

Rank Requirements

CSU East Bay Karate

Chief instructor: Alejo Enriquez, Shodan

(USKL rank reqs: <http://www.uskl.org/events/Adult%20Rank%20Req.pdf>)

Belt test fee: \$10

Rank	Color	Kihon	Kata	Kumite
10 th Kyu	White	none	none	none
9 th Kyu	Orange	Basic punches, basic blocks, front stance, horse stance, front kick	Taikyoku Shodan	Basic 5step sparring
8 th Kyu	Orange	Reverse punch, back stance, knife hand strikes, back knuckle strikes	Heian Shodan	
7 th Kyu	Orange	Side kicks, elbow techniques, blocks with back knuckle	Heian Nidan	Basic 1-step sparring
6 th Kyu	Green	Roundhouse kick, good hip rotation	Heian Sandan	
5 th Kyu	Green	Back kick, crescent kicks, cat stance	Heian Yondan	Semi-free 1-step sparring
4 th Kyu	Green	Spinning back kick, good hip action	Heian Godan	
3 rd Kyu	Brown	Good hip vibration, Chinese hands	Tekki Shodan	
2 nd Kyu	Brown	Jump kicks	Bassai Dai	Free sparring
1 st Kyu*	Brown	Self defense	Instructor's choice	
1 st Dan	Black	Ability to instruct all white/orange/green kihon, written exam	All 4 Brown belt kata	

Kata for Brown/Black Belts

(To advance to each rank requires competence in all kata of previous level and mastery of all kata two levels lower)

Kata for Brown belt	Kata for Shodan	Kata for Nidan	Kata for Sandan	Kata for Yondan
Bassai Dai	Tekki Nidan	Gankaku	Chinte	Gojushiho Sho
Jion	Hangetsu	Kanku Sho	Nijushiho	Gojushiho Dai
Empi	Jitte	Bassai Sho	Wankan	Unsu
Kanku Dai		Tekki Sandan	Sochin	Meikyo