri haisoku jodan (front leg), seiken chudan oi tsuki, seiken chudan gyaku tsuki, mawashi geri haisoku jodan (back leg)

Strength and mobility tests are conducted according to the examiners discretion and are adapted to the age and abilities of the examinee, with regards to health and safety.

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1dan (black belt, 1 gold stripe)

Minimum 12 months of continuous training since the previous examination

Candidate must be aged 18 or over

Strikes (tsuki, uchi):

- Morote haito uchi (jodan, chudan)
- Haito uchi (jodan, chudan, gedan)

Blocks (uke):

- Morote kake uke (jodan, chudan)
- Morote haito uke (chudan)
- Osai uke
- Blocking with leg techniques

Kicks (geri):

- Kake geri (kakato, chusoku) (jodan, chudan)
- Ushiro mawashi geri (jodan, chudan, gedan)

Kata:

- Tensho No Kata
- Saiha
- Taikyoku Ichi, Ni, San, Pinian sono ichi in ura

Kumite:

Jiyu Kumite (free fight)

20 fights with opponents knockout/knockdown style, with accordance to the rules for cadets, juniors and seniors

Renraku:

-Mawashi geri jodan, ushiro mawashi geri jodan, mae geri jodan, mawashi geri jodan, ushiro mawashi geri jodan

Tameshiwari:

- compulsory breaking with the Seiken technique
- with any technique chosen by the candidate

The organiser must provide the materials to conduct the tamashiwari test (planks with the dimensions 30cm x 25cm x 2.5cm)

Conditioning:

- 100 push ups (Seiken)
- 150 sit ups
- 100 squats

The examiner can change the required amount of conditioning exercises depending on the examinees ages. Other things can also be taken into account e.g. physical health.

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2 dan (black belt, 2 gold stripes)

Minimum 3 years of continuous training since the previous examination

Candidate must be aged 21 or over

Strikes (tsuki, uchi):

- Toho uchi jodan
- Keiko uchi
- Ippon nukite

Blocks (uke):

- Hiji uke chudan
- Shotei morote uke jodan
- Shuto morote uke gedan

Kicks (geri):

- Tobi ushiro geri
- Tobi ushiro mawashi geri
- Tobi mawashi geri
- Age kakato ushiro geri

Kata:

- Kanku Dai
- Gekisai Sho
- Seienchin
- Pinan, Ni in ura

Kumite:

Jiyu Kumite (free fight)
30 fights with opponents knockout/knockdown style

Tameshiwari:

- compulsory breaking with the Seiken technique
- with any technique chosen by the candidate

The organiser must provide the materials to conduct the tamashiwari test (planks with the dimensions 30cm x 25cm x 2.5cm)

Conditioning:

- 100 push ups (Seiken)
- 150 sit ups
- 100 squats

The examiner can change the required amount of conditioning exercises depending on the examinees ages. Other things can also be taken into account e.g. physical health.

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3 dan (black belt, 3 gold stripes)

Minimum 4 years of continuous training since the previous examination

Candidate must be aged 25 or over

General:

-The candidate must know and be able to explain completely the basic techniques of the whole examination system. The candidate will be tested on the karate-do knowledge, basic techniques, kata.

-International refereeing authorisations for kata, kumite

Kata:

-Sushi Ho

-Garyu

-Seipai

-Pinan San, Yon, Go in ura

Kumite:

Jiyu Kumite (free fight)

40 fights with opponents knockout/knockdown style

Tameshiwari:

-compulsory breaking with the Seiken technique

-with any technique chosen by the candidate

Conditioning:

-100 push ups (Seiken)

-150 sit ups

-100 squats

4 dan, 5 dan (black belt, 4/5 stripes)

-the examination for these grades is carried out in accordance with the expectations of the european and world organisation

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