

# Karate shinsa (Examination)

	Current Grade		Main learning/ Test contents 1	Test contents 2	Test contents 3	Cost of exam for next grade.
2段	2nd dan	Black	Nipaipo, Gojyushihou, Sanchin, Tenshou.	1 inch finger push ups, 10 times.		¥30,000
初段	1st dan	Black	Seisan, Seipai, Seienchin.	1 inch fist push ups. 20 times.	roundhouse kick 10 times left and right in 20 seconds.	¥20,000
1級	1st kyu	Brown	Heian1-5, Bassai dai, Seienchin, Rohai.	1 inch fist push ups, 10 times.	roundhouse kick 5 times left and right in 20 seconds.	¥10,000
2級	2nd kyu	Brown	Bassaidai, Rohai, Seienchin, Tenshou	1 inch push ups, 10 times.	3 way kicks (front, side, back) repeat 3 times without landing	¥5,000
3級	3rd kyu	Purple	All Heian kata, Sanchin, Tenshou, Naihanchi.	4 inch push ups, 10 times.	3 way kicks (front, side, back) repeat 2 times without landing	¥5,000
4級	4th kyu	Purple	Heian godan, Niseishi	6 inch push ups, 10 times.	3 way kicks (front, side, back) without landing	¥5,000
5級	5th kyu	Green	Heian yodan, Naihanchi	8 inch push ups, 5 times.		¥5,000
6級	6th kyu	Green	Heian sandan, Sanchin	Understanding of all stance, basic movement.		¥5,000
7級	7th kyu	Blue	Heian shodan, Sanchin	Understanding of all stance.		¥5,000
8級	8th kyu	Orange	Heian nidan			¥5,000
9級	9th kyu	Yellow	Heian nidan			¥5,000
10級	10th kyu	White	Shihou			¥5,000

Application for promotional examination

Day of examination:

Examinee's name:

Signature:

Guardian or parents's name:

Signature:

Age:

Current rank:

Oath matter

It is understood that the examinee is responsible about damage and the result of the mind and body who happens while examining it.

※ Hand this application and money at the same time.

Receipt: ¥

for Shinsa (Exam)

Date:

Your name:

Shingetsu ryu Yokota karate school