

Ed Hamile's (1923-1999) FOUNDER

WEST COAST SHOTO KAN KARATE - DO ASSN. INTERNATIONAL

& WORLD FEDERATION OF KARATE - DO ORGANIZATIONS

SCHOOLS IN U.S.A, MEXICO, EUROPE,
& ISRAEL

Shihan Shalom Avitan

CHIEF INSTRUCTOR

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Shihan Shalom Avitan – Chief Examiner

4th Dan (Yondan) Examination Procedures

Briefed examination for the West Coast Shotokan Karate instructors,

issued for students who passed DAN 3 & DAN 4 exams in the association

KIHON:

Hand Techniques – *Freestyle without counting*

5 Times

- FORWARD: GEDAN BARAI, AGE ZUKI, URAKEN UCHI (unagi te), GYAKO ZUKI, URAKEN UCHI, KIZAMI ZUKI.
- BACKWARD: SANBAN ZUKI (JODAN, CHUDAN, GEDAN), URAKEN UCHI, GYAKO ZUKI, KIZAMI ZUKI.
- FORWARD: AGE UKE, URAKEN UCHI, KIZAMI ZUKI (unagi te), GYAKO ZUKI, KIZAMI ZUKI.
- BACKWARD: SOTE UKE, EMPI, URAKEN UCHI (unagi te), ORA ZUKI (kibe dachi), GEDAN BARAI (*zenkutsu dachi*), NAMI ASHY (mai dashi barai), GYAKO ZUKI, KIZAMI ZUKI.
- FORWARD: UCHI UKE, KIZAMI ZUKI, GYAKO ZUKI, SOTEN UKE, GYAKO ZUKI, KIZAMI ZUKI.
- BACKWARD: SHOTO UKE, SAN BAN GERI (yura, mai, yura ashi), NUKITE, NAKO ASHI DACHI, MAEI NIDAN GERI (chudan, jogan, unagi ashy), GEDAN BARAI.

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Combined Techniques – Hands and legs:

3 times – Forward & Backward:

SAN BAN ZUKI (jodan, chudan, gedan), **HIDARI URAKEN UCHI**, **NIDAN GERI KIAGI** (mae, yura ashi), **GYAKO ZUKI**, **KIZAMI ZUKI**, **HIDARI URAKEN UCHI**.

1 time (forward & backward) – all exercises fluently

GEDAN BARAI (1 step backward), **AGE UKE**, **HIDARU URAKEN UCHI**, **GIAKO ZUKI**, **KIZAMI ZUKI** (1 step forward), **NIDAN MAWASHI GERI** (mai, yure ashi) (1 step forward), **YOKO GERI KIAGI AND KAKOME** (unagi ashi) (1 step forward), **OUI ZUKI**, **URAKEN UCHI** (unagi te) (1 step forward), **SHOTO UKE**, **HAITO UCHI** (unagi te), **SANBAN GERI KIAGI** (mai, yure, mai ashi), **NUKITE** (1 step forward), **GIDAN BARAI**, **AGE UKE** (unagi te), **GIAKO ZUKI**, **KIZAMI ZUKI** – maitei.... Yame.

Legs Techniques (gedan Barai backwards)

5 Times

- **FORWARD: SANBAN MAE GERI KEAGE, KAKOME, KEAGE** (unagi ashi)
- **BACKWARD: SANBAN GERI** (yura ashi), **MAI GERI KEAGE/KAKOME** (mai ashi), **MAI GERI KEAGE, YOKO GERI KAKOME** (yura ashi), **MAI GERI KEAGE/KAKOME**.
- **3 TIMES FORWARD: NIDAN GERI, MAI GERI KEAGE, YOKO GERI KEAGE** (unagi ashi) (kwaro ashi), **MAI GERI KAKOME, YOKO GERI KAKOME** (unagi ashi).
- **5 TIMES BACKWARD: SANBAN GERI – MAWASHI GERI KEAGE, YOKO GERI KEKOME, MAI GERI KEAGE** (mai ashi), **MAWASHI GERI KEAGE** (yura ashi).
- **5 TIMES FORWARD: SANBAN OSHIRO GERI** (mai ashi), **OSHIRO GERI KEAGE/KAKOME** (yura ashi), **OSHIRO GERI KAKOME**.
- **5 TIMES BACKWARD: NIDAN TOBI GERI KEAGE, GIAKO ZUKI, KIZAMI ZUKI** (unagi te)... yame.
KIBE DACHI, GEDAN BARAI – right leg backward.

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- **3 TIMES FORWARD:**
YOKO MAWASHI GERI KEAGE, YOKO GERI KAKOME, OSHIRO GERI KAKOME, MAI GERI KEAGE, MAI GERI KAKOME (unagi ashi), KAGE ZUKI, KIZAMI ZUKI, URAKEN UCHI (unagi te).
- **3 TIMES BACKWARD:**
YOKO MAWASHI GERI KAKOME, YOKO GERI KEAGE, OSHIRO GERI KAKOME, MAI GERI KAKOME, MAI GERI KEAGE (unagi ashi), KIAGI ZUKI, KIZAMI ZUKI, URAKEN UCHI (unagi te)... yame.
- **3 TIMES (FORWARD & BACKWARD):**
GEDAN BARAI (zanktuso dachi), MAI GERI KEAGE, YOKO GERI KAKOME, MAWASHI GERI KEAGE, OSHIRO GERI KAKOME, MAI GERI KEAGE (unagi ashi-yure, mai yura ashi)... Yame.

Kicking combination without moving the foot of the standing leg (kicks will continue until Yame is heard)

MAI GERI KEAGE, MAE GERI KEKOME, YOKO GERI KEKOME, MAWASHI GERI KEAGE, OSHIRO GERI KEKOME, MAI GERI KEAGE (unagi ashi).

Punching technics to different distances in full control (from GEDAN BARAI)
URA ZUKI, TATE ZUKI, GEAKO ZUKI, (unagi te – until Yame is heard).

KATA:

- 4 HIYAN – 3 TEKI (knowing KATA BONKAI is mandatory)
- 1 KATA out of the black belts KATA series: KANKU SHO, JITE, HANGITSU, or MIKYO.
- 5 KATA – free choice (knowing the KATA BONKAI is mandatory)

KIHON IPON KUMITE:

KUMITE standing – defence and knocking down will be made 2 seconds from the moment of attack.

ATTACK:

- * JODAN ZUKI
- * CHODAN ZUKI
- * MAE GERI
- * MAWASHI GERI
- * OSHIRO GERI

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GRABBING AND HUGGING:

- * Grabbing the gee lapel in both hands (from the front)
- * Hugging from behind (including hands)
- * Grabbing the neck (from the behind) with both hands

KNIFE ATTACK:

- * Knife attach from above
- * Knife attack from the side
- * Knife attack to the belly

THREATENING WITH A GUN:

- * The gun's arm pointed to the belly (paralyzing the opponent and taking the gun from his hand).
- * The gun is pointed to the back (paralyzing the opponent and taking the gun from his hand).

JU KUMITE: Free KUMITE - 15 minutes

Good Luck!

Shihan Shalom Avitan – Chief Examiner

RESPECT – BUT FEAR NO MAN!