

## Kenwa Karate of Sitka Rank Requirements – White to Purple Belt

RANK	KATAS	FIGHTING TECHNIQUES	BLOCKING & COUNTERS	NOTES & OTHER REQUIREMENTS
1 <sup>st</sup> yellow stripe 2 <sup>nd</sup> yellow stripe 1 <sup>st</sup> red stripe 2 <sup>nd</sup> red stripe	None	1 1 and 2	1 1 and 2	These stripes are for young students working toward yellow belt.
<b>Yellow</b> Jukyu 10 <sup>th</sup> kyu	Taikyoku Shodan	1 and 2	1 and 2	
<b>Orange</b> Kyukyu 9 <sup>th</sup> kyu	<i>(Review)</i> Taikyoku Shodan Taikyoku Nidan	1 to 4	1 to 4	<b>Stances (show &amp; explain):</b> musubi-dachi
<b>Blue with white stripe</b> Hachikyu 8 <sup>th</sup> kyu	<i>(Review)</i> Taikyoku Nidan Taikyoku Sandan	1 to 6	1 to 6	<b>Bunkai:</b> Taikyoku Sandan <b>Stances:</b> hachiji-dachi, zenkutsu-dachi
<b>Blue</b> Nanakyu 7 <sup>th</sup> kyu	<i>(Review)</i> Taikyoku Sandan Gekisai Dai Ichi	1 to 8	1 to 8	<b>Bunkai:</b> Taikyoku Shodan <b>Stances:</b> zenkutsu-dachi, shiko-dachi
<b>Purple with white stripe</b> Rokkyu 6 <sup>th</sup> kyu	Heian Nidan	1 to 10	1 to 10	<a href="#">Hiji Ate Go Ho</a> (5 elbows) <b>Stances:</b> moto-dachi, nekoashi-dachi
<b>Purple</b> Gokyu 5 <sup>th</sup> kyu	Heian Shodan Heian Sandan	1 to 12b with partner	1 to 12 with partner	<b>Exercise Program</b>

Students must have good manners, respect, and self-discipline for all ranks.

## Kenwa Karate of Sitka Rank Requirements – Green Belt to Jun Shodan

Since green, brown, & black belts are custom embroidered – at least one-month advanced registration is required to allow time for belts to be manufactured and shipped to Sitka before the exam. The written portions of the exam must be completed in advance of the physical test.

RANK	KATAS	FIGHTING TECHNIQUES	BLOCKING & COUNTERS	NOTES & OTHER REQUIREMENTS
<b>Green</b> (silver letters) Yonkyu 4 <sup>th</sup> kyu	Heian Yondan Heian Godan	1 to 14 with partner	1 to 14 with partner	<b>Class Leadership</b> <b>Kumite</b> <b>Stance Diagrams</b>
<b>Green</b> (gold letters) Sankyu 3 <sup>rd</sup> kyu	Aoyagi Matsumura Rohai Wankan	1 to 16b with partner	1 and 16 with partner	Class Leadership <b>Karate Virtues</b> Kumite
<b>Brown</b> (silver letters) Nikyu 2 <sup>nd</sup> kyu	Ananko Bassai Dai Juroku	1 to 18 with partner	1 to 18 with partner	Class Leadership <b>Karate Notebook Check</b> Kumite
<b>Brown</b> (gold letters) Ikkyu 1 <sup>st</sup> kyu	Kusanku Dai Naihanchin Shodan Shinsei	1 to 20 with partner	1 to 20 with partner	Kumite <b>Written Exam A</b>

RANK	KATAS	NOTES & OTHER REQUIREMENTS
<b>Jun Shodan</b> <b>Apprentice 1<sup>st</sup></b> <b>Degree Black</b> (white letters)	Naihanchin Nidan Saifa Sanchin	<b>Age:</b> Must be at least 14 years of age <b>Falls/Rolls:</b> Competence with bear hug throw, backwards falling, forwards falling, and shoulder roll and/or somersault. Kumite <b>Techniques:</b> Comprehensive review of 1-20 fighting & 1-20 blocking techniques <b>Written Exam B</b>

**A note about the kumite requirement:** During the COVID-19 pandemic kumite will not be held during testing. Instead, a student should choose a few kata bunkai to demonstrate competence of applications for their test. Additionally, during normal times students with injuries, disabilities, or temporary conditions which prevent their ability to safely spar may also elect to demonstrate bunkai rather than participate in kumite.

## Kenwa Karate of Sitka Rank Requirements – Shodan to Yondan

RANK	KATAS	NOTES & OTHER REQUIREMENTS
<b>Shodan</b> <b>1<sup>st</sup> Degree Black</b> (white letters)	Nipaipo Seienchin Shiho Kusanku	<b>Age:</b> Must be at least 16 years of age <b>Bo Kata:</b> Shushi No Kon Sho <b>Bunkai:</b> Demonstrate five bunkai selected from the Shodan katas. <b>Individual Project</b>
<b>Jun Nidan</b> <b>Apprentice 2<sup>nd</sup></b> <b>Degree Black</b> (silver letters)	Shisochin Tensho Wanshu	<b>Bunkai:</b> Demonstrate five bunkai selected from the Jun Nidan katas. <b>Individual Project</b>
<b>Nidan</b> <b>2<sup>nd</sup> Degree Black</b> (silver letters)	Anan Kusanku Sho Jitte	<b>Bunkai:</b> Demonstrate five bunkai selected from the Nidan katas. <b>Individual Project</b>
<b>Jun Sandan</b> <b>Apprentice 3<sup>rd</sup></b> <b>Degree Black</b> (gold letters)	Chinto Kururunfa Sochin	<b>Bunkai:</b> Demonstrate six bunkai selected from the Jun Sandan katas. <b>Individual Project</b>
<b>Sandan</b> <b>3<sup>rd</sup> Degree Black</b> (gold letters)	Chatanyara Kusanku Seipai Seisan	<b>Bunkai:</b> Demonstrate six bunkai selected from the Sandan katas. <b>Individual Project</b>
<b>Yondan</b> <b>4<sup>th</sup> Degree Black</b> (red letters)	Gojushiho Jion Suparinpei Unshu	<b>Bunkai:</b> Demonstrate eight bunkai selected from the Yondan katas. <b>Individual Project</b>

## Kenwa Karate of Sitka Rank Requirements – Dan Ranks & Additional Information

### *Shihan Ranks*

<i>Godan</i> 5th Degree Black	<i>Rokudan</i> 6 <sup>th</sup> Degree Black	<i>Nanadan</i> 7 <sup>th</sup> Degree Black	<i>Hachidan</i> 8 <sup>th</sup> Degree Black
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**Shihan Ranks** are reserved for master instructors who practice karate for decades. Relatively few people in the world have these ranks. Earning Shihan ranks involves evaluation by a panel of experts.

**Individual Project Guidelines:** Since earning a black belt is akin to having a degree, different black belt karate students choose to specialize in different aspects of karate as they continue to learn. Therefore, after completing jun shodan, each rank has an individual project component.

There are many possible areas of focus including but not limited to:

- traditional weapons such as bo, eku, kama, tonfa, sai, or nunchaku
- teaching
- competition in tournaments
- public performance or demo choreography
- creating karate instructional materials such as books, videos, or digital media
- open hand police and military compliance techniques, or last-resort weapons disarms
- learning additional kata such as: Heiku, Tomari Bassai, Matsumura Bassai, Sanseru, Jiin, or Papuren

The area of focus for each belt should present a challenge to you and must be approved by your instructor(s) in advance.