



# SHOTOKAN INTERNATIONAL ALLIANCE

## 国際松濤館連合

### CRITERIA FOR DAN RANKING

#### **Chairman**

Edmond Otis, 8th dan

#### **Vice Chairman**

John Hanratty, 8th dan

#### **Advisory Committee**

Kevin Warner, 7th dan

Jörg Kohl, 7th dan

Kenshin T. Iwata, 6th dan

Nathan Scarano, 6th dan

Robert T. Myles, 6th dan

Ladislav Pokorný, 4th dan

## EXAMINATION FEES

Dan examination fee: \$100 USD

Dan registration and certification fee:

Shodan	\$125 USD
Nidan	\$150 USD
Sandan	\$175 USD
Yondan	\$200 USD
Godan	\$250 USD
Rokudan	\$300 USD
Nanadan and above	No fee

## LENGTH OF TRAINING FOR DAN EXAMINATION

Shodan	2 years or 3 months after 1 <sup>st</sup> Kyu exam Recommended: Minimum 3 years total time
Nidan	Recommended: Minimum 2 years after Shodan
Sandan	Recommended: 3 years after Nidan
Yondan	Recommended: 4 years after Sandan
Godan	Recommended: 5 years after Yondan

## CRITERIA AND JUSTIFICATION

1. Karate examination is for the student as well as for the instructor. They both can see the direction the examinee is going and the necessary correction can be made.
2. The student's behavior before the examination, doing the examination and after the examination must be taken into consideration and the grade must be given accordingly.

*Never forget that the Karate-Do practice is a lifetime process, the examination only part of this long road. Practice as much as you can and this way, one day you will understand the meaning of Karate-do.*  
- Sensei Nakayama

## DAN RANK EXAMINATION REQUIREMENTS

**1<sup>st</sup> Dan:** The examinee is able to perform and apply basic techniques with force (focus) and perform basic combinations effectively.

**2<sup>nd</sup> Dan:** The examinee is able to perform all basic techniques as well as combination techniques and be able to make compensation for individual body limitation.

**3<sup>rd</sup> Dan:** The examinee understands the principles behind basic techniques and is able to apply and perform techniques under difficult circumstances.

**4<sup>th</sup> Dan:** The examinee thoroughly understands and is able to teach others the principles of body movements, techniques, and application. Also required is a paper and presentation on the teaching of a specific technical subject.

**5<sup>th</sup> Dan:** The examinee will complete in depth research into a technical or philosophical topic. Examinee can explain and defend subject and findings.

**6<sup>th</sup> Dan:** The examinee will present evidence of beneficial contribution to karate-do.

**7<sup>th</sup> Dan:** The examinee will present evidence of beneficial contribution to karate-do at a national or international level.

## I. SHODAN

Qualification: More than 2 years total practice or 3 months after receiving 1<sup>st</sup> Kyu.

Age 12 for “junior rank” ending on 17th birthday (or by special invitation).

A: Kata

1. Examinee’s choice - Group A
2. Examiner’s choice - Heian Shodan - to Heian Godan or Tekki Shodan
3. Heian Shodan

B: Kihon – four sets of each combination by Examiner’s count.

1. Sanbon-tsuki (Jodan-Chudan-Chudan): Step in punch once face, twice stomach.
2. Age-uke-Kizami-mae-geri-Gyaku-tsuki: Step back rising block, front leg front kick, reverse punch.
3. Soto-Ude-uke-Empi-uchi-uraken-uchi-gyaku-tsuki (Zenkutsu-dachi-Kiba-dachi-Zenkutsu-dachi): Step in outside forearm block (front stance), elbow strike (side stance), back-fist strike, reverse punch (front stance).
4. Shuto-uke Kizami-mae-geri-Shihon-Nukite (Kokutsu-dachi): Step back, back stance knife hand block, front leg front kick, spear hand (front stance), shift back to knife-hand.
5. Mae-geri Chudan-Jodan (One count 2 steps): Front-leg front kick stomach, back leg – face.
6. Mawashi-geri Chudan-Jodan (One count 2 steps): Front-leg Roundhouse kick stomach, back leg – face.
7. Yoko-geri-kiage (Kiba-dachi): Side snap kick (side stance).
8. Yoko-geri-kekomi: Side thrust kick.
9. Kizami Yoko-geri-kekomi, Mawashi-geri Gyaku-tsuki: Front leg side thrust kick, back leg roundhouse kick, reverse punch.
10. Kizami Mawashi-geri Oi-tsuki Jodan: Front leg roundhouse kick, step in punch face.
11. Uchi-Ude-Uke-Kizami-mae-geri-Kizami-tsuki-Gyaku-tsuki: Step back inside forearm block, front leg front kick and short punch (same-time), reverse punch.
12. In Zenkutsu dachi mae-geri Yoko-geri-kekomi back to Zenkutsu dachi (4 times each leg): In front stance, back leg front snap kick then side thrust kick, and back to front stance.

C: Kumite

1. Kihon Kumite
  - a. Jodan-Chudan-Mae-geri-Yoko-geri-kekomi-Ushiro-geri: Face, stomach, front snap kick, roundhouse kick, side thrust kick.
2. Jiyu-Ippon Kumite
  - a. Jodan-Chudan-Mae-geri-Yoko-geri-kekomi-Ushiro-geri: Face, stomach, front snap kick, roundhouse kick, side thrust kick.
3. Jiyu-Kumite (Free sparring)
  - a. Against same level and above.

## II. NIDAN

Qualification: More than 2 years after Shodan.

### A. Kata

1. Examinee's choice - Group A or B
2. Examiner's choice - Tekki 1, or Group A
3. Heian Shodan

### B. Kihon – four sets of each combination by Examiner's count.

1. From free style position, short punch to face level followed by step-in punch twice to the face level.
2. From free style position, slide forward with short punch to face level, front kick from back leg, step-in punch to face level.
3. From free style position, step back -- rising block, forward with round kick- - backfist strike (same side) face level, step-in punch face level.
4. Moving sideways in side stance, side snap kick to face level, back leg side thrust while moving forward in cross leg motion into side stance.
5. From stationary position, front kick- - side snap kick-- back kick (side, thrust, or hook), return to stationary position. Both sides.

### C. Kumite

1. Jiyu-Ippon Kumite
  - a. Jodan-Chudan-Mae-geri-Yoko-geri-kekomi-Ushiro-geri: Face, stomach, front snap kick, roundhouse kick, side thrust kick.
2. Jiyu-Kumite (Free sparring)
  - a. Against same level and above.

### III. SANDAN

Qualification: More than 3 years after Nidan.

#### A. Kata

1. Examinee's choice - Group A, B, or C
2. Examiner's choice - Group A or B
3. Heian Shodan

#### B. Kihon

1. Examinee's explanation of combination choice.
  - a. Use of basic concepts (strategy, stance connection, power source and transmission, and kime points).
  - b. Application, from set-up to finishing technique and recovery.
2. Examiner's choice - explain, to a student how to **improve** a technique (kick, punch, block, strike).

#### C. Jiyu Kumite (free sparring)

1. Lower level
2. Same level
3. Above level

#### **IV. YONDAN (FOURTH RANK)**

Qualification: More than 4 years after Sandan.

- Evidence of commitment to the quality of SIA and its members.
- Evidence of personal growth in the values of Shotokan Karate-do.

##### **A. Kata**

1. Examinee's choice - Group A, B, C, or D
2. Examiner's choice - Group A, B or C
3. Heian Shodan

##### **B. Kihon**

1. Examinee explain the choice of combination in technical points.
2. Examinee explain the choice of combination in application concepts.

##### **C. Kumite**

1. Jiyu ippon kumite
2. Jiyu kumite
3. Explanation of kumite strategy and timing of defense or offense.

##### **D. Research subject**

1. Examinee's choice of topic from body dynamics, principles and theories of karate-do; may focus on specific areas including: punching, striking, kicking, leg sweeping, blocking, or stance.
2. Length of paper: minimum of 500 words excluding Title page, Abstract, Executive Summary, Table of Contents, Appendices, Curriculum Vitae, Figures and Tables, Acknowledgements and References.
3. Presentation to SIA Technical Committee.
4. Brief explanation to Examiners.

## V. GODAN

Qualification: More than five years after Yondan.

- Has shown evidence of personal growth in values of SIA Karate-do.
- Has completed the required research and submitted copies in proper form to the SIA Committee.

### A. Kata

1. Examinee's choice - Group A, B, C, or D.
2. Examiner's choice - Group A, B, C, or D.
3. Heian Shodan

### B. Kumite

1. Jiyu ippon kumite

### C. Research Subject

1. Examinee's selection of theory related to:
  - a. Body dynamics
  - b. Coordination/timing
  - c. Strategy
  - d. Power relations
  - e. Teaching or coaching
2. Examinee's theory must reflect depth in research.
3. Quality of presentation, adherence to proper format, and depth of study will be of prime concern.
4. Length of the paper is not of primary concern. Wordiness is a waste of time for everyone.
5. Submit to the SIA Technical Committee in a minimum of one week prior to the exam date.
6. Brief explanation to Examiners.

## **VI. ROKUDAN**

Qualification: More than 6 years after Godan.

- Has accepted and provided leadership in a national level position that promotes the SIA in particular and the JKA style of Shotokan Karate-do in general.
- Has shown evidence in personal growth in the values of The SIA.
- Has assisted in international activities.

A. Kata - Selected from Group A, B, C, or D.

B. Research Subject

1. New research subject
2. Brief presentation

## **VII. NANADAN**

- Service to national organization.
- Service to international activities.
- Research subject through actual application and testing.

## **VIII. HACHIDAN**

- Service to national organization.
- Service to international relations.

## **IV. KYUDAN**

- Uncommon individual achievement in research, published works, teaching and leadership resulting in the raising of a Seventh Rank (Nana dan).

## **X. JYUDAN**

- At this stage the individual has reached the highest image of karate development. This person has been directly responsible in the raising of people to the Eighth Rank (Hachi dan).



*Of all the world's creatures, only the human being has been granted the capacity to expand and improve mental and physical abilities on his own accord. And so it is with Karate-do that this capacity is given another interpretation through the unlimited seeking of improved technique. This unlimited seeking becomes a part of the overall expansion of human abilities.*

*Although ranking levels may be finite by their very definition, the seeking of Karate development has no limits. The human capacity to expand and the potential to achieve are frontiers that call for continued exploration*

– Nishayama Hidetaka: From the original EXAMINATION GUIDE, JKA

## **GUIDELINES FOR SIA RESEARCH REPORTS/THESES**

### **Title Page (page 1)**

- A title that succinctly represents this work.
- Your full name and the organization you are representing.
- A complete address to which correspondence can be sent.
- Date
- Reason for writing of the report: "This thesis is submitted to satisfy partial requirements for the author's 4th Dan exam given by SIA on 7 December 2019."

### **Abstract (page 2)**

A short abstract, less than 200 words, describing this project.

### **Executive Summary (page 3)**

A concise summary of the project, limited to a length of one page. This summary should be able to stand independently of the rest of the report. This will form the basis of an oral report.

### **Table of Contents (page 4)**

A table of contents for each main section.

### **Specific Aims**

State the broad objectives. Describe concisely and realistically what this report accomplishes and any hypotheses which are tested.

### **Background**

Briefly describe the background relevant to this study. Critically evaluate existing knowledge, and specifically identify the gaps which this project fills.

### **Methods**

Details about the experimental design and/or methodology used. If appropriate, include means by which data was collected, analyzed, and interpreted. Describe any new methodology and its advantage over existing methodologies. Discuss the difficulties and limitations of your procedures and alternative approaches which might overcome these.

**Significance**

State precisely the immediate and/or long-range usefulness of this project to Karate, as distinguished from its general contribution to knowledge. Stress particular contributions to teaching, combat, self-development, and/or to the growth of Karate.

**Appendices**

Include any material that, by virtue of length or technical nature, might distract from the flow of text in any of the above sections. All appendices should be clearly referenced in the text.

**Figures and Tables**

Give complete self-contained captions for all figures and tables. All tables and figures should be clearly referenced in the main text.

**References**

Use the most current version of APA referencing style. Information may be found online.

**Acknowledgements**

You may briefly thank all people and institutions that provided important help or guidance.

**Curriculum Vitae**

If this is a thesis, give brief curriculum vitae. For example, give your date and place of birth, formal schooling, work experience, other reports written, both published and unpublished, and a complete record of your Karate training and instruction experience.

**Style and Formatting**

Start a new page for each of the above sections. Keep one-inch margins on both sides and top and bottom of each page. Double-spaced is preferred, especially for a draft copy, e.g., to make it easier for reviewers to insert their comments. Write the entire report in complete English sentences! Only exceptional circumstances call for a list of short phrases. Before submitting your paper for review, have the paper carefully checked for spelling and proper grammar. Indent each new paragraph. This is your responsibility although you may have someone help you. If extensive help is given, give a proper acknowledgement at the end of the report. Except for page 1, at the top of each page, put the page number in the center, your name at the right, and a short-abbreviated running title at the left. Number all sections, tables, figures, and equations consecutively with Arabic numerals.

## **Kata Classification**

### **Group A:**

- Bassai-dai
- Kanku-dai
- Jion
- Empi

### **Group B:**

- Hangetsu
- Jitte
- Bassai-sho
- Kanku-sho
- Gankaku
- Tekki Ni-dan

### **Group C:**

- Chinte
- Sochin
- Tekki San-dan
- Nijushiho
- Wankan
- Jinn
- Meikyo

### **Group D:**

- Unsu
- Gojushiho sho
- Gojushiho dai