



# WORLD KOSHIKI KARATEDO FEDERATION

20 KIKUI-CHO, SHINJUKU-KU, TOKYO 162-0044 JAPAN  
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## World Koshiki Karate-do Dan Requirements 6<sup>th</sup> DAN ---ROKU DAN; RENSHI

For the high Rank Shihan must write the following topics.

- ROKUDAN (6<sup>th</sup> Dan ) and NANADAN (7<sup>th</sup> Dan) for Adding Topics of Dan Essays.

Please write it down the following topics

- 1, Evaluate and explain the value of practice of Classical KATA,
- 2, Evaluate and explain the value of training of KUMITE
- 3, Evaluate and explain value of study of BUNKAI KUMITE
- 4, Explain and discuss your Karate training method to become and build up strong body and much more healthy mind through practice of KATA .
- 5, Explain and discuss your Karate training method to build strong technics and spirit and much more cultivate mind through the practice of KUMITE .
- 6, Explain and discuss your Karate training method to deeply understand the strategy and true karate technics through practice of BUNKAI KUMITE .
- 7, Try to describe and explain your thought and comments that the development of spiritual aspect, and improvement of moral sense through practice of real classical Karate-do
- 8, Try to describe and explain your interpretation and comments that the development of spiritual aspect and moral sense from reading the book of “ BUSHIDO” or the book of GORIN NO SHO “ or any book of philosophical and spiritual art and culture .
- 9, Try to describe and explain your interpretation and also through advancement of theological and technical aspect from reading the Book of “BUSHIDO” or “ GORIN NO SHO “or any book of philosophical and spiritual art and culture .
- 10 Breakdown and discuss the components of the five way of Fighting Guard ( GOHOU no KAMAE ) and how it is utilized in KOSHIKI KARATEDO.
- 11 MITSU no Saki--Explain three views SEN no SEN (primitive attack), TAI no SEN (simultaneous attack), and GO no SEN (counter attack).
- 12 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

Achievement as they relate to KOSHIKI KARATEDO



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- 13 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.
- 14, Identify your favorite fighting technique in Koshiki Karate-do KUMITE competition.
- 15, 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 )
- 16 What are the primary safety factors that should be considered when undertaking strengthen exercise, power up exercises ( HO KYO UNDOU ) in Karate-do training? Give an example of an effective power up routine.  
Hojo Undo-What are effective supplementary exercises for developing Koshiki Karate-do? When would you implement these techniques in preparation for competition?
- 17 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.
- 18 Describe what the ten virtues ( JIT TOKU ) and significance for the training of striking drill.
- 19 , Explain what the ultimate purpose and value for the training of Kumite Kata GOKYO (Five teaching of fighting form) in Koshiki Karate-do is.
- 20, Describe the fundamentals principles of ( KATA BUNKAI KUMITE ) the application of KATA techniques and movement..
- 21, What are some relevant methodologies for coaching in Koshiki Karate-do? Explain how your metrologies are relevant to technical application, competition applications and character development.