



# **WORLD KOSHIKI KARATEDO FEDERATION**

20 KIKUI-CHO, SHINJUKU-KU, TOKYO 162-0044 JAPAN  
TEL / FAX: +81-3-3203-5765 E-MAIL [wkkf@koshiki.org](mailto:wkkf@koshiki.org)

## **World Koshiki Karate-do Dan Requirements SHO DAN---YU SHI**

1. Breakdown and discuss the Components of Middle Level Fighting Guard (Chudan no Kamae) and how it is utilized in Koshiki Karate-do.
2. Outline how distance (Maai) influences effective fighting in Koshiki Karate-do competition.
3. Describe the fundamentals of effective footwork (ASHI SABAKI) in Koshiki Karate-do.
4. Explain the philosophical underpinnings of the term Zanshin (completion of mind) And show how it can be utilized practically in Koshiki Karate-do.
5. Demonstrate when after an attack counter technique (Go no Sen) is effectively applied in Koshiki Karate-do competition
6. Evaluate and explain the value of Body control (TAI no SHIN SHUKU) in Koshiki Karate-do KATA and KUMITE.
7. Breakdown and explain the technical aspects of punching, kicking and striking consider the flowing, setting up (Tsukuri), upsetting your opponent balance (Kuzushi) and proper finishing (kime) in preparation training for Kumite Competition(Shiai).
8. What are the primary safety factors that should be considered when undertaking warm up (Junbi Undo) exercises in Karate-do training? Give an example of an effective warm up routine.
9. Outline the protocols for putting on the Anzen Bogu (Super Safe equipment). What is the safety consideration on should bear in mind when putting on and wearing Anzen Bogu.
10. Describe the correct bowing in and bowing out (Rei Ho) used to begin and complete a Koshiki Karate-do competition relates these protocols and etiquette to the philosophical underpinnings of Koshiki Karate-do.
11. Relate your own reason for commencing Karate-do practice and share what you understand as some of the positive returns from practicing Koshiki Karate-do competition.
12. Identify your favorite single offensive technique in Koshiki Karate-do KUMITE competition.
13. Describe where the attacking target in Koshiki Karate-do KUMITE competition are.
14. Explain the reason what are the prohibited attack to the target and prohibited technique in Koshiki Karate-do KUMITE competition.
15. Evaluate and explain what the full point “Ippon” technique is in Koshiki Karate-do KUMITE competition.



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16. Evaluate and explain what the one point “Waza-ari” technique in Koshiki Karate-do is KUMITE competition is.
17. Describe what the Five Fundamentals Principles are when you training in Koshiki Karate-do KUMITE practice.
18. Describe what the five fundamentals principles are when you training in Kata practice in Koshiki Karate-do.
19. Explain what is the ultimate purpose for training of basic Kata in Koshiki Karate-do what can be gained physically, mentally and spiritually from Koshiki Karate-do.
20. Describe what the Three Fundamental Principles of the KATA application KUMITE in Koshiki Karate-do are.
21. Describe what are the regulations and responsible and duty of the black belt YUDANSHA in Koshiki Karate-do.
22. Explain what the important points of defensive techniques are and how many kind of defensive technique you know in Koshiki Karate-do.