



New World Karate-Do Association
(NWKA)

新世界空手道協会

Kyu and Dan Testing Requirements & Syllabus

**THIS TECHNICAL DOCUMENT IS DESIGNED TO ACCOMPLISH TESTING CRITERIA
CONSISTENT WITH LATEST KARATE DEVELOPMENT AND EVOLUTION WHILE
KEEPING SAFEGUARD ON TRADITIONAL SHOTOKAN KARATE STANDARDS**

Dress Requirement:

- Clear White Gi

Attitude:

- Show good karate manner by bowing when entering and exiting
- Be attentive to instructions
- This is your moment, so give it your all

Important:

- Make sure the testing panel is aware of any health issues

General Testing Information and Recommendations Guidelines:

9 th kyu to 8 th kyu	30 continuous classes
8 th kyu to 7 th kyu	30 continuous classes
7 th kyu to 6 th kyu	40 continuous classes
6 th kyu to 3 rd kyu	45 continuous classes each rank
3 rd kyu to 1 st kyu	60 continuous classes each rank (4.5 to 6 months)

The above is a standard guideline. The resident Sensei may qualify people with less class time or hold people back if not ready yet. The test should **never be** about the biggest number of students testing, rather it should be for those who are ready to take on such task and to find out if their performance under test pressure is consistent with class performance.

Black Belt Time line policy and recommendations:

Shodan	One year after 1 st Kyu and upon recommendation by the Sensei It is important to recognize a good Black Belt candidate comes from a good 1 st Kyu. Correct Kyu standards are the road to Shodan
Shodan to Nidan	Two years after shodan and upon recommendation by the Sensei <u>MUST</u> be 15 or older
Nidan to Sandan	Three years after Nidan and upon recommendation by the Sensei <u>Sandan</u> CANNOT be granted before 21
Sandan to Yondan	Four years after Sandan and upon recommendation by the Sensei

The above ranks timing can be reduced by six months with special request by the Sensei and approval by NWKA, but age requirements stand.

Yondan to Godan Five years after Yondan and upon recommendation by the Sensei

Godan CANNOT be granted unless 32 years old or older

Yondan and Godan timing can be reduced by up to one year with special request by the Sensei and approval by NWKA, but age requirements stand.

Godan to Rokudan 6 years wait (no testing required if graduated through NWKA ranking system and full time active

Rokudan to Nandan 7 years wait (no testing required if graduated through NWKA ranking system and full time active

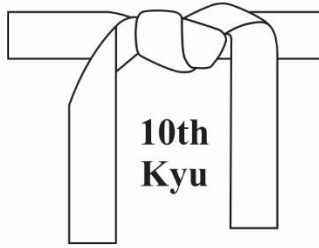
From Nandan up 8 years wait and must be active in NWKA

It should be clear here that the time periods are no an automatic promotion qualifiers. After acquiring Godan within the NWKA testing system and upon staying active in karate and in NWKA, the time periods become a reminder to the EGC to put those candidates for recommendations if they meet activity level.

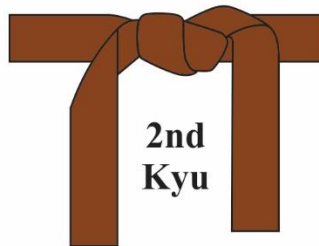
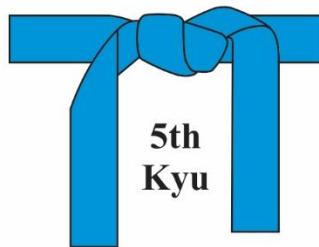
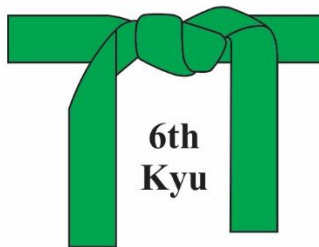
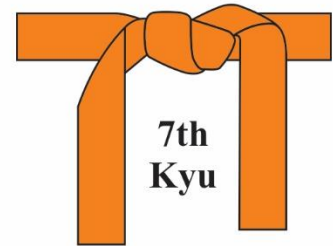
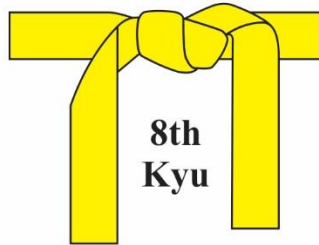
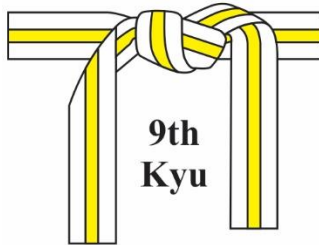
Higher ranks acquired outside NWKA and accepted by our organization will receive different evaluation and recommendations based on time-qualifying, how long with NWKA, and the level of activity and contribution to NWKA. The EGC will make that determination.

It is very essential that our high rank Instructors are of the highest technical karate standards.

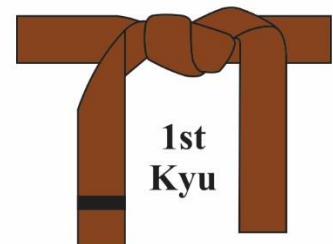
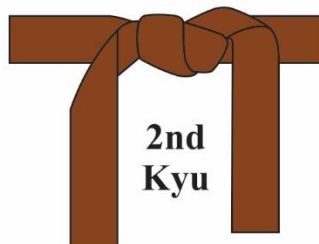
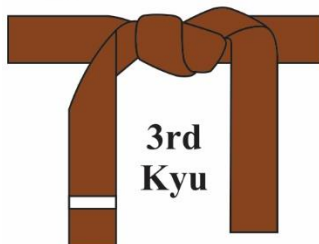
Kyu Ranking Belt Color Guideline



The coloring guideline is only a suggestion in an effort to establish uniformity across the whole membership. It is understood that some areas or situations may cause a little deviation.



Some other possible designations of 3rd, 2nd, and 1st Kyu if the left suggested belts are not readily available in the local market place.



- Adult and teenager testing can start at 8th Kyu if qualified.
- Very young kids (4 or 5) can have a different system that starts at 12th Kyu and merge into the regular system starting 7th Kyu. The Sensei may choose belts and coloring designation according to what's available in the market.

Examination for the rank of 9th kyu (white belt):

9 Kyu

The local Sensei may set localized dojo requirements and testing standards. Also some may start their testing from 8th Kyu. However, in the event of conducting a 9th Kyu test, test MUST include at least the following:

Kihon:

In standing position performing Choku tsuki Chudan punch, 10 times

In Zenkutsu Dachi without moving performing Mae Geri, 10 time each side

In Kiba Dachi position (facing testing table) performing Sanbon tsuki

From Gedan Barai, stepping forwards and backwards Oi tsuki (5 times)

Stepping forwards and backwards Age Uke (5 times)

Stepping forwards Mae Geri (5 times), turn and repeat, then turn

Kata:

Taikyoku Shodan (with count)

Kumite:

Gohon Kumite Jodan Attack and Defense

Examination for the rank of 8th kyu (yellow belt):

8 Kyu

The local Sensei may set localized dojo requirements and testing standards. However the 8th kyu test MUST include at least the following:

Kihon:

Stepping forwards and backwards Oi tsuki (5 times)

Stepping forwards and backwards Age Uke (5 times)

Stepping forwards and backwards Soto Uke (5 times)

Stepping forwards Mae Geri (5 times), turn and repeat, then turn

Stepping forwards Mawashi Geri (5 times), turn and repeat, then turn

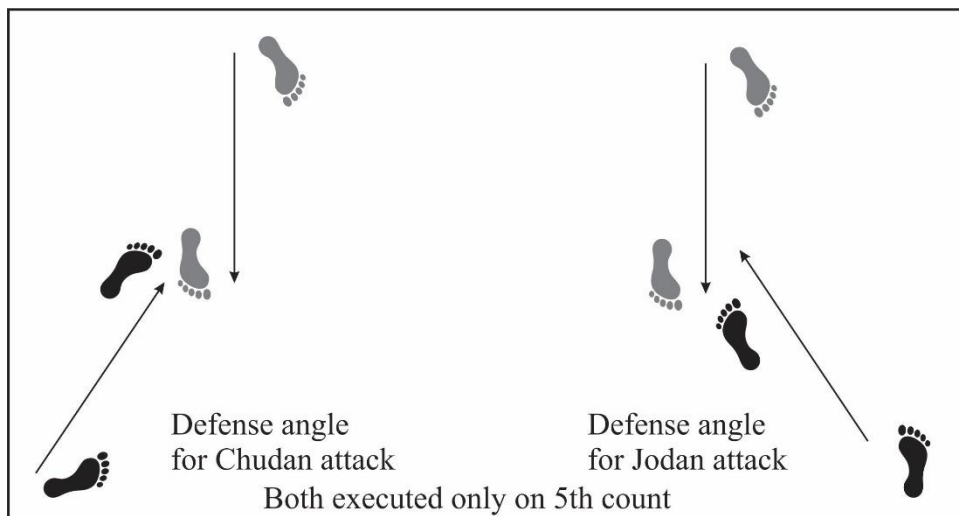
Kata:

Heian Shodan (with count)

Kumite:

Gohon Kumite Jodan and Chudan Attack and Defense

The fifth block must be done to 45 degree to the appropriate side



Examination for the rank of 7th kyu (orange belt):

7 Kyu

The local Sensei may set localized dojo requirements and testing standards. However the 7th kyu test MUST include at least the following:

Kihon:

Stepping forwards Sanbon tsuki (5 times)

Stepping backwards Age Uke Gyaku tsuki (5 times)

Stepping forwards Soto Uke Gyaku tsuki (5 times)

Stepping backwards Shuto Uke in Kokutsu Dachi

Stepping forwards Mae Geri Oi tsuki (5 times), then turn

Stepping forwards Mawashi Geri Gyaku tsuki (5 times), then turn into Kiba Dachi

Stepping Yoko Geri Keage (3 times)

Repeat to the other direction

Kata:

Heian Nidan (with count)

Kumite:

Sanbon Kumite Jodan and Chudan Attack and Defense (both left and right side with different defense each time)

Ippon Kumite Mae Geri both left and right

Examination for the rank of 6th kyu (green belt):

6 Kyu

The local Sensei may set localized dojo requirements and testing standards. However the 6th kyu test MUST include at least the following:

Kihon:

Stepping forwards Sanbon tsuki (5 times)

Stepping backwards Age Uke Gyaku tsuki (5 times)

Stepping forwards Soto Uke Gyaku tsuki (5 times)

Stepping backwards Uchi Uke Gyaku tsuki (5 times), then turn

Stepping backwards Shuto Uke in Kokutsu Dachi then Nukite in Zenkutsu Dachi

Stepping forwards Mae Geri Oi tsuki (5 times), then turn

Stepping forwards Mawashi Geri Gyaku tsuki (5 times), then turn into Kiba Dachi

Stepping Yoko Geri Kekomi (3 times)

Repeat to the other direction

Kata:

Heian Sandan (with count), Heian Shodan (no count).

Kumite:

Ippon Kumite Jodan, Chudan, Mae Geri, and Mawashi Geri. (both left and right with different defense each time)

Examination for the rank of 5th kyu (blue belt):

5 Kyu

The local Sensei may set localized dojo requirements and testing standards. However the 5th kyu test MUST include at least the following:

Kihon:

Stepping forwards Sanbon tsuki (5 times)

Stepping backwards Age Uke Kizame Maegeri Gyaku tsuki (5 times)

Stepping forwards Soto Uke in Zenkutsu Danchi, then Chudan Yoko Empi in Kiba Dachi (5 times)

Stepping backwards Uchi Uke, same hand Kizame tsuki then Gyaku tsuki (5 times), then turn

Stepping backwards Shuto Uke in Kokutsu Dachi then Nukite in Zenkutsu Dachi

Stepping forwards Mae Geri Rengeri, front foot then back foot (5 times), then turn

Stepping forwards Mawashi Geri Rengeri, front foot then back foot (5 times), then turn into Zenkutsu Dachi

Stepping Yoko Geri Kekomi from Zenkutsu Danchi (5 times)

Kata:

Heian Yondan (with count), then Heian Nidan (no count)

Kumite:

Ippon Kumite Jodan, Chudan, Mae Geri, Mawashi Geri, and Kekomi. (right and left with different defense each time)

Examination for the rank of 4th kyu (purple belt):

4 Kyu

The local Sensei may set localized dojo requirements and testing standards. However the 4th kyu test MUST include at least the following:

Kihon:

Stepping forwards Sanbon Gyaku tsuki (5 times)

Stepping backwards Age Uke Soto Uke (same hand) Gyaku tsuki (5 times)

Stepping forwards Soto Uke in Zenkutsu Danchi, then Chudan Yoko Empi in Kiba Dachi, then Uraken Gyaku tsuki (3 times)

Stepping backwards Uchi Uke, same hand Kizame tsuki then Gyaku tsuki (5 times)

From Kamae, stepping forwards Mae Geri, then advancing to Mawashi Geri Gyaku tsuki in Zenkutsu Danchi, then Kamae (3 times), then turn and repeat

Stepping forwards Ushiro Geri (5 times), then turn into Zenkutsu Dachi

Stepping Yoko Geri Kekomi from Zenkutsu Danchi (5 times)

Kata:

Heian Godan (by count), then Heian Sandan (no count)

Kumite:

Ippon Kumite Jodan, Chudan, Mae Geri, Mawashi Geri, and Kekomi. (twice each with different defense each time)

Examination for the rank of 3rd kyu (brown belt):

3 Kyu

The local Sensei may set localized

dojo requirements and testing standards. However the 3rd kyu test MUST include at least the following:

Kihon:

Stepping forwards Sanbon Gyaku tsuki (5 times)

Stepping backwards Age Ukes Gedan Barai (same hand) Gyaku tsuki (5 times)

Stepping forwards Soto Uke in Zenkutsu Danchi, then Chudan Yoko Empi in Kiba Dachi, then Jodan Uraken then Gyaku tsuki (4 times)

Stepping backwards Uchi Uke in Kokutsu Dachi, same hand Kizame tsuki then Gyaku tsuki in Zenkutsu Dachi (5 times)

From Kamae, stepping forwards Mae Geri, then advancing to Mawashi Geri Gyaku tsuki in Zenkutsu Danchi, then Kamae (3 times), then turn and repeat

Stepping forwards Ushiro Geri (5 times), then turn into Zenkutsu Dachi

Stepping Yoko Geri Kekomi from Zenkutsu Danchi (5 times)

Kata:

Tekki Shodan (no count), then Heian Yondan (no count)

Kumite:

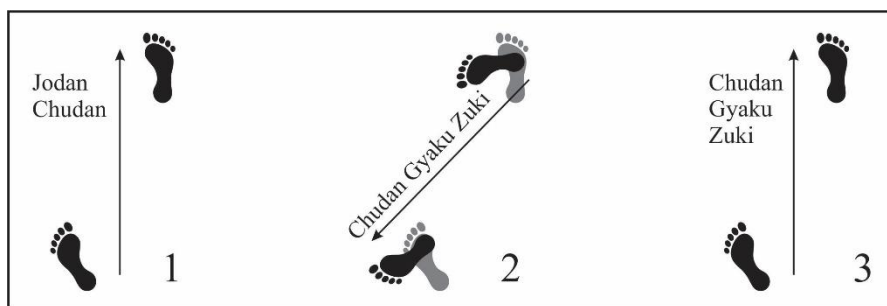
Jiyu Ippon Kumite Jodan, Chudan, Mae Geri, Mawashi Geri, Kekomi, and Ushiro Geri. (twice each with different defense each time)

Examination for the rank of 2nd and 1st kyu (brown belt): 2 & 1 Kyu

The local Sensei may set localized dojo requirements and testing standards. However the 3rd kyu test MUST include at least the following:

Kihon:

Stepping forward Jodan Oi tsuki Chudan Gyakuzuki, turning 45 degrees in place in Gyaku tsuki, then turning back to original direction Gyaku tsuki, (5 times).



Stepping backwards Age Ukes Uraken (same hand) Gyaku tsuki (5 times)

Stepping forwards Soto Uke in Zenkutsu Danchi, then Chudan Yoko Empi in Kiba Dachi, then spinning Jodan Uraken then Gyaku tsuki (2 times), then turn, repeat with other side

Stepping backwards Uchi Uke, same hand Kizame tsuki then Gyaku tsuki, Mawashi Empi (5 times)

From Kamae, stepping forwards Mae Geri, then same leg Mawashi Geri Gyaku tsuki in Zenkutsu Danchi, then Kamae (5 times), then turn.

From Kamae, stepping forwards Mae Geri, then same leg Yoko Geri Kekomi Gyaku tsuki in Zenkutsu Danchi, then Kamae (5 times),

Stepping forwards Ushiro Geri (5 times), then turn into Zenkutsu Dachi

Kata:

For 2nd Kyu Bassai Dai and Heian Godan

For 1st Kyu Kanku Dai and Tekki Shodan

Kumite:

Jiyu Kumite. It is recommended that with young juniors and older students kumite is done between 50%-60% intensity. The purpose being here is to see offence and defense skills not the power or aggressiveness.

With the other students regular kumite but with **no toleration** to any lack of control or what seems to be aggression with intentional harm to opponent.

Older students may choose to do Jiyu Ippon Kumite Jodan, Chudan, Mae Geri, Mawashi Geri, Kekomi, and Ushiro Geri

Black Belt Testing Curriculum



The only belt acceptable for Dan ranking in the NWKA system is the black belt. We do not recognize red or white/red belts and we advise our membership not to participate in wearing those colors.

Our Shotokan karate was born from the roots of JKA. There are no instructors from the JKA or the respected organizations that branched from the JKA that wore anything other than a black belt for Dan ranking.

Next are following are the requirements for Dan examination in the NWKA system. These requirements apply for members who graded from shodan and up in the NWKA system.

Please Note that examination for people who joined NWKA already as black belts and were confirmed to some Dan rank may vary according to decisions from the Executive Governing Committee (EGC), or the Technical Committee (TC).

Examination for shodan (1st degree Black Belt)

Shodan - 1st Dan - 初段

ALL Dan examinations **MUST** be conducted according to NWKA requirements.

Kihon:

Stationary Drills

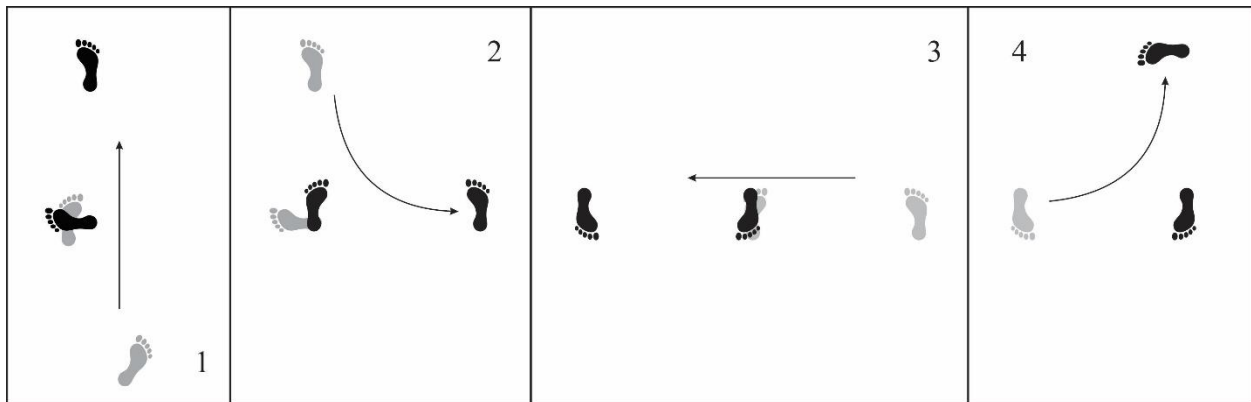
From Zenkutsu Dachi (in place), Mae Geri forward, Yoko geri Keage to side, then put foot back (5 times), switch legs and repeat

In Gyaku tsuki Position Maegeri, put foot back Kizame tsuki, Gyaku tsuki (5 times)

Change side and repeat

From Kamae position sliding front foot into Kizame tsuki then Gyaku tsuki and back to Kamae (must demonstrate kime on both punches without stiffness or extended hold, (5 times), change legs and do other side.

From Gedan Barai position, Step forward Shuto Uke, then same foot to the side Yoko Empi Chudan (in Kiba Dachi), Same foot spinning 180 degrees down the same line Yoko Empi Jodan (Kiba Dachi), Same foot backwards Shuto Uke. Repeat 4 times, then do other side.



Moving Forwards and backwards

From Gedan Barai, Step to Age Uke in Fudo Dachi, the Uraken Gyaku Zuki in Zenkutsu Danchi, follow the same stances switch into Soto Uke Gyaku tsuki, Uchi Uke Kizame tsuki Gyaku tsuki, then Shuto Uke in Kokutsu Dachi Kizame Mae Geri Nukite in Zenkutsu dachi. Repeat the same techniques going backwards but Kizame Mawashi geri for the kick. Change guard and repeat.

Gedan Barai Gyaku tsuki. Kick Maegeri, put foot back with Kizame tsuki Gyaku tsuki then back foot stepping forward Mawashi Geri Gyaku tsuki, (5 times), then turn

From Kamae

Sliding front foot into Gyaku tsuki, bring front foot back half way to other foot then step Maegeri Oi tsuki in Zenkutsu Dachi, then Kamae, (5 times)

Turn and repeat but with Mawashi Geri Gyaku tsuki

From Kamae step forward Mae geri, then step Mawashi Geri, then spin Ushiro Geri Gyaku tsuki, (2 times), turn and repeat.

Kata:

Examinee Choice from Bassai Dai, Kanku Dai, Jion, Enpi, Jutte

Examiner Choice of Bassai Dai, Kanku Dai, Tekki Shodan, or any Heian Kata.

Kumite:

Jiyu Kumite. Must demonstrate excellent control with Jodan techniques and good sportsmanship.

Examiner chooses whether one or two bouts are needed to establish an opinion

Examination for Nidan (2nd Degree Black belt)

Nidan – 2nd Dan - 貳段/二

ALL Dan examinations **MUST** be conducted according to NWKA requirements.

Kihon:

Stationary Drills

From Zenkutsu Dachi (in place), Maegeri forward, Yoko geri Keage to side, Ushiro Geri, then put foot back (5 times), switch legs and repeat

From Gedan Barai step back with front foot next to back foot then step forward with other foot into Age Empi Ochi, repeat into Mawashi Empi Ochi, then repeat with full rotation into Mae Empi Ochi (6 times)

Exact same format but with kicking Mae geri, then Mawashi Geri, then Ushiro Geri

From Kamae facing left (examining table to your right)

Step forward Maegeri Oi tsuki, Kick to side Yoko Geri Keage with Uraken Uchi, then Gyaku tsuki in the same direction, back to the same direction as the first Maegeri with Mawashi Geri Gyaku tsuki, then Kick backwards Ushio Geri and the Gyaku tsuki to the same target of the kick. This should put you in opposite guard to the starting one and you can repeat now using other side. Do the first 2 times slowly with count, the 6 times with power, no count.

Moving forward and backward techniques

From Kamae, Stepping forward Chudan Oi tsuki, Retract front foot back to Nikoashi Dachi with same hand Uchi Uke, then front foot Kizame Geri, Kizame tsuki, then Gyaku tsuki, then Kamae (5 times)

Stepping Back Soto Uke in Fudo Dachi, then Gyaku tsuki in Zenkutsu Dachi, then Jun tsuki in Fudo Daci, (5 times).

Step forward Gyaku Shuto Uchi, then Maegeri in place without advancing, then Haito Uchi then Gyaku tsuki. (5 times)

Bring front foot next to back foot then step forward Shuto Uke with other foot, bring front foot next to back foot then attack Oi Tsuki Gyaku tsuki, then immediately step back Shuto Uke. (5 times)

Kumite Drills

From Kamae attack with Mae Geri then Jodan Oi tsuki, then front foot moves back into 45 degree angle with block then Gyaku tsuki (both with shifting) then follow original line direction with Mawashi geri Gyaku tsuki, then Kamae. (5 times), then turn

Half step with back foot then execute Ura Mawashi Geri or Mawashi Geri with front foot, then Gyaku Tsuki, then bring the front foot back besides back foot with a Nagashi Uke, then attack with other foot into Oi Tsuki Gyaku tsuki, the Kamae. (5 times)

(The kumite drills must be executed with continuity and speed without sacrificing kime).

Kata:

Examinee Choice from Bassai Dai, Kanku Dai, Jion, Enpi, Jutte, Tekki Nidan, Hangetsu, Jiin, Bassai So, Kanku Sho, Sochin, Gankaku, Chinte

Examiner Choice from Bassai Dai, Kanku Dai, Jion, Enpi, Jutte, Tekki Nidan

Kumite:

Jiyu Kumite. At least twice.