

KWF Grading & Proficiency Guidelines

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Supreme Shihankai

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3rd Kyu Examination

「Three Methods of Power (Santen Rikiho), No. 1」

- ※ Correct Basics (Form)
- ※ Hip Rotation (Shomen & Hanmi)
- ※ Uchi Technique
- ※ Kick (KWF Kick Proficiency)
- ※ Kata ① Tekki Shodan ② Heian Shodan
- ※ Kihon Ippon Kumite

1、 Basic Examination Stepping (Hip Rotation Emphasized)

- 1) Oizuki (Moving Forward 4-5 Times)
- 2) ① Jodan Oizuki / Gyakuzuki
→ ② Age Uke / Gyakuzuki
→ ③ Chudan Sotouke / Gyakuzuki
→ ④ Chudan Uchiuke / Gyakuzuki
→ ⑤ Gedanbarai / Gyakuzuki (①~⑤ One Circuit; Moving Forward 4 Times)
- 3) Kokutsu Dachi Shutouke / Front reg (Maegeri) (Step back 4~5 Times)
- 4) ① Shuto Uchi / Shuto Uchi with reverse hand (Moving Forward 4~5 Times ⇒ Turn)
→ ② Haito Uchi / Haito Uchi with reverse hand (Moving Forward 4~5 Times ⇒ Turn)
→ ③ Ura Ken / Ura Ken with reverse hand (Moving Forward 4~5 Times ⇒ Turn)
- 5) Mawashigeri → Maegeri → Ushirogeri → Yokogeri Keage → Yokgeri Kekomi
(※ Consecutive Movement Kicks / Move forward and kick correctly individually)

2、 Basic Examination Points

- 1) Basics
- 2) Form (**Check the Whole Body**)
- 3) Hip Rotation (**Hanmi & Shomen**)
- 4) Uchi Technique (**Appropriate**)
- 5) Kick (**Kick appropriate**)
- 6) Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
- 7) Visual Focus on Opponent

3、 Kata Examination Content

- 1) Tekki Shodan
- 2) Heian Shodan

4、 Kata Examination Points

- 1) Tekki Shodan
 - ① Martial Art Style – Budo feeling
 - ② Form
 - ③ Kibadachi
 - ④ Hip Rotation
 - ⑤ Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
 - ⑥ Understanding of Technique
 - ⑦ Visual Focus on Opponent
- 2) Heian Shodan
 - ① Correct Basics
 - ② Form
 - ③ Hip Rotation (**Hanmi & Shomen**)
 - ④ Stepping
 - ⑤ Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
 - ⑥ Visual Focus on Opponent

5、 Kumite Examination Content (**Kihon Ippon Kumite / Hip Rotation is important**)

- 1) Jodan Oizuki ⇒ Age Uke / Gyakuzuki
- 2) Chudan Oizuki ⇒ (Chudan Soto Uke or Chudan Uchi Uke) / Gyakuzuki
- 3) Maegeri ⇒ Gedanbarai / Gyakuzuki
- 4) Mawashi Geri (**Jodan**) ⇒ Jodan Uchi Uke / Mawashigeri (**Rear Leg**)
- 5) Yoko Geri Kekomi (**Chudan**) ⇒ Chudan Uke / Yokogeri Kekomi (**Front Leg**)

6、 Kumite Examination Points

- 1) Correct Form & Basics
- 2) Hip Rotation (**Hanmi & Shomen**)
- 3) Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
- 4) Distance
- 5) Visual Focus on Opponent

2nd -1st Kyu Examination

[Three Methods of Power (Santen Rikiho), No.2]

- ※ Compression Movements Basics technique & Attack and Block technique
- ※ Correct KWF Kicking Method
- ※ Kata
- 1) Sentei Kata Examination(Choice)
 - ① 2nd Kyu ⇒ Bassai Dai or Jion
 - ② 1st Kyu ⇒ Enpi or Kanku Dai
- 2) Shitei Kata Examination (Required)
 - ① 2nd - 1st Kyu Same ⇒ Heian Shodan
- ※ Jiyu Ippon Kumite

1、 Basic Examination Content

- 1) Oizuki (Compression Utilization ⇒ Moving Forward 4 ~ 5 Times)
- 2) Compression Technique
 - ① Jodan Oizuki (Moving Forward) / Age Uke (Compression Proficiency) / Gyakuzuki
 - ⇒ ② Chudan Oizuki (Moving Forward) / Chudan Uke (Compression Proficiency) / Gyakuzuki
 - ⇒ ③ Chudan Oizuki (Moving Forward) / Koukutsu Shutouke (On the spot) / Gyakuzuki
- 3) Kicking Technique
 - ① Maegeri (Moving Forward 5 Times / Turn)
 - ② Yokogeri Kekomi (Moving Forward 5 Times / Turn)
 - ③ Mawashigeri (Moving Forward 5 Times / Turn)
 - ④ Ushirogeri (Moving Forward 5 Times)

2、 Basic Examination Points

- 1) Compression
- 2) Center of Gravity Position
- 3) Hand Technique & Form (Hand Technique Focus; Whole Body Check)

- 4) Foot Technique & Form (Foot Technique Focus; Whole Body Check)
- 5) Maximum Power (5 Body Points Simultaneously utilising Extreme Kime)
- 6) Visual Focus on Opponent

3、Kata Examination Content

- 1) Sentei Kata Examination(Choice)
 - ① 2nd Kyu ⇒ Bassai Dai or Jion
 - ② 1st Kyu ⇒ Enpi or Kanku Dai
- 2) Shitei Kata Examination(Required)
 - ① 2nd - 1st Kyu Same ⇒ Heian Shodan

4、Kata Examination Points

- 1) Sentei Kata (2nd - 1st Kyu Same Content) 【Bassai Dai · Jion · Enpi · Kanku Dai】
 - ① Martial Art Style – Budo feeling
 - ② Hip Rotation (Shomen & Hanmi)
 - ③ Compression
 - ④ Soft & Hard Combinations (Alternating Hard & Soft Power)
 - ⑤ Maximum Power (5 Body Points Simultaneously utilising Extreme Kime)
 - ⑥ Form
 - ⑦ Understanding of technique
 - ⑧ Visual Focus on Opponent
- 2) Shitei Kata(Required) 【Heian Shodan】
 - ① Form
 - ② Hip Rotation (Shomen & Hanmi)
 - ③ Step
 - ④ Maximum Power (5 Body Points Simultaneously utilising Extreme Kime)
 - ⑤ Visual Focus on Opponent

5、 Kumite Examination Content (Jiyu Ippon Kumite)

- 1) Oizuki (Jodan & Chudan ⇒ Once each) → Jyodan & Chudan Uke / Reverse Attack (Gyakuzuki)
- 2) Oigeri (Kicking Techniques Free choice ⇒ 2 Times) → Blocking Technique Free / Reverse Attack (Gyakuzuki)

6、 Kumite Examination Points (Jiyu Ippon Kumite)

- 1) Attack
 - ① Oizuki
 - ② Oigeri
 - ③ Compression & Expansion
 - ④ Maximum Power (5 Body Points Simultaneously utilising Extreme Kime)
 - ⑤ Timing
 - ⑥ Form
 - ⑦ Distance
 - ⑧ Visual Focus on Opponent
- 2) Defense
 - ① Appropriate Blocking Technique
 - ② Compression & Center of Gravity (When Blocking: Rear Leg Compression / Hip Position / Center of Gravity)
 - ③ Gyakuzuki (Positioning Arm for Maximum Power)
 - ④ Maximum Power (5 Body Points Simultaneously utilising Extreme Kime)
 - ⑤ Form
 - ⑥ Distance
 - ⑦ Visual Focus on Opponent

1st Shodan Examination

「Three Methods of Power (Santen Rikiho), No.2」

- ※ Punch Technique ⇒ Use of Sliding
- ※ Kicking Technique ⇒ Consecutive Kicks
- ※ Kata
 - 1) Sentei Kata Examination(Choice)
 - ① Bassai Dai
 - ② Jion
 - ③ Empi
 - ④ Kanku Dai
 - 2) Shitei Kata Examination (Required)
 - ① Tekki Shodan
- ※ Kumite
 - ✓ Jiyu Ippon Kumite (Use of Sliding ⇒ Free Attack Technique & Attack Target)
 - ✓ KWF Continuous Karate: Consecutive Movement With Counter Kumite Examination Content

1、 Basic Examination Content

- 1) Oizuki (Sliding/ Lunging ⇒ Moving Forward 3 Times)
- 2) Blocking Techniques Free (One Step Back Compression Block ⇒ Back & Forth 3 Times) ⇒ (Counterattack)
- 3) Maegeri (Landing in Front) ⇒ One Step Back Gedan Uke / Front Leg Maegeri (Rear Leg Compression)
- 4) Mawashigeri (Landing in Front) ⇒ One Step Back Soto Uke / Front Leg Mawashigeri (Rear Leg Compression)
- 5) Yoko Geri Kekomi (Landing in Front) ⇒ One Step Back / Soto Uke / Front Leg Yokogeri Kekomi (Rear Leg Compression)
- 6) Maegeri ⇒ Yokogeri Keage ⇒ Mawashigeri ⇒ Ushirogeri ⇒ Ushirogeri

2、 Basic Examination Points (Sliding Movements / Lunging Utilized)

- 1) Oizuki (Sliding/ 5 Body Points Simultaneously Compressed / Kime)
- 2) Defense ⇒ Free Block (One Step Back / Quick Evasion Sabaki ⇒ Rear Leg Compression)
- 3) Gyakuzuki (Rear Leg Explosive Power • Gyakuzuki ⇒ Elbow / Kime)
- 4) Form (Particularly Sliding/ Lunging Quickly ⇒ Correct Posture Maintained)
- 5) Center of Gravity / Position (Block / Rear Leg Compression Timed / Center of Gravity Position)
- 6) Visual Focus on Opponent

3、Kata Examination Content

- 1) Sentei Kata Examination(**Choice**)
 - ① Bassai Dai
 - ② Jion
 - ③ Empi
 - ④ Kanku Dai
- 2) Shitei Kata Examination (**Required**)
 - ① Tekki Shodan

4、Kata Examination Points

- 1) Sentei Kata (**2nd - 1st Kyu Same Content**) **【Bassai Dai · Jion · Empi · Kanku Dai】**
 - ① Martial Art Style – Budo feeling
 - ② Hip Rotation (**Shomen & Hanmi**)
 - ③ Compression
 - ④ Soft & Hard Combinations (**Alternating Hard & Soft Power**)
 - ⑤ Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
 - ⑥ Form
 - ⑦ Understanding of technique
 - ⑧ Visual Focus on Opponent
- 2) Shitei Kata(**Required**) **【Tekki Shodan】**
 - ① Kibadachi
 - ② Hip Rotation (**Shomen & Hanmi**)
 - ③ Form
 - ④ Soft & Hard Combinations (**Alternating Hard & Soft Power**)
 - ⑤ Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
 - ⑥ Understanding of technique
 - ⑦ Visual Focus on Opponent

5、 Kumite Examination Content (Jiyu Ippon Kumite & Consecutive Movement With Counter Kumite)

- 1) Oizuki (Sliding Motion Attack) ⇒ 3 Times
- 2) Defense ⇒ 3 Times (Block with Compression Proficiency. Take One Step Back Compression ⇒ Gyakuzuki)

6、 Kumite Examination Points

1) Jiyu Ippon Kumite

✓ Attack (**Sliding**)

- ① Sliding Movement / Lunge Applied (**Accept Glancing Strike to Deliver Overwhelming Strike**)
- ② Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
- ③ Timing
- ④ Distance
- ⑤ Form
- ⑥ Visual Focus on Opponent

✓ Defense (**Compression & Center of Gravity Position**)

- ① Block & Evasion Sabaki Proficiency
- ② Blocking Technique & Rear Leg / Compression
- ③ Center of Gravity (**Rear Leg To-the-Limit Compression**)
- ④ Appropriate Counterattack (Timing & Reverse attack (Gyakuzuki) Elbow / Kime Applied)
- ⑤ Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
- ⑥ Distance(**Block Simultaneously Timed with Counterattack / Reverse attack (Gyakuzuki) / Elbow Fully Extended for Max Power**)
- ⑦ Form
- ⑧ Visual Focus on Opponent

2) KWF Continuous Karate: Consecutive Movement With Counter Kumite Examination Content

- ① KWF Continuous Kumite: Both Sides Without Interruption Consecutive Movement Attack / Counter Attack
- ② Blocking Technique/ Proficiency
- ③ Attack Technique/ Proficiency
- ④ Smoothness & Timing
- ⑤ Form
- ⑥ Visual Focus on Opponent

(For about 20 seconds)

2nd Nidan Examination

[Three Methods of Power (Santen Rikiho), No.2 Application Expansion]

- ※ Feint SHIFT TO Sliding
- ※ Kata
 - 1) Sentei Kata Examination (Choice)
 - ① Bassai Sho
 - ② Kanku Sho
 - 2) Shitei Kata Examination (Required)
 - ① Santen Rikiho no Kata (Sono 1)
- ※ Kumite
 - ① Jiyu Ippon Kumite (Use of Sliding and feint ⇒ Free Attack Technique & Attack Target)

1、 Basic Examination Content

- 1) Oizuki (Sliding ⇒ Moving Forward 3 Times)
- 2) Oizuki (Free Feint SHIFT TO Sliding Technique ⇒ Moving Forward 3 Times)
- 3) Gyakuzuki SHIFT TO Gyakuzuki (Compression Movement Taking One Step Consecutive Lunging Attacks Applied)
- 4) Oigeri Feint SHIFT TO Kick (Free Feint, Free Kick Technique)
- 5) Blocking Technique SHIFT TO Counterattack (Gedan Barai Compression ⇒ Gyakuzuki)

2、 Basic Examination Points

- 1) Both Legs/ Compression
- 2) Sliding
- 3) Feint
- 4) 5 Body Points Simultaneously Compressed / Maximum Power
- 5) Form
- 6) Evasion Sabaki (KWF 5 Types of Evasion Sabaki)
- 7) Visual Focus on Opponent

3、Kata Examination Content

- 1) Sentei Kata Examination (**Choice**)
 - ① Bassai Sho
 - ② Kanku Sho
- 2) Shitei Kata Examination (Required)
 - ① Santen Rikiho no Kata (**Sono 1**)

4、Kata Examination Points

- ① Martial Art Style – Budo feeling
- ② Hip Rotation (**Shomen & Hanmi**)
- ③ Compression
- ④ Soft & Hard Combinations (**Alternating Hard & Soft Power**)
- ⑤ Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
- ⑥ Form
- ⑦ Understanding of technique
- ⑧ Visual Focus on Opponent

5、Kumite Examination Content [Jiyu Ippon Kumite] (**Feint & Sliding Technique**)

- ① Oizuki (**Feint Technique**) → Block (**Rear Leg Compression**) / Reverse attack (Gyakuzuki) (**Elbow Extended for Compression**)
- ② Oigeri (**Feint Technique**) → Block (**Rear Leg Compression**) / Reverse attack (Gyakuzuki) (**Elbow Extended for Compression**)
- ③ Defense Via Leg Compression, Or One Step Back Compression Block ⇒ Reverse attack (Gyakuzuki) Counterattack
- ④ **Oigeri 3 Times ⇒ Feint SHIFT TO Attack/ 1 Times(s) Feint**

6、Kumite Examination Points [Jiyu Ippon Kumite]

- ① Feint
- ② Sliding
- ③ Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
- ④ Evasion Sabaki (**KWF 5 Types of Evasion Sabaki**)
- ⑤ Counterattack (**Rear Leg Explosive Power Movements Fast Counterattack**)

- ⑥ Form
- ⑦ Distance
- ⑧ Timing
- ⑨ Visual Focus on Opponent

3rd Sandan Examination

Three Methods of Power (Santen Rikiho)

- ※ Kime Technique SHIFT TO Consecutive Movement Technique ⇔
Consecutive Movement Technique SHIFT TO Kime Technique
- ※ Jiyu Ippon Kumite &
Consecutive Movement Attack (Attack: If Missed Continue With Consecutive Movement Technique 2~3Times)
- ※ Body / Evasion Sabaki (KWF / 5 Types / Evasion Sabaki)
- ※ Kata
 - 1) Sentei Kata Examination (Choice)
 - ① (Rooted Stance (Fudodachi) • Half Moon Stance (Hanketsu Dachi) • Side Stance (Kiba Dachi) Movements Kata)
 - 2) Shitei Kata Examination (Required)
 - ① Bassai Dai ② Jion ③ Empi ④ Kanku Dai

1. Basic Examination Content

- 1) Oizuki SHIFT TO Consecutive Movement Attack (Consecutive Movement Technique ⇒ 3~4Times, Finish with (Oizuki) With Kime)
- 2) Feint SHIFT TO Consecutive Movement Attack (Consecutive Movement ⇒ 3 ~ 4 Times, Followed By (Oizuki) With Kime)
- 3) Oigeri SHIFT TO Free Consecutive Movement Attack (3~4Times, Finish with Oigeri With Kime)
- 4) Feint SHIFT TO Free Consecutive Movement Attack (3~4Times, Followed By Oigeri With Kime)
- 5) Body Evasion Sabaki (KWF / 5 / Body Evasion (Sabaki))

2. Basic Examination Points

- 1) Oizuki (5 Body Points Simultaneously / Kime)
- 2) Oigeri (Kick (Geri) Simultaneously Timed / Supporting Leg / Compression • Center of Gravity Movement)
- 3) Oizuki SHIFT TO Consecutive Movement Attack
- 4) Oigeri SHIFT TO Consecutive Movement Attack
- 5) Feint Technique
- 6) Body Evasion Sabaki (Hip Twist (Hineri))
- 7) Kime Technique (5 Body Points Simultaneously Compressed / Kime)

- 8) Form
- 9) Visual Focus on Opponent

3、Kata Examination Content

- 1) Sentei Kata Examination(**Choice**)
 - ① Sochin
 - ② Chinte
 - ③ Tekki Sandan
 - ④ Jitte
 - ⑤ Hangetsu
- 2) Shitei Kata Examination (**Required**)
 - ① Bassai Dai
 - ② Jion
 - ③ Empi
 - ④ Kanku Dai

4、Kata Examination Points

- 1) Sentei Kata Examination(**Choice**) **【Sochin · Chinte · Tekki Sandan · Jitte · Hangetsu】**
 - ① Martial Art Style – Budo feeling
 - ② Hip Rotation (**Shomen & Hanmi**)
 - ③ Stances (**Rooted Stance (Fudodachi) · Side Stance (Kiba Dachi) · Half Moon (Hangetsu Dachi)**)
 - ④ Weight of Impact
 - ⑤ Maximum Power (5 Body Points Simultaneously Extreme Kime)
 - ⑥ Soft & Hard Combinations (**Alternating Hard & Soft Power**)
 - ⑦ Form
 - ⑧ Visual Focus on Opponent
- 2) Shitei Kata Examination (Required) **【Bassai Dai · Jion · Empi · Kanku Dai】**
 - ① Martial Art Style – Budo feeling
 - ② Hip Rotation (**Shomen & Hanmi**)
 - ③ Compression
 - ④ Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
 - ⑤ Soft & Hard Combinations (**Alternating Hard & Soft Power**)
 - ⑥ Form
 - ⑦ Visual Focus on Opponent

5. Kumite Examination Content [Jiyu Ippon Kumite]

※Attack Limited Number of Times; but if miss, Attack 2 or 3 times; With Consecutive Movement Technique Acceptable

① Attack (3Times) →Counterattack (3 Times)

※(Attack With (Oizuki) or (Oigeri); Counterattack Block Kime Free Form. Both Sides. Hip Rotation Critical

6. Kumite Examination Points [Jiyu Ippon Kumite]

① Attack Technique (Accept Glancing Strike to Deliver Overwhelming Strike)

② Counterattack Technique (Gyakuzuki) Elbow Extended / Kime Applied)

③ Compression& Hip Rotation (Hanmi & Shomen)

④ Maximum Power (5 Body Points Simultaneously utilising Extreme Kime)

⑤ Form

⑥ Attack & Defend/ Timing ("Ichigo, Ichie" Flow Psychology Mindfulness)

⑦ Distance

4th Yondan Examination

Three Methods of Power (Santen Rikiho) / 3 / Practical Application

- ※ Spinning Technique & Uchi Waza
- ※ Jiyu Ippon Kumite (Spinning Technique & Uchi Waza Movements)
- ※ KWF Continuous Kumite: Consecutive Movement with Counter Kumite
- ※ Jiyu Kumite
- ※ Sentei Kata (Choice) (Using Cat Stance (Nekoashi Dachi), Half Moon Stance (Hangetsu Dachi) Kata)
 - ① Unsu ② Hangetsu ③ Wankan ④ Gojyushiho Dai
- ※ Shitei Kata (Required)
 - ① Bassai Dai ② Jion ③ Empi ④ Kanku Dai

1. Basic Examination Content

- 1) Ura Ken (One Step Moving Forward Spinning ⇒ 4 Times)
- 2) Ura Ken (One Step Back & Forth Spinning ⇒ 4 Times)
- 3) Oizuki Switch to Ura Ken/ Return Enpi (Hanten Enpi) Striking (Moving Forward ⇒ 4 Times)
- 4) Blocking Technique Switch to Spinning Ura Ken/ Return Enpi (Hanten Enpi) Striking (Back & Forth ⇒ 4 Times)
- 5) Consecutive Movement Uchi Waza
 - ① Shuto Uchi/ Haito Uchi →
 - ② Back Fist (Ura Ken) / Back Fist (Ura Ken) (Reverse) →
 - ③ Vertical Enpi / Front Horizontal Enpi →
 - ④ Spinning Enpi Front & Back (①~④ One Circuit; Moving Forward 4 Times)
- 6) Consecutive Movement Kicks
 - ① Maegeri(Front Leg) / Maegeri (Rear Leg) →
 - ② Mawashigeri (Front Leg) / Mawashigeri (Rear Leg) →
 - ③ Yoko Geri Keage(Front Leg) / Yoko Geri Keage (Rear Leg) →
 - ④ Ushiro Geri(Front Leg) / Ushiro Geri (Rear Leg) (①~④ One Circuit; Moving Forward 4 Times)

- 7) Three Methods of Power (Santen Rikiho) (Three Types / Compression)
 - ① Gyakuzuki (Hip / Compression)
 - ② Gyakuzuki (Joints/ Compression)
 - ③ Ura Ken/ Ura Ken (Muscles & Joints / Compression)

2、 Basic Examination Points

- 1) Spinning Technique
- 2) Uchi waza
- 3) Hip Rotation (Shomen & Hanmi)
- 4) Compression
- 5) Kick (Consecutive Movement & Proficient Kick Technique)
- 6) Form
- 7) Maximum Power (5 Body Points Simultaneously utilising Extreme Kime)
- 8) Visual Focus on Opponent

3、 Kata Examination Content

- 1) Sentei Kata Examination(Choice)
 - ① Unsu
 - ② Hangetsu
 - ③ Wankan
 - ④ Gojyushiho Dai
- 2) Shitei Kata Examination (Required)
 - ① Bassai Dai
 - ② Jion
 - ③ Empi
 - ④ Kanku Dai

4、 Kata Examination Points

- 1) Sentei Kata Examination(Choice) 【Unsu · Hangetsu · Wankan · Gojyushiho Dai】
 - ① Martial Art Style – Budo feeling
 - ② Hip Rotation (Shomen & Hanmi)
 - ③ Compression
 - ④ Maximum Power (5 Body Points Simultaneously utilising Extreme Kime)
 - ⑤ Soft & Hard Combinations (Alternating Hard & Soft Power)
 - ⑥ Form

- ⑦ Technique & Knowledge
 - ⑧ Visual Focus on Opponent
- 2) Shitei Kata Examination (Required) **【Bassai Dai · Jion · Empi · Kanku Dai】**
- ① Martial Art Style – Budo feeling
 - ② Hip Rotation (**Shomen & Hanmi**)
 - ③ Compression
 - ④ Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
 - ⑤ Soft & Hard Combinations (**Alternating Hard & Soft Power**)
 - ⑥ Form
 - ⑦ Technique & Knowledge
 - ⑧ Visual Focus on Opponent

5、Kumite Examination Content ※Spinning Technique & Uchi Waza

- 1) Jiyu Ippon Kumite (Spinning Technique & Uchi Waza)
 - ① Attack ⇒ 3Times(Without Fail Achieve “Good” Result / Spinning Technique or Uchi Waza / Compression& Spinning, Feint Etc. Freestyle)
 - ② Defense ⇒ (Blocking Technique Free, But Counterattack Uchi Waza Stipulated)
- 2) Consecutive Movement With Counter Kumite
- 3) Jiyu Kumite

6、Kumite Examination Points

- 1) Jiyu Ippon Kumite (Spinning Technique & Uchi Waza)
 - ① Attack (Spinning Technique · Uchi Waza)
 - ② Defense /Counterattack (Spinning Technique · Uchi Waza)
 - ③ Timing
 - ④ Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
 - ⑤ Distance
 - ⑥ Visual Focus on Opponent

2) KWF Continuous Kumite: Consecutive Movement With Counter Kumite Examination Points

(20 Seconds Consecutive Movement)

- ① Technique / Consecutive Movement Proficiency
- ② Timing
- ③ Rhythm
- ④ Appropriate Blocking Technique
- ⑤ Appropriate Attack
- ⑥ Form
- ⑦ Distance
- ⑧ Visual Focus on Opponent

3) Jiyu Kumite Examination Points

- ① Jiyu Ippon Type Kumite
- ② Technique / Proficiency
- ③ Maximum Power (One Killing Strike)
- ④ Timing (Flow Psychology / Mindfulness / Ichigo Ichie)
- ⑤ Attack (Accept Glancing Strike to Deliver Overwhelming Strike)
- ⑥ Block & Counterattack
- ⑦ Form
- ⑧ Visual Focus on Opponent

※ Jiyu Kumite & Jiyu Ippon Kumite Demonstrated Proficiency, Timing (Opportunity) Used to 「Accept Glancing Strike to Deliver Overwhelming Strike」 / Synch with Partner / Lunge Deeply into Attack / Recognize Single Opportunity to Strike / Use KWF Technique / Ichigo Ichie Flow Psychology Mindfulness
KWF 「One Killing Strike」 Kumite

Satsuma Samurai Mentality “From Not Doubting Your first Attack by Katana, to Not Needing Your second Attack by Katana”
(Satsuma/ Jigenryū / 'ichi no tachi wo utagawazu, ni no tachi irazu' wo tsuiju suru mono

5th Godan Examination

「KWF Martial Art Bujutsu Karate / Mastery」

- ※ 3 Types / (Oizuki)
- ※ Practical Free Consecutive Movement Attack Technique
- ※ Tokui Kata (**Free Self-Selected**)
- ※ Three Methods of Power (Santen Rikiho Kata)
- ※ KWF Continuous Kumite: Consecutive Movement With Counter Kumite
- ※ Jiyu Kumite

1、 Basic Examination Content

- 1) ① Oizuki (**BasicType**)
→ ② Oizuki (**Compression Technique**)
→ ③ Oizuki (**Sliding**)
- 2) ① Age Uke (**Back & Forth** → **Hip Rotation/Twist (Hineri)**) → Gyakuzuki
→ ② Chudan Uchi Uke (**Back & Forth** → **Compression**) → Gyakuzuki
→ ③ Chudan Soto Uke (**Back & Forth Spinning** → **Spinning**) → Ura Ken / (Hanten Ura Ken)
- 3) ① Mae Geri / Mawashi Geri (**Same Leg**) / **Moving Forward** →
→ ② Yoko Geri Keage / Yoko Geri Kekomi (**Same Leg**) / **Moving Forward** →
→ ③ Consecutive Movement Ushiro Geri (**Front Leg**) / Ushiro Geri (**Rear Leg**)
- 4) ① Free Consecutive Movement Attack → 4 Times ~ 5 Times (**Free Switch to** → **2 Times Repeat**)

2、 Basic Examination Points

- 1) Oizuki (**Basic**)
- 2) Oizuki (**Compression**)
- 3) Oizuki (**Sliding**)
- 4) Block Switch to Counterattack (**Hip Rotation or Compression Movement**)
- 5) Spinning Technique
- 6) Free Consecutive Movement Attack (**Technique / Proficiency & Combination**)

- 7) Maximum Power (5 Body Points Simultaneously Extreme Kime)
- 8) Form
- 9) Visual Focus on Opponent

3、Kata Examination Content

- 1) Tokui Kata Examination (Free)
- 2) Shitei Kata Examination (Required)

① Santen Rikiho no Kata (Sono 1)

4、Kata Examination Points

- 1) Tokui Kata Examination (Choice)

① ① Martial Art Element Faithfully Expressed

② Hip Rotation (Shomen & Hanmi)

③ Compression

④ Form

⑤ Soft & Hard Combinations (Alternating Hard & Soft Power)

⑥ Maximum Power (5 Body Points Simultaneously Extreme Kime)

⑦ Technique & Knowledge

⑧ Visual Focus on Opponent

- 2) Shitei Kata Examination (Required) Santen Rikiho no Kata (Sono 1)

① Form

② Hip Rotation (Shomen & Hanmi)

③ Compression

④ Movement X Times

⑤ Center of Gravity Movement

⑥ Maximum Power (5 Body Points Simultaneously utilising Extreme Kime)

⑦ Visual Focus on Opponent

5、 Kumite Examination Content

- 1) Consecutive Movement With Counter Kumite
- 2) Jiyu Kumite

6、 Kumite Examination Points

- 1) Consecutive Movement With Counter Kumite
 - ① Technique / Consecutive Movement Proficiency
 - ② Timing
 - ③ Rhythm
 - ④ Appropriate Block
 - ⑤ Appropriate Attack
 - ⑥ Compression
 - ⑦ Spinning (**Hanmi & Shomen**)
 - ⑧ Visual Focus on Opponent
- 2) Jiyu Kumite
 - ① Precise Technique (**Form / Control**)
 - ② Jiyu Ippon Kumite Type Element
 - ③ Maximum Power (**One Overpowering Strike**)
 - ④ Attack (**Accept Glancing Strike to Deliver Overwhelming Strike**)
 - ⑤ Timing
 - ⑥ Distance
 - ⑦ Visual Focus on Opponent

6th Rokudan Examination

「Return to Beginner's Spirit」

- ※ Basics
 - ※ Gohon Kumite
 - ※ Jiyu Ippon Kumite
 - ※ Tokui Kata
 - ※ Heian Shodan
- ### 1、 Basic Examination Content
- 1) Oizuki (**Moving Forward 5 Times**)
 - 2) ① Oizuki / Gyakuzuki (**Switch to Appropriate With Hip Rotation**)
→ ② Age Uke / Gyakuzuki (**Hip Rotation**)
→ ③ Chudan Soto Uke / Gyakuzuki (**Hip Rotation**)
→ ④ Koukutsu Syuto Uke / Maegeri (**Front Leg**) / Gyakuzuki (**Hip Rotation**)
 - 3) ① Maegeri → ② Mawashigeri → ③ Yokogeri Kekomi → ④ Ushirogeri → ⑤ Yokogeri Keage

2、 Basic Examination Points

- 1) Technique / Proficiency
- 2) Form
- 3) Hip Rotation (**Hanmi & Shomen**)
- 4) Kick/ Proficiency & Combination
- 5) Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
- 6) Visual Focus on Opponent

3、 Kata Examination Content

- 1) Tokui Kata Examination (**Free**)
- 2) Heian Shodan

4、 Kata Examination Points

- 1) Tokui Kata Examination (**Choice**)
 - ① Martial Art Element Faithfully Expressed
 - ② Technique & Knowledge
 - ③ Form
 - ④ Soft & Hard Combinations (**Alternating Hard & Soft Power**)
 - ⑤ Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
 - ⑥ Visual Focus on Opponent
- 2) Heian Shodan
 - ① Technique/ Proficiency
 - ② Form
 - ③ Hip Rotation (**Hanmi & Shomen**)
 - ④ Center of Gravity Movement (**Smooth Step**)
 - ⑤ Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
 - ⑥ Visual Focus on Opponent

5、 Kumite Examination Content

- 1) Go Hon Kumite
- 2) Jiyu Ippon Kumite

6、 Kumite Examination Points

- 1) Go Hon Kumite
 - ① Technique / Proficiency
 - ② Form
 - ③ Hip Rotation (**Hanmi & Shomen**)
 - ④ Step
 - ⑤ Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
 - ⑥ Visual Focus on Opponent
- 2) Jiyu Ippon Kumite
 - ① Technique / Proficiency
 - ② Compression
 - ③ Timing
 - ④ Distance
 - ⑤ Kime (**One Overpowering Strike**)
 - ⑥ Visual Focus on Opponent

7th Nanadan Examination

[Reaching Maturity]

- ※ Tokui Kata (**Free**)
 - ※ Consecutive Movement With Counter Kumite
 - ※ Kihon Ippon Kumite
 - ※ Submission of Research Project Report
- ① **Practical Technique Compilation** ⇒ Utilizing KWF Evasion Sabaki (**Exposition & Practical Technique**)
- ② **Essay** ⇒ **KWF's Role in World of Karate / Positioning**

1、 Kata Examination Content

- 1) Tokui Kata Examination (**Free**)

2、 Kata Examination Points

- 1) Tokui Kata Examination (**Free**)
 - ① Martial Art Element Faithfully Expressed
 - ② Form
 - ③ Soft & Hard Combinations (**Alternating Hard & Soft Power**)
 - ④ Visual Focus on Opponent

3、 Kumite Examination Content

- 1) Consecutive Movement With Counter Kumite
- 2) Kihon Ippon Kumite

4、 Kumite Examination Points

- 1) Consecutive Movement With Counter Kumite

- ① Technique/ Consecutive Movement ✖(If even 1 Time is interrupted ⇒ Disqualification / Repeat around 15 seconds each for 2 Times)
- ② Proficiency (**Attack • Blocking Technique • Goal**)
- ③ Rhythm
- ④ Visual Focus on Opponent

- 2) Kihon Ippon Kumite

- ① Hip Rotation (**Hanmi & Shomen**)
- ② Form
- ③ Distance
- ④ Maximum Power (**5 Body Points Simultaneously utilising Extreme Kime**)
- ⑤ Visual Focus on Opponent

5、 Submission of Research Project Report

- 1) Technique Compilation
 - ① Evasion Sabaki → Self-Developed (4 plus Evasion Sabaki Techniques)
 - ② ① As Practical Application (Application Exposition & Practical Technique)

- 2) Original Research Report (Research Project Content)
 - ① Martial Art Bujutsu Karate Exposition/ Or Alternative . . .
 - ② Budo Way of Karate Exposition/ Or Alternative . . .
 - ③ Sports Karate Exposition/ Or Alternative . . .
 - ④ Either ① ② detailed KWF Karate Exposition . . .
 - ※ Research Report ①~④ in, A4 Sized Paper, 5-7 Pages

- 3) Research Examination Points
 - ※Superior ☺ ⇒ Meaning is understood as Good and KWF / Position is understood as Good.
 - ※Good ⇒ Understood moderately.
 - ※Acceptable ⇒ Weak understanding and or unclear purpose.

8th Hachidan Examination

「Combine Spiritual Aspect With Technique While Demonstrating Mastery」

- ※ Tokui Kata (**Free**)
- ※ Submission of Research Project Report
- 1) Practical Technique (**Utilize KWF Martial Art Bujutsu Karate to Create Original Kata (Form) ⇒ Kata to contain up to 40 moves**)
- 2) Original Research Report
 - ① **Bujutsu Martial Art Plus Flow Psychology Zen Mindfulness**
 - ② **KWF Martial Art Bujutsu Karate Exposition (Looking to the Future)**
 - ※ **Either topic covered in Report of 5-7 A4 size pages**

1、Kata Examination Points

- 1) Tokui Kata Examination (**Free**)
 - ※ **Excellent**
 - ※ **Good**
 - ※ **Denial**

2、Research Report Submission

- 1) Practical Technique Compilation (**Originally Developed Kata**)
 - ※ **Excellent**
 - ※ **Good**
 - ※ **Denial**
- 2) Original Research Report Compilation
 - ※ **Excellent**
 - ※ **Good**
 - ※ **Denial**

9th Kyudan Examination

[Deputy Grandmaster]

1、 Tokui Kata(**Free**)

※ **Excellent**

※ **Denial**

2、 Research Report Submission

1) Original Research Report

① **KWF Budo Way of Karate / Definition**

② **KWF/ Sustainability**

※ **Excellent**

※ **Denial**

2) About Technique

① **KWF Martial Art Bujutsu Karate → Original Research Report**

※ **Excellent**

※ **Denial**

10th Judan Examination

[Grandmaster]

1. Tokui Kata (Free)

※ Excellent

※ Denial

2. Research Report Submission

1) KWF Martial Art Bujutsu Karate Overall Concept

① Technique Methodology & Spiritual Aspects

② KWF Martial Art Bujutsu Karate / Kata (Originally Developed ⇒ 40~50 Moves)

※ Excellent

※ Denial