



# **WORLD KOSHIKI KARATEDO FEDERATION**

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## **World Koshiki Karate-do Dan Requirements YODAN-----KEN SHI**

1. Breakdown and discuss the components of Versatile Fighting Guard (Hasso no Kamae) and how it is utilized in Koshiki Karate-do.
2. Explain your personal efficient and effective way to attack and counter in Koshiki Karate-do competition.
3. Explain the Five Principles listed below on how they are integral to effective fighting techniques in Koshiki Karate-do.
  - Ichi ni Me-eyes
  - Ni ni Ashi-footwork
  - San ni Tan-fighting spirit
  - Shi ni Chikara-power, strength
  - Go ni Jutsu-strategy
4. Shu Ha Ri-Explain the philosophical application of these three levels of achievement as they relate to Koshiki Karate-do.
  - Shu--unquestioning loyalty, trust the teacher's knowledge come with the attitude that the mind is an empty cup.
  - Ha--to analysis investigate and experiment with technique without alteration to those techniques. Undergo a process of continued development
  - Ri--Apply the technique(Waza) to you own body and character type and further develop techniques and application of techniques based on the underpinning principles that are taught by the head teacher, maintaining their underlying truth and founding philosophical principles of the Ryu(style/system)
5. Mitsu no Saki--Explain three views Sen no Sen (primitive attack), Tai no Sen (simultaneous attack), and Go no Sen (counter attack).
6. Mitsu no Kokoro-Zenshin (preparatory mind), Tsushin (concentration mind) and Zanshin (completion mind)--Explain the relationship these three concepts in Koshiki Karate-do. In particular psychological and esoteric aspects.
7. Combination techniques, multiple techniques (Renzoku Waza)-These techniques are usually executed with the following purpose, to set up (Tsukuri), to break the opponents balance (Kuzushi) and completion technique (Kime) and a follow up or supplementary technique.
8. Respect of others in practice and competition why are these a requirement in Koshiki Karate-do etiquette and manner from the view of human growth and development, focus your answer on higher order characteristics of:
  - Empathy
  - Compassion
  - Developing the higher self
  - Friendship



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9. Explain your personal interpretation of the fourth Dojo Kun. Exercise positive personality that is to say confidence courage and determination.
10. What are some relevant methodologies for coaching in Koshiki Karate-do? Explain how your methodologies are relevant to technical application, competition application and character development
11. Evaluate and explain what notes of the penalty for foul in Koshiki Karate-do Kumite competition are.
12. Explain the term Hansoku (Disqualification) in Koshiki Karate-do Kumite competition.
13. What did it means to be a referee (Shushin), or Judge (Fukushin) in Koshiki Karate-do competition and their duty and responsibility.
14. Explain what Ryu (Style), Ha (Branch, School) in Karate-do is.
15. Explain the term Shinkiryokuno ichi means to unify the mind, body and spirit so that optimum power can be transferred into correctly executed techniques. How can this mental and physiological state are achieved through training.
16. Explain what the ultimate purpose and value for the training of Kumite Kata Gokyo (Five teaching of fighting form) in Koshiki Karate-do is.
17. Evaluate and explain what the win for you in Koshiki Karate-do.
18. Describe what the five virtues and significance for the training of striking drill.
19. Describe the name of Bo (staff, long stick) and explain what the ultimate purpose and significance for the training of Bukiho (weapon techniques).
20. Explain what the important points of Uchi Waza (striking techniques) are and how many kind of striking techniques in Koshiki Karate-do you use.
21. Explain what the ultimate purpose and your own personal methodology for the training of the Kata.
22. Describe and explain what the important points to consider when you practice of Mitori Keiko. Mitori Keiko means that to attend and observation practice for training in Karate-do.