

World Koshiki Karatedo Dan Requirements

SANDAN:

Write about the following topics:

1. Breakdown and discuss the components of Lower Level Fighting Guard (Gedan no kamae) and how it is utilised in Koshiki Karatedo?
2. Kobo no Kikai – what timing is important to counter and defend short distance attacks. Discuss the timing and footwork required being successful.
3. What is the significance of uke as in escaping manoeuvres?
4. Explain the philosophical underpinnings of the term zenshin (preparation mind) and show how can it be utilised practically in Koshiki Karatedo.
5. Demonstrate when a pre - emptive attack (Sen no sen) is effectively applied in Koshiki Karatedo competition?
6. Evaluate and explain the value of speed control (Waza no kankyu) in Koshiki Karatedo Kata and Kumite?
7. Hojo Undo – what are effective supplementary exercises for developing Koshiki Karatedo? When would you implement these techniques in preparation for competition?
8. What is the reason for using Anzen Bogu (Supersafe protective Equipment™) in Koshiki Karatedo competition and normal practice?
9. Explain your personal interpretation of the third Dojo Kun. Search for pure principles of being, truth, justice and beauty.
10. What is the ultimate purpose of training in Koshiki Karatedo and what can be gained physically, mentally and spiritually from Koshiki Karatedo?
11. Describe one set of 3 offensive combination techniques (Renzoku waza). Why would you use that particular technique against the target chosen?
12. Describe what are the correct attitude qualification and duties of referee in Koshiki Karatedo competition.
13. Explain what you can be gained through training in Koshiki Karatedo.
14. Evaluate and explain what the prohibit techniques in Koshiki Karatedo competition is.
15. Describe how and which combination techniques use when you training of striking drill.
16. Evaluate and explain what the penalty for being “Jogai Chui” (out of bounds) in Koshiki Karatedo Kumite competition.
17. Describe the five fundamental principles of Kata Bunkai Kumite (the application of kata techniques and movement) in Koshiki Karatedo.
18. Identify and explain what your favourite Kata in Koshiki Karatedo is.
19. Identify and explain what the important points of kicking techniques and how many kind of kicking techniques do you know in Koshiki Karatedo.
20. Describe and explain what the important points to consider when you are practice Gokaku Keiko. Gokaku Keiko means that same ranking (level) player are training in Kumite fighting each other.