

## Shotokan Dan Grade requirement

**ENGLISH KARATE**



**FEDERATION**

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TBC

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Shotokan Dan Grade requirement

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- Does this document meet the requirements under the Equality Act 2010 in relation to age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation? **Yes/No**
- Does this document meet our additional commitment as an organisation to extend our duty to carers, veterans, people from a low socioeconomic background, and people with diverse gender identities? **N.A**

**Document for Public Display: Yes/No**

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## 4<sup>th</sup> Dan

### Kihon (x 4 each)

1. Step forward Gedan Barai, contract back to Nekoashi-dachi uchi uke (same arm), slide forward to Zenkutsu-dachi Ura-zuki, Gyaku-zuki
2. Mae-geri Oi-zuki, Mawashi-geri Gyaku-zuki, Ushiro-geri Gyaku-zuki
3. From Zenkutsu-dachi in place, Mae-geri, Yoko-geri, Ushiro-geri (both sides)

### Kata

Shitei kata x 1 (Examiners choice)

From Bassai Dai, Kanku Dai, Enpi, Jion

Tokui kata x 2 (Examinees choice) Any Shotokan kata excluding Heian and Tekki

Examinee will choose two elements from both Tokui kata and demonstrate Bunkai

### Kumite

Jiyu Kumite

## 5<sup>th</sup> Dan

### Kihon (x 4 each)

1. Kokutsu-dachi Shuto-uke, contract back to Nekoashi-dachi Gedan barai, front leg Mae-geri, Gyaku-zuki
2. Mae-geri Oi-zuki, Mawashi-geri Gyakuzuki, Ushiro-geri Gyaku-zuki, Ura Mawashi-geri Gyaku-zuki
3. From Zenkutsu-dachi in place, Mae-geri, Yoko-geri, Ushiro-geri, Mawashi-geri (both sides)

### Kata

Shitei kata x 1 (Examiners choice) from

Bassai Dai, Kanku Dai, Enpi, Jion, Hangetsu

Tokui kata x 2 (Examinees choice)

Any Shotokan kata excluding Heian and Tekki

Examinee will choose two elements from both Tokui kata and demonstrate Bunkai

### Kumite

Jiyu Kumite

## 6<sup>th</sup> Dan

### Kihon

If examinee has been graded by the EKF technical panel previously then no Kihon element is required, if examinee has not been before the technical panel, the 5<sup>th</sup> Dan Kihon element will be required

### Kata

Shitei kata x 1 (Examiners choice) from

Bassai Dai, Kanku Dai, Enpi, Jion, Hangetsu, Gankaku

Tokui kata x 2 (Examinees choice)

Any Shotokan kata excluding Heian and Tekki

Examinee will choose two elements from both Tokui kata and demonstrate Bunkai

### Kumite

#### ***Jiyu-Kumite***

Jiyu-Kumite is preferred but if unable to do Jiyu-Kumite, a Kumite report is to be submitted two weeks prior to the examination date, the Examinee will demonstrate two points of the report and the Examiners will also ask for demonstrations and explanations from the report.