

NORTHERN CALIFORNIA KARATE-DO

PROMOTION REQUIREMENTS

YELLOW BELT

10TH KYU

- Know basic dojo etiquette.
 - Basic karate terminology (Rei, Osu, Yame, Yoi, Makuso, Shomen, Seiza)
 - Good Kamaete position.
Kihon Waza (basic techniques):
 - Stances - Open toed stance (musubi dachi), shoulder stance (namiheiko dachi), base forward stance (heiko dachi), and forward lunge stance (zenkutsu dachi).
 - Blocks - Rising block (age uke), straight punch to middle and to chin (chudan and jodan tsuki), side block (yoko uke).
 - Kicks - Front kick (mae geri)
 - Pivot and shift with proper balance.
Kata:
 - Kihon kata heiko dachi dai ni
 - Kihon kata zenkutsu dachi dai ni
-

ORANGE BELT

9TH KYU

- All of the above, including:
 - Able to count to ten in nihongo
Kihon Waza (basic techniques):
 - Stances - Cat stance (nekoashi dachi)
 - Punches - Reverse punch (gyaku tsuki)
 - Blocks - Inside block (yoko uchi), down block (gedan barai), supported block (sasai uke)
 - Kicks - Roundhouse kick (mawashi geri)
 - Strikes - Knife hand strike (shuto uchi)
Kata:
 - Pinan Shodan
 - Pinan Nidan
Kumite:
 - One step sparring (Ippon Kumite)
-

BLUE BELT
8th KYU

- All of the above, including:
 - Build on your understanding of basic terminology
Kihon Waza (basic techniques):
 - Stances – Side stance (shiko dachi), parallel shoulder width, feet pointed in (uchihachiji dachi)
 - Blocks – Hooking hand block (kakete), two arm circular block (wa uke)
 - Strikes – Hammer fist strike (kentsui uchi)
 - Kicks - Side kick (yoko geri)
 - Punches - Spear hand thrust (Nukite)
 - Kata:
 - Pinan Sandan
 - Shinsei
 - Kumite:
 - Two step sparring (Nihon Kumite)
-

PURPLE BELT I
7th KYU

- All of the above, including:
 - Continue to build on your Japanese terminology
Kihon Waza:
 - Stances - Feet together with toes touching (heisoko dachi), back stance (kokutsu dachi), feet in tilted “V” position or standing cat stance (renoji dachi)
 - Blocks - Crossed wrists block (juji uke), inward palm sweeping block (ukenegashi), two hand outer block, closed fist at elbow (hijisasae uke), crossed arm block (kosa uke)
 - Kicks - Knee kick (hiza geri)
 - Kata:
 - Pinan Yondan
 - Pinan Godan
 - Kumite:
 - Three step sparring (Sanbon Kumite)
-

GREEN BELT I
6th KYU

- All of the above, including:
Kihon Waza:

- Stances - Supported stance (kosa dachi), outward facing shoulder stance (sotohachiji dachi), One leg, supported stance (sagaiashi dachi)
 - Blocks - Two hand outer block (ura uke), Palm heel block (shotei uke), inside out circle forearm drop block (uchiotoshi)
 - Punches - Two arm, two level thrust (morote tsuki), One hand scooping block (ryote sukui uke)
 - Sliding move (yoriashi)
 - Hijiate Goho (5 direction elbow strike exercise)
 - Kata:
 - Matsukaze
 - Juroku
 - Kumite:
 - Semi-free sparring
-

GREEN BELT II
5TH KYU

- All of the above, including:
 - Kihon Waza:
 - Blocks - Wedge block (kakiwake), forearm, outward side parry (yoko barai), one hand scooping block (katate sukui uke), Inward sweeping block (sashite)
 - Strong execution of all stances, blocks, punches, kicks
 - Kata:
 - Kenshu
 - Jitte
 - Shisochin
 - Kumite:
 - Semi-free sparring
-

GREEN BELT III
4TH KYU

- All of the above, including:
 - Kihon Waza:
 - Execute proper breathing control with Higaonna & Itosu katas
 - Be able to differentiate the blocks, punches, stances and kicks in Nihongo
 - Kata:
 - Kensho
 - Jiin
 - Happo Sho
 - Kumite:
 - Open sparring (Jiyu Kumite)
-

BROWN BELT I
3 KYU

- All of the above, including:
 - Solid control when executing kihon waza
 - Execute proper breathing control
 - Kata:
 - Jion with bunkai
 - Rohai with bunkai
 - Kumite:
 - Open sparring (Jiyu Kumite)
-

BROWN BELT II
2 KYU

- All of the above, including:
 - Solid execution of breathing and control with all Kihon waza
 - Uke no Gogen ri (five methods of defense)
 - Kata:
 - Bassai Dai with bunkai
 - Seisan with bunkai
 - Kumite:
 - Defense against multiple attackers (3-on-1)
 - Open sparring (Jiyu Kumite)
-

BROWN BELT III
1 KYU

- All of the above, including:
 - Excellent control and breathing with all kihon waza
 - Kata:
 - Kosokun Dai with bunkai and oyo
 - Seienchin with bunkai and oyo
 - Kumite:
 - Defense against multiple attackers (3-on-1)
 - Open sparring (Jiyu Kumite)
-

BLACK BELT

Shodan –1st degree Black Belt

- All of the above plus:
- Outstanding character, dojo etiquette
- Thesis on assigned topic
- Pinan 1-5 and explanation (be prepared to perform one)
- Bassai Dai with 2 Bunkai and Oyo
- Seienchin with 2 Bunkai and Oyo
- Ability to instruct with minimal supervision
- Thorough Japanese terminology
- Jiyu Kumite

TESTING ABOVE SHODAN

Testing must be conducted before a panel of the Shihan-kai either at Gasshuku or Taikai. Your readiness to test for Nidan rank or above is based on your overall readiness (knowledge and techniques), level of maturity, and time and commitment as a student and instructor of Seito Shito-ryu (not sport karate). Approval by Suzuki Sensei and Bartholomay Shihan is required.

TEST FEES and SCHEDULE

See Suzuki Sensei for current fees and test dates. Testing will be conducted by Bartholomay Shihan at a mutually agreed upon date and location, or should be scheduled at Gasshuku or Taikai before a panel of the Shihan-kai.