



WORLD KOSHIKI KARATEDO FEDERATION

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World Koshiki Karate-do Dan Requirements SANDAN----SHU SHI

1. Breakdown and discuss the components of Lower Level Fighting Guard (Gedan no Kamae) and how it is utilized in Koshiki Karate-do?
2. Kobo no Kikai-what timing is important to counter and defend short distance attacks? Discuss the timing and footwork required to be successful.
3. What is the significance of Uke (defensive technique) as in escaping maneuvers?
4. Explain the philosophical underpinnings of the term Zenshin (preparation mind) and show how it is utilized practically in Koshiki Karate-do.
5. Demonstrate when a preemptive attack (Sen no Sen) is effectively applied in Koshiki Karatedo Kumite competition.
6. Evaluate and explain the value of speed control (WAZA no KANKYU) in Koshiki Karate-do KATA and KUMITE.
7. Hojo Undo-What are effective supplementary exercises for developing Koshiki Karate-do? When would you implement these techniques in preparation for competition?
8. What is the reason for using Anzen Bogu (Super Safe protective equipment) in Koshiki Karate-do KUMITE competition and normal practice?
9. Explain your personal interpretation of the third Dojo Kun "Search for pure principles of truth, justice, and beauty".
10. What is the ultimate purpose of training in Koshiki Karate-do and what can be gained physically, mentally and spiritually from Koshiki Karate-do?
11. Describe one set of 3 offensive combination techniques (Renzoku Waza). Why would you use that particular technique against the target chosen?
12. Describe what are the correct attitude qualification and duties of Referee in Koshiki Karate-do competition.
13. Explain your personal interpretation of the third Dojo Kun-Search for pure principles to Truth, Justice Beauty.
14. Explain what you can be gained through training in Koshiki Karate-do.
15. Evaluate and explain what the prohibit techniques in Koshiki Karate-do competition is.
16. Describe how and which combination techniques use when you training of striking drill.
17. Evaluate and explain what the penalty for being "Jogai Chui" (out of bounds) in Koshiki Karate-do Kumite competition is.
18. Evaluate and explain what "Jogai" (out of bounds) in Koshiki Karate-do Kumite competition is.
19. Describe what the Five Fundamental Principles of Kata Bunkai Kumite (the application of Kata techniques and movement) are in Koshiki Karate-do.
20. Identify and explain what your favorite Kata in Koshiki Karatedo is.
21. Explain what the important points of kicking techniques are and how many kind of kicking techniques do you know in Koshiki Karate-do.
22. Describe and explain what the important points to consider when you practice of Gokaku Keiko are. Gokaku Keiko means that same ranking(level) player of Kumite fighting each other