

JKA DAN examination syllabus

1st Dan

- *Kihon*: → Sambon Renzuki ← Jodan Age-uke+Gyaku-tsuki → Chudan Soto-uke+Yoko Empi+Yoko Uraken (Zenkutsu-dachi to Kiba-dachi) ← Chudan-Uchi-uke+Kizami-zuki+Gyaku-tsuki → Shuto-uke+Nukite (Kokutsu-dachi to Zenkutsu-dachi) → Mae-geri → Rengeri (Chudan/Jodan) → Yoko Ke-age /Yoko Ke-komi (Kibadachi, alternate feet) → Yoko Ke-komi (Zenkutsu-dachi) → Mawashi-geri
- *Kata*: Sentei Kata (Bassaidai, Kankudai, Jion, Empi)—student may choose any of these
- *Kumite*: Jiyu Kumite tournament style
 - * Examiners test for basic understanding and functional ability in the foundational techniques of karate.

(→ is forward movement ← is backward movement)

2nd Dan

- *Kihon*: → Kizami-zuki+Sambon Renzuki → Mae-geri+Jun-zuki → Yoko Ke-age /Yoko Ke-komi (Kibadachi, alternate feet) ← Age-uke+ → Mawashi-geri+Yoko Uraken+Chudan Jun-zuki → Yoko Ke-komi+Gyaku-tsuki (Zenkutsu-dachi) → Mawashi-geri+Gyaku-tsuki (Zenkutsu-dachi); Mae-geri/Yoko Ke-komi/Ushiro-geri (Zenkutsu-dachi, same foot left/right)
- *Kata*: Student's favorite Kata
- *Kumite*: Jiyu Kumite
 - * Examiners test for understanding and proficiency in the foundational techniques of karate.

(→ is forward movement ← is backward movement)

3rd Dan

- *Kihon*: Foundational techniques specified by examiner
- *Kata*: Student's favorite Kata
- *Kumite*: Jiyu Kumite
 - * Examiners test for understanding and proficiency in the standard techniques of karate.