



## KARATE EXAMINATION PROGRAM

to be used in Europe from November 2012

### SHINTAIDO

Go Dan	Kata : Taimyo, Shoei + Taikyoku (Dai) or (Sho) (Proposal to ITC : Substantial contribution to the development of International Shintaido movement*)
Yon Dan	Kata : Kanku + Jutte or Meikyo Nagewaza: Jodan: (in) Dai-ginga, (out) Tenchi-kiriharai; Chudan: (in) Sho-ginga, (out) Tenchi-kirikomi, Kotegaeshi (Mae, Yoko, Ushiro, Sagari-irimi) Kumite : Satto-jutsu (Proposal to ITC : Contribution to continental group development and to international group organisation*)
San Dan	Kata : Hangetsu + Jion or Shoei Nagewaza : Jodan: (in) Mizuguruma, (out) Momijigari; Chudan: (in) Sumigaeshi, Yokoguruma, and Yamaarashi, (out) Kazemakura Kumite : Ten no kata, Chi no kata (receiving with Muso-ken) Contribution to regional/national group development and to continental group organisation*
Ni Dan	Kata : Tensho + Bassai or Gankaku Nagewaza : Jodan: (in) Ippon-Seiotoshi, (out) Jindaiko; Chudan: (in) Araiso, (out) Daiheigen Kumite : Renko (1 vs. 3) Tameshi-zuki Contribution to local group development and to regional/national group organisation*
Sho Dan	Kata : Tekki + Kanku or Enpi Nagewaza : Jodan: (in) Doto or Irimi-kirikomi, (out) Osoto; Chudan: (in) Makikomi, Kouchi, Uchimuso, Deashibarai, (out) Sotomuso, Kaben-Gaeshi Kumite : Renko (Tsuki, Keri) 1 vs. 1 Gorei to lead a group Toitsu-kihon movement - Contribution to local group organisation*
1-2 Kyu	Kata : Heian (Sho). Kumite : Renko (Tsuki) 1 vs. 1 Kihon : Maegeri + Mawashigeri + Yokogeri (Renzoku) Gorei for Jumbi-taiso - Sensei and group-care*
3-4 Kyu	Kata : Heian (Dai) Kumite : Ten no kata, Chi no kata Kihon : Mawashigeri, Nidangeri Hacama care
5-6 Kyu	Kata : Taikyoku (Dai) Kumite : Chi no kata, Chudan-zuki vs. Tenchi-kirikomi(Women), Chudan-zuki vs. Gedan-barai (Man) Kihon : Toitsukihonwaza (Jikyo-ken on Fudodachi-zenshin), Chudan-Gyakuzuki, Yokogeri Dojo Care
7-8 kyu	Kata : Taikyoku (Sho) Kihon : Toitsukihonwaza (Kaisho-ken on Fudodachi-zenshin), Chudan-honzuki (Fudodachi-zenshin), Maegeri with Kiai
9-10 kyu	Kihon : Tenshingoso (sei, dai), Eiko(dai), Chudan-honzuki on Kibadachi with kiai Dojo manners

\* To be reported in a written document

\*\* "Organisation" is meant as in regular group life (board/office or/and project management) and during special events  
According to the level, "development" is meant as actual teaching and leading of a group of related scale, practice development (in related TC or peer group), bringing practitioners up to two grades under the intended level and public witnessing of Shintaido.  
Also to be reported in a (short) written document.