



WTOKF

WORLD TRADITIONAL OKINAWA
KARATE FEDERATION

世界 伝統的な 沖縄 空手道 連合会

YUDANSHA RANKS HONORIFIC TITLES DAN EXAM RULES REGULATION OF RANKING



WTOKF

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WORLD TRADITIONAL OKINAWA KARATE FEDERATION

YUDANSHA RANKS INTRODUCTION

Yudansha rank examination can be held at honbu dojo, branch dojo or annual WTKF Instructor's Gasshuku. Shodan-ho examination can be administered by the chief instructor of the branch club provided that the instructor holds a WTKF Sensei title. Otherwise, a member of the Shihan Kai must be present for the test. For Shodan and Nidan examination, a member of the Shihan Kai must be present to facilitate the examination. For Sandan and above, WTKF and Okinawa Karate Presidents must be present to preside over the examination. Kudan and Judan are honorific titles awarded for outstanding service, display of true budo spirit, total commitment to WTKF, complete understanding of traditional Karate-do, and outstanding character.

Students training with a WTKF affiliated instructor shall first obtain approval and recommendation from the WTKF president for Dan rank testing. Upon approval for the exam, the Dan Rank Examination Application along with the required fees must be submitted to the WTKF headquarters. All Yudansha rank examinees shall display outstanding character, positive leadership, performs Community services and assists in classes at their dojo.

Chief instructors and members of the WTKF Shihan Kai may formally request to test for higher Yudansha ranks and recommended by the WTKF and Okinawan Karate Presidents and by submitting the required TKFI Dan examination application

along with the required fee to WTKF headquarters 6 months prior to the exam. Arrangements will then be made for the location of the exam and with Shihan Kai members to witness and facilitate the examination.

Fitness requirements may be modified due to examinee's physical circumstances.

Essay must be typed and submitted before the final exam.

Should any examinee fail to meet the standards of any portion of their exam, they will have until the end of the same calendar year to retest and meet the required standards, and pay only a \$50.00 retest fee. Should the examinee choose not to retest or fail to meet the standards of their Dan exam, they shall be required to resubmit their application and entire fee again.

WTKF and Okinawa Karate Presidents are the only persons authorized to adjust the following requirements due to physical challenges or other circumstances.

VICE-PRESIDENT & TECHNICAL ADVISOR

Soke SAITO DEL SHIGEO

10 DAN

A stylized, handwritten signature in black ink, likely belonging to Soke Saito Del Shigeo, positioned below the printed name and rank.

WTKF Headquarters: +41-44-787-0213

www.wtokf.org

HONORIFIC TITLES

These titles are awarded for exceptional achievement and outstanding character. They are not automatically given irrespective of rank.

SENPAI – Senior Student
Rank of Shodan-ho or Shodan.

SHIDOIN – Assistant Instructor
Minimum rank of Nidan.

SENSEI – Teacher
Minimum rank of Sandan.
An honorific title awarded by the WTKF.
Minimum of two years of teaching experience.

JUN SHIHAN – New Master Teacher
Minimum rank of Yondan.
Minimum of ten years of teaching experience.

SHIHAN - Master Teacher
An honorific title for a Sensei who is not only a guide but a role model for those they teach.
Minimum rank of Godan.
Minimum of twenty years of teaching experience.
Awarded by WTKF upon recommendation of the Shihan Kai.

SHUSEIKI - The highest Shihan title.

RENSHI - Classical teaching title.

Minimum rank of Yondan.

Minimum of twenty years of teaching Traditional Karate-do.

Title awarded only by the WTKF.

KYOSHI – Teaching expert rank.

Minimum rank of Rokudan.

Minimum of twenty-five years of teaching Traditional Karate-do.

Title awarded only by the WTKF.

HANSHI - Minimum rank of Shichidan.

Minimum of thirty years of experience.

Title awarded only by the WTKF.

HANSHI – Highest Master Teacher title.

Minimum rank of Hachidan.

Minimum of thirty years of experience in Traditional Karate-do.

Title awarded by the WTKF.

SOKE – Headmaster of the Style. Automatic Judan status.

REQUIREMENTS

1 DAN (Provisional) SHODAN-HO

All previous KYU requirements reviewed.
Current WTOKF member in good standing.
Participated at WTOKF Gasshuku. (Date & Location)

KIHON

1. Oi-zuki / Gyaku-zuki / Mae-mawashi-empi-uchi
2. Age-uke / Gyaku-zuki / Mae-age-empi-uchi
3. Uchi-uke / Kizami-zuki / Gyaku-zuki
4. Soto-uke / Yoko-empi-uchi / Uraken-uchi / Gyaku-zuki
5. Soto-uke / Gyaku-zuki / Uraken-uchi
6. Shuto-uke / Mae-ashi-geri / Gyaku-nukite / Shuto-uchi-jodan
7. Mae-geri (and mawate at the end)
8. Mae-ren-geri (Mae-ashi-geri / Mae-geri)
9. Yoko-geri-keage
10. Yoko-geri-kekomi
11. Mawashi-geri / Yoko-geri-kekomi
12. Shiho-zuki
13. Shiho-geri
14. Demonstrate Tempo gosoku no ho (5 methods of footwork)

KATA

Itosu Ke: Pinan (Heian), Bassai Dai plus bunkai/oyo

Higaonna Ke: Tensho

Tokui Kata: Wankan (Matsukaze) or Juroku

TERMINOLOGY

Jushin no antei (good balance, stability and a strong center of gravity)

Chikara no kyojaku (building up strength in a technique)

Koshi or (o)shiri (hip coordination)

Hyoshi and maai (timing (cadence) and distance)

Gei and shiki (spirit, as in spirited practice)

KUMITE

Kumite drills (demonstrate proper distancing, timing, footwork, application, control and attitude).

Jyu kumite (spar two different partners for two minutes each).

SELF DEFENSE

Scenarios with an uke (hukushiki – walking attacks).

OFFICIATING

Be prepared to answer questions on officiating terminology and gestures.

ESSAY (Choice of topic).

(title)

PHYSICAL FITNESS (2 mile run)

1 DAN (SHODAN)

KIHON

Demonstrate Uke no Gogenri (five principles of blocking).

Rakka – Pulling or Moving Attack Downwards.

Ryusui – Moving Attack to the Side.

Kusshin – Lowering the Center of Gravity.

Tenī – Body Shifting Away from Attack.

Hangeki – Meeting the attack with a Counter.

TERMINOLOGY

Kishin no yoi (prepared spirit and mind)

Tai no shin shuku (body expansion and contraction)

Keitai no hoji and shisei (correct posture and body form)

Chakugan or metsuke (focusing or correct eye vector)

Waza no kankyu (correct fast and slow movements)

Renshu (repetitive practice)

KATA

Itosu Ke: Enpi (Wanshu) plus bunkai/oyo

Higaonna Ke: Seisan (Hangetsu) plus bunkai/oyo

Tokui Kata: Jion, Jiin, Annanko or Annanku

KUMITE

Tori – 5 attacks: Jodan-oi-zuki, Chudan-oi-zuki, Mae-geri, Yoko-geri-kekomi, Mawashi-geri-jodan Uke – must demonstrate different timing by using the techniques: Zuki, Geri, Uchi in the combinations with the sweepings.

Jyu kumite (spar two different partners for two minutes each).

ESSAY (Choice of topic).

(title)

PHYSICAL FITNESS (3 mile run)

2 DAN (NIDAN)

KIHON

The combinations demonstrated from the free stance (kamae-te):

1. Kizami-zuki / Sanbon-zuki / Uraken-uchi / Gyaku-zuki / Age-empi-uchi (mawate)
2. Kizami-zuki / Mae-geri / Oi-zuki / Mae-Ashi-Yoko-geri-kekomi (mawate)
3. Age-uke / Mawashi-geri / Uraken-uchi / Oi-zuki / Yoko-geri / Gyaku-zuki (mawate).
4. Mae-geri / Yoko-geri / Ushiro-geri / Mawashi-geri / Ushiro-uramawashi-geri (mawate).
5. Hiji Ate Gojo (5 Methods to Elbow Strike).

KATA

Itose Ke: Jion or kanku (Kosokun, Kushanku) plus bunkai/oyo

Higaonna ke: Shisochin plus bunkai/oyo

Tokui Kata: Bassai-Sho, Jitte, Meikyo (Rohai)

KUMITE

JYU IPPON KUMITE

5 attacks: Example: Jodan-oi-zuki, Chudan-oi-zuki, Mae-geri, Yoko-geri-kekomi, Mawashi-geri-jodan Uke – must demonstrate different timing by using the techniques: Zuki, Geri, Uchi in the combinations with the sweepings.

Jyu Kumite (spar two different partners for two minutes each).

OTHER

MAKIWARA TEST:

Kagi-zuki, Uraken-uchi, Shuto-uchi, Teisho-uchi, Mawashi-geri

3 DAN (SANDAN)

KIHON

1. Shiho-tate-shuto-uke / Gyaku-zuki
2. Shiho-tate-shuto-uke / Mae-geri
3. Shiho-geri
4. One long combination::
Kizami-zuki / Mae-ashi-geri (same moment) / Gyaku-zuki /
Mawashi-geri / Gyaku-zuki / Mae-geri / Mawashi-geri / Yoko-geri
(same leg) / Age-uke / Soto-uke / Gedan-barai / Uchi-uke (same
hand) / Kizami-zuki / Ushiro-geri / Mawashi-geri / Yoko-geri-
kekomi (same leg) / Uraken-uchi / Gyaku-zuki
*(The candidate must demonstrate the above combination 2 times:
form Kamae-te-hidari and Kamae-te-migi.)*
5. Kihon Zuki
6. Kihon Uke

HISTORY OF KARATE

Present a brief history of Karate-do relating specifically to the style you practice.

OFFICIATING

Able to demonstrate all the signals of the Shushin and Fukushima and able to announce the proper terms.

KATA

Itosu Ke: Gankaku (Chinto) plus bunkai/oyo
Higaonna Ke: Nijyushiho (Niseishi) plus bunkai/oyo
Tokui Kata: Pachu, Heiku, Tekki (Naihanchin)

KUMITE

Jyu kumite (spar three different partners for two minutes each).

THESIS

“The Importance of Kata”.

4 DAN (YONDAN)

KIHON

Practical knowledge of all the techniques of Karate.

OFFICIATING

Able to demonstrate all the signals of the Shushin and Fukushima and able to announce the proper terms. Be prepared to answer officiating scenarios.

KATA

Itosu ke: Gojyushiho (Useishi) plus bunkai/oyo

Higaonna Ke: Seeinchin plus bunkai/oyo

Tokui Kata: Matsumura Bassai plus bunkai/oyo

KUMITE

Elements of combat and self-defense situations raised by the examiner.

Jyu kumite (spar three different partners for two minutes each).

ESSAY

“How to Improve in Kumite”.

5 DAN (GODAN)

KIHON

Practical knowledge of all the techniques of Karate along the ability to demonstrate and explain them.

OFFICIATING

Able to demonstrate all the signals of the Shushin and Fukushima and able to announce the proper terms. Be prepared to answer officiating scenarios.

KATA

Itosu ke: Chintei plus bunkai/oyo

Higaonna Ke: Unsu (unshu) or Sochin plus bunkai/oyo

Tokui Kata: Anan

KUMITE

Elements of combat and self-defense situations raised by the examiner.

Jyu kumite (spar three different partners for two minutes each).

ESSAY

Topic provided by the examiner. Oral presentation and able to answer questions on the topic by the examiner(s) during the exam.

PHYSICAL FITNESS

Prepared to perform a series of fitness tests such as footwork drills, and strength and agility exercises.

OTHER

Outstanding sport or training achievements, community service, etc.

6 DAN (ROKUDAN)

The candidate is recommended by WTKF officials.

KIHON

Practical knowledge of all the techniques of Karate along the ability to demonstrate and explain them.

KATA

Higaonna Ke: Seipai or Unsu (unshu) plus bunkai/oyo

Tokui Kata: Tomari Bassai, or Paiku

KUMITE

Jyu kumite (spar two different partners for two minutes each).

OTHER

Outstanding active WTKF member and sport or training achievements.

ESSAY

Topic of choice. Oral presentation and able to answer questions on the topic by the examiner(s) during the exam.

7 DAN (SHICHIDAN or NANADAN)

The candidate is recommended by WTOKF officials.

KIHON

Practical knowledge of all the techniques of Karate along the ability to demonstrate and explain them.

KATA

Able to dissect a Kata selected by the examiner and able to explain the intricate components of it.

KUMITE

Ability to explain and demonstrate practical kumite techniques.

QUESTION AND ANSWER

Able to properly answer questions imposed by the examiner(s)

8 DAN (HACHIDAN)

KATA

Perform an advanced Kata of choice and be prepared to demonstrate with an Uke questions on the application of its movements.

QUESTION AND ANSWER

Able to properly answer questions on any topic including philosophy and history imposed by the examiner(s).



Date: _____

Place: _____

DAN EXAM APPLICATION FORM

I hereby apply for the ranks of _____ DAN within the WTOKF

Name, Surname: _____

Date of Birth: _____ Country: _____

Email: _____ Phone nr.: _____

Name of Club / Federation : _____

Name of Instructor : _____ Rank: _____

Karate Rank KYU/DAN: _____ Date of Last Grading: _____ Cert. nr: _____

APPLICATION CONDITIONS:

1. Completed and signed WTOKF Dan Exam Application Form (sent by email to office@wtokf.org)
2. Copy of latest KYU/DAN Certificate (sent by email to office@wtokf.org)
3. Examination/Registration fee payment – (conform of the WTOKF Rules)

Signature of Applicant

Certified by (Instructor)

Approved by (President of the National Organization)

REGULATION OF RANKING in WTKF

The minimum period of stage and minimum age required for the Rank Exams

RANK	BELT	Minimum Training time calculated from the BUDO PASS issue date	Age required	Note
9 kyu	White	2 months	4 - 4,5 years old	According to the Coach's decision
8 kyu	White	3 months	4 - 4,5 years old	According to the Coach's decision
7 kyu	White	4 months	4 - 4,5 years old	According to the Coach's decision
6 kyu	White	5 months	5 years old	*Obligatory registered by the Club / National Organization
5 kyu	Yellow	6 months	6 years old	*Obligatory registered by the *Club / National Organization
4 kyu	Orange	1 year	7 years old	*Obligatory registered by the *Club / National Organization
3 kyu	Green	2 years	8 years old	*Obligatory registered by the Club / National Organization
2 kyu	Blue	3 years	9 years old	*Obligatory registered by the Club / National Organization
1 kyu	Braun	4 years	10 years old	*Obligatory registered by the Club / National Organization

1 (SHO)DAN	Black	7 years	13 years old	*Obligatory registered by WTOKF OKINAWA KARATE
2 (NI)DAN	Black	11 years	17 years old	*Obligatory registered by WTOKF OKINAWA KARATE
3 (SAN)DAN	Black	13 years	19 years old	*Obligatory registered by WTOKF OKINAWA KARATE
4 (YON)DAN	Black	17 years	23 years old	*Obligatory registered by WTOKF OKINAWA KARATE
5 (GO)DAN	Black	24 years	30 years old	*Obligatory registered by WTOKF OKINAWA KARATE
6 (ROKU)DAN	Black	30 years	36 years old	*Obligatory registered by WTOKF OKINAWA KARATE
7 (NANA)DAN	Black	37 years	43 years old	*Obligatory registered by WTOKF OKINAWA KARATE
8 (HACHI)DAN	Black	45 years	51 years old	*Obligatory registered by WTOKF OKINAWA KARATE

**** OBLIGATORY in order to enter the WTOKF NATIONAL, EUROPEAN
and WORLD KARATE CHAMPIONSHIPS.**

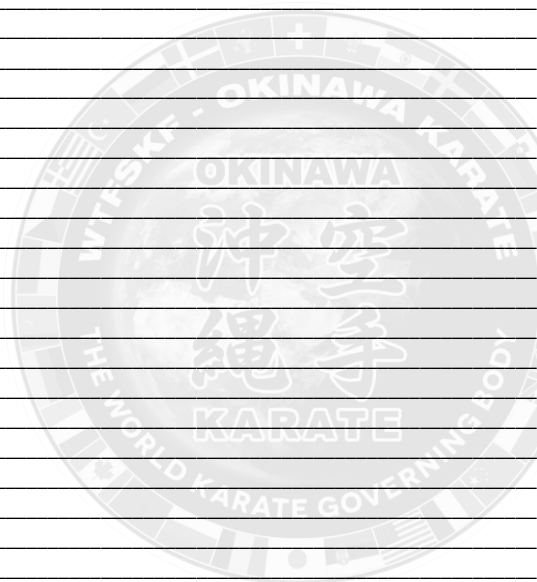
The WTOKF TECHNICAL COMMITTEE

PRESIDENT
Hanshi IONEL BARA
9 DAN
OKINAWA KARATE
Founder of WTOKF

**VICE-PRESIDENT &
TECHNICAL ADVISOR**
Soke SAITO DEL SHIGEO
10 DAN



NOTES:



A large, faint watermark of the World Karate Governing Body logo is centered on the page. The logo is circular with a globe in the center. The text 'OKINAWA KARATE' is at the top, 'THE WORLD KARATE GOVERNING BODY' is at the bottom, and 'WTF SKI' is on the left. In the center of the globe are the Japanese characters '空手' (Karate) and '世界' (World). The page contains horizontal lines for writing notes.



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DAN EXAM RULES
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沖縄空手

ADDRESS: BusinessCentre Freihofmatte Etzelblickstrasse 1,
CH-8834 Schindellegi SWITZERLAND

MOBILE: 0041 787 290 792, 0040 770 446 573

OFFICE: 0041 44787 02 03

E-MAIL: office@wtokf.org **WEB:** www.wtokf.org