



WORLD KOSHIKI KARATEDO FEDERATION

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World Koshiki Karate-do Dan Requirements GODAN KENGO

- 1 Breakdown and discuss the components of Natural Fighting Guard (SHIZEN N KAMAE) and how it is utilized in Koshiki Karate-do.
- 2 Explain the most effective way to develop techniques in offensive and defensive movements in Koshiki Karate-do.
- 3 HEI JO SHIN -Calm the mind during combat in order to manage and recognize fear. Explain what does it means?
- 4 The term SHIN KI RYOKU NO ITCHI means to unify the mind, body and spirit so that optimum power can be transferred to correctly executed techniques. How can this mental and physiological state be achieved through training?
- 5 Explain how to develop KI or intuition in Koshiki Karate-do-discuss methods of reading and opponents; Technique, Movement Mind
- 6 Explain aiming and purpose of the Koshiki Karate-do Competition.
- 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 follow up or supplementary technique.
- 8 Describe the fundamentals principles of (KATA BUNKAI KUMITE) the application of KATA techniques and movement..
- 9 What are some relevant methodologies for coaching in Koshiki Karate-do? Explain how your methodologies are relevant to technical application, competition applications and character development.
- 10 Explain the term HANSOKU (Disqualification) in Koshiki Karate-do competition.
- 11 What does it mean to be a referee (SHU SHIN) and judge (FUKU SHIN) in Koshiki Karate-do Competition?
- 12 Explain unique aspect of the Rules of Koshiki Karate-do KUMITE competition and KATA contest.