



伝統沖縄剛柔流空手道連盟

TRADITIONAL OKINAWAN GOJU-RYU KARATE-DO FEDERATION

Dan Grading Requirements - 2023

Shodan	Nidan
Standing Basics Moving Basics Kata: from Gekisai Dai Ichi through Shisochin; Sanchin Kata (Chojun Miyagi Sensei) All Bunkai: Gekisai Dai Ichi through Shisochin Kumite Hojo Undo: Push-ups etc. Written Examination	Standing basics Moving Basics Kata: from Gekisai Dai Ichi through Sanseru Sanchin Kata(Chojun Miyagi Sensei) All Bunkai: Gekisai Dai Ichi through Sanseru Kumite Hojo Undo: Push-ups etc. Written Examination

Sandan	Yondan
Standing Basics Moving Basics Kata: from Gekisai Dai Ichi through Sepai Sanchin Kata (Chojun Miyagi Sensei) Sanchin Kata (Kanryo Higaonna Sensei) Tensho Kata All Bunkai: Gekisai Dai Ichi through Sepai Kumite Hojo Undo: Push-ups etc. Written Examination	Standing Basics Moving Basics Kata: from Gekisai Dai Ichi through Kururunfa Sanchin Kata (Chojun Miyagi Sensei) Sanchin Kata (Kanryo Higaonna Sensei) Tensho Kata All Bunkai: from Gekisai Dai Ichi through Kururunfa Kumite Hojo Undo: Push-ups etc. Written Examination (Essay questions to be provided by Administrative Office)

Godan	Rokudan
<p>Standing Basics Moving Basics</p> <p>Kata: from Gekisai Dai Ichi through Sesan Sanchin Kata (Chojun Miyagi Sensei) Sanchin Kata (Kanryo Higaonna Sensei) Tensho Kata</p> <p>All Bunkai: Gekisai Dai Ichi through Sesan</p> <p>Kumite Hojo Undo: Push-ups etc. Written Examination (Essay questions to be provided by Administrative Office)</p>	<p>Standing Basics Moving Basics</p> <p>Kata: from Gekisai Dai Ichi through Suparinpei Sanchin Kata (Chojun Miyagi Sensei) Sanchin Kata (Kanryo Higaonna Sensei) Tensho Kata</p> <p>All Bunkai: Gekisai Dai Ichi through Suparinpei</p> <p>Kumite Hojo Undo: Push-ups etc. Written Examination (Essay questions to be provided by Administrative Office)</p>

March 15, 2023