



WORLD KOSHIKI KARATEDO FEDERATION

20 KIKUI-CHO, SHINJUKU-KU, TOKYO 162-0044 JAPAN
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World Koshiki Karate-do Dan Requirements NIDAN ---GYO SHI

1. Breakdown and discuss the components of Upper Level Fighting Guard (Jodan no Kamae) and how it is utilized in Koshiki Karate-do.
2. Outline eye contact (Metsuke) influences effective fighting in Koshiki Karate-do competition.
3. Describe the fundamentals of effective body movement (TAI SABAKI) in Koshiki Karate-do.
4. Explain the philosophical underpinnings of the term Tsushin (concentration mind) and show how it can be utilized practically in Koshiki Karate-do.
5. Demonstrate when a simultaneous counter attack (Tai no Sen) is effectively applied in Koshiki Karate-do competition.
6. Evaluate and explain the value of power control (CHIKARA no KYOJAKU) in Koshiki Karate-do KATA and KUMITE
7. Seiri Undo (cooling off), what should be considered when cooling off exercise? What are the important aspects of cool down?
8. Removal of equipment, storage and maintenance of Anzen Bogu (Super Safe Equipment). Outline the protocols for taking off the Anzen Bogu.
9. Explain your personal interpretation of the second Dojo Kun gain self-understanding by tasting the true meaning of combat.
10. What are your personal impression or what excites stimulates you when practicing Koshiki Karate-do?
11. Rensyu no Cyui- what preparatory points are or should be considered to enter the Shiaijo competition area in Koshiki Karatedo competition e.g. body conditioning, fighting techniques, mental preparation that can be developed that best suites Koshiki Karate-do.
12. What is your favorite defensive technique and why would you prefer these and against certain offensive techniques could you deploy these particular defensive combinations. What are the Tai Sabaki (body movement) and Ashi Sabaki (foot work) used when performing these techniques?
13. Describe what thought of things to consider for prevention and safety acts in Koshiki Karate-do Kumite training.
14. Describe how and which defensive techniques use when you training of striking drill.
15. Evaluate and explain what the foul in Koshiki Karate-do Kumite competition is.



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16. Evaluate and explain that is the disqualification in Koshiki Karate-do KUMITE competition.
17. Describe what re the Five Fundamentals Principles when you training in Kata practice in Koshiki Karate-do.
18. Describe what the five important points to consider when you compete in Kata Contest in Koshiki Karate-do.
19. Explain what the important points of 'Tsuki Waza' punching techniques are and many kinds of punching techniques you use in Koshiki Karate-do?.
20. Describe and explain what the important point to sconsider is when you practice of "Kakari Keiko". Kakari Keiko means a kind of practice which lower ranking player have train of Kumite fighting against higher ranking player to getting instruction as well as gain experience in Kumite training.
21. Explain what the ultimate purpose and preparation mind for the training of Koshiki Karate-do practice is.
22. Explain what is a significance and effect for the training of "Makiwara", punching, kicking, strike, and board in Koshiki Karate-do.