

AASU Rank/Testing Requirements

Rank	Belt Color	Kata	Emphasis
10 th kyu	White belt	N/A	Balance
9 th kyu	Yellow	N/A	Visualization
8 th kyu	Yellow	Heian sho-dan	Visualization
7 th kyu	Yellow	Heian ni-dan	Awareness
6 th kyu	Green	Heian san-dan	Awareness
5 th kyu	Green	Heian yo-dan	Awareness
4 th kyu	Green	Heian go-dan	Spirit
3 rd kyu	Brown	Tekki-sho	Spirit
2 nd kyu	Brown	Bassai-dai	Focus
Ist kyu	Brown	Kanku sho	Focus
Ist dan	Black	Kanku-dai	Control

Requirements:

10th kyu: regular class attendance, willingness to learn

10th kyu test:

Kihon:

zen-kutsu-dachi (front stance)	Dojo (Place of training)
ko-kutsu-dachi (back stance)	Kiai (shout of spirit)
kiba-dachi (horse stance)	Kihon (basics)
kumite-dachi (fighting stance)	
oi-zuki (lunge punch)	
hachiji-dachi (ready or natural stance)	
Age-uki (rising block)	
Geidan-barai (downward block)	

Terminology

Japanese number system 1 through 10, ichi, ni, san, shi, go, roku, hichi, hachi, kyu, ju.

yame (stop)

hajime (begin)

yoi (ready)

9th Kyu Test

kihon:

10th kyu kihon plus

Shuto-uke (knife hand block)

Uchi-uke (inside forearm block)

Soto-uke (outside forearm block)

Chudan-uke (middle block)

Mae-geri (front kick)

mawashi-geri (roundhouse kick)

Keage (snap), kekomi (thrust)

Shuto-uke executed in kokutsu-dachi.

Kumite:

San-bon kumite (3 step sparring)

Basic attack and defense in front stance

1. Oi-zuki jo-dan (attack to face)
2. Oi-zuki chu-dan (attack to stomach)

Defender steps back three times, each time blocking with an appropriate block

Light Free Sparring –2 rounds 2 mins

Kata:

Heian-Shodan

Bunkai

1. hikite (pulling hand)
2. single wrist grab (heian shodan)
3. defense against straight punch or single arm push (gedan barai)

8th kyu test

9TH kyu kihon +

yoko-geri (side kick)

ushiro –geri (back kick)

uraken-(back fist)

nukite-zuki – (spear hand strike)

morote uke -(augmented block)

San-bon kumite

1. Oi-zuki-jodan, chudan, gedan

Light Free sparring: 2 rounds 2 mins

Kata

Heian Shodan

Heian Nidan

Bunkai

9th kyu bunkai

1. Shuto uke (three applications)
2. Heian nidan defense against circular punch

7th kyu test

8th kyu requirements plus knowledge and mastery of the following

gyaku-mawashi-geri (reverse roundhouse kick)

empi-uchi (elbow strike)

Kata: 8th kyu kata+Heian Sandan,

Bunkai:

9th kyu buhai +

1. shuto-uke (2 more applications)
2. double grab escape (reinforced block)

Kumite: San-bon kumite (3 step sparring) using Shuto uke, gedan barai, chudan soto or uchi uke, age uke,

1. oi-zuki jodan, chudan, gedan + mae-geri

Free sparring- 3 rounds 2 mins

6th kyu test

kihon:

7th kyu requirements plus knowledge and mastery of the following

gyaku-mawashi-geri (reverse roundhouse kick)

tobi mae geri (jump front kick)

Kumite:

San-bon kumite as in 6th kyu

juji-uke – (X block)

empi-uchi (elbow strike)

Neko-ashi-dachi (cat stance)

Free sparring- 3 rounds 2 mins

Kata: 7th kyu kata + Heian Yodan

Bunkai:

7th kyu buhai +

1. Single grab escape (heian sandan)
2. bear hug escape (heian sandan)
3. spear hand grab/counter/throw (heian sandan)

5th kyu test

6th kyu kihon plus

hiza-geri (knee strike)

mika-zuki-geri (crescent kick)

tobi-mawashi-geri (jump roundhouse kick)

tobi-ushro-geri (jump back kick)

mawashi –zuki (hook punch)

Free sparring 3 rounds

Kata:

6th kyu+heian godan

Bunkai

6th kyu requirements+

1. gedan barai (2 applications)
2. heian yodan (2 applications)
3. heian godan (2 applications)

General Test schedule

Uniforms should be clean and pressed with the proper logo. Nails cut, hair tied together (if long/loose).

1. physical drills-pushups, stamina work, lunges etc.
2. kihon quiz and demonstration
3. kata: group, individual
4. bunkai demonstrations
5. physical drills
6. san-bon kumite
7. oral quiz on shotokan techniques, kata, essay turned in
- 8.** light to medium contact kumite, upper belts multiple opponents/longer rounds/upright grappling

Judges scoresheet

Student _____ **current rank** _____ **date** _____

Kihon knowledge 100

Essay knowledge/insights 100

Technical	Endurance	Balance	Fluidity	Control	Timing	Accuracy	Speed /Power	Focus	Technique	Spirit	Total
Kihon demonstration					(breathing)						100
San-Bon kumite											100
Kumite											100
Kata					(breathing/ pauses)						100
Bunkai											100

Total score (0.6* average technical score +0.4*average knowledge score) _____

Passing score 70 _____

I recommend this student be promoted to the rank of _____

Evaluators Name _____

Rank _____

Signature _____