

World Koshiki Karatedo Dan Requirements

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

1. Breakdown and discuss the components of a Middle Level Fighting Guard (Chudan no kamae) and how it is utilised in Koshiki Karatedo.
2. Outline how distance (Maai) influences effective fighting in Koshiki Karatedo competition.
3. Describe the fundamentals of effective footwork (Ashi sabaki) in Koshiki Karatedo.
4. Explain the philosophical underpinnings of the term Zanshin (completion of mind) and show how it can be utilised practically in Koshiki Karatedo.
5. Demonstrate when after an attack a counter technique (Go no sen) is effectively applied in Koshiki Karatedo competition.
6. Evaluate and explain the value of body control (Tai no shinshuku) in Koshiki Karatedo Kata and Kumite.
7. What are the primary safety factors that should be considered when undertaking warm up (Junbi undo) exercises in Karatedo training? Give an example of an effective warm up routine.
8. Breakdown and explain the technical aspects of punching, kicking and striking considering the following: setting up (Tsukuri), upsetting your opponent's balance (Kuzushi) and proper finishing (Kime) in preparation training for kumite shiai?
9. Outline the protocols for putting on the Anzen Bogu (Supersafe™ equipment). What are the safety considerations one should bear in mind when putting on and wearing the Anzen Bogu?
10. Describe the correct bowing in and bowing out (Rei Ho) used to begin and complete a Koshiki Karatedo competition. Relate these protocols and etiquette to the philosophical underpinnings of Koshiki Karatedo.
11. Relate your own reason for commencing Karatedo practice and share what you understand as some of the positive returns from practising Koshiki Karatedo competition.
12. Identify what is your favourite single offensive technique in Koshiki Karatedo competition.
13. Describe where the attacking targets in Koshiki Karatedo Kumite competition are.
14. Explain the prohibited attacks and techniques in Koshiki Karatedo Kumite competition and the reason why they are prohibited.
15. Evaluate and explain the full point "Ippon" technique in Koshiki Karatedo Kumite competition.
16. Evaluate and explain the one point "Waza-ari" technique in Koshiki Karatedo Kumite competition.

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17. Describe the five fundamental principles of training in Koshiki Karatedo Kumite.
18. Describe the five fundamental principles underlying Kata practice in Koshiki Karatedo.
19. Explain the ultimate purpose of training basic Kata in Koshiki Karatedo and what can be gained physically, mentally and spiritually from Koshiki Karatedo.
20. Describe the three fundamental principles of Kata application Kumite in Koshiki Karatedo.
21. Describe the regulations, responsibilities and duties of a black belt Yudansha in Koshiki Karatedo.
22. Explain the important points of defensive techniques and how many kinds of defensive techniques you know in Koshiki Karatedo.
23. Explain your personal interpretation of the first Dojo Kun "maintain property, etiquette, dignity and grace".