

World Koshiki Karatedo Dan Requirements

NIDAN (and above): Write about the following topics:

1. Breakdown and discuss the components of an Upper Level Fighting Guard (Jodan no kamae) and how it is utilized in Koshiki Karatedo.
2. Outline how eye contact (Metsuke) influences effective fighting in Koshiki Karatedo competition.
3. Describe the fundamentals of effective body movement (Tai sabaki) in Koshiki Karatedo.
4. Explain the philosophical underpinnings of the term Tsushin (concentration mind) and show how it can be utilized practically in Koshiki Karatedo.
5. Demonstrate when a simultaneous counter attack (Tai no sen) is effectively applied in Koshiki Karatedo competition.
6. Evaluate and explain the value of power control (Chikara no kyojaku) in Koshiki Karatedo Kata and Kumite.
7. Seiri Undo (cooling off). What should be considered when undertaking cooling off exercise? What are the important aspects of cooling down exercises?
8. Removal of equipment, storage and maintenance of the Anzen Bogu (Supersafe™ Equipment). Outline the protocol for taking off the Anzen Bogu.
9. Explain your personal interpretation of the second Dojo Kun "gain self understanding by tasting the true meaning of combat".
10. What are your personal impressions or what excites and stimulates you when practising Koshiki Karatedo?
11. Renshu no chui - what preparatory points are or should be considered to enter the Shiaijo competition area in Koshiki Karatedo e.g.: body conditioning, fighting techniques, mental preparation [that can be developed that best suites Koshiki Karatedo](#).
12. What is your favourite defensive technique [and why would you prefer this compared to other defensive combinations?](#) Against what techniques could you deploy these particular defensive combinations? What are the Tai Sabaki (Body movement) and Ashi Sabaki (foot work) used when performing these techniques?
13. Describe what safety acts to consider for prevention of injury in Koshiki Karatedo Kumite training.
14. Describe how and which defensive techniques you use when training striking drills.
15. Evaluate and explain a foul in Koshiki Karatedo competition.
16. Evaluate and explain disqualification (Hansoku) in Koshiki Karatedo Kumite competition.
17. Describe the five fundamental principles of your Kata training in Koshiki Karatedo.

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18. Describe the five important points to consider when you compete in a Kata contest in Koshiki Karatedo.
19. Explain the important points of "Tsuki waza" (punching techniques) and how many kinds of punching techniques you use in Koshiki Karatedo.
20. Describe and explain the important points to consider when practicing "Kakari Keiko" (Kumite training where high and low ranking Karateka practice together).
21. Explain the ultimate purpose and the preparation mind for training Koshiki Karatedo.
22. Explain the significance and effect of training with the "Makiwara" (punching, kicking and striking board) in Koshiki Karatedo.