



2026 JKS
Dan -Kyu
Examination
Curriculum



The JKS Dan - Kyu Examination Curriculum

10th – 9th – 8th Kyu



Kihon

From Zenkutsu-dachi Gedan Kamae

1. Chudan Oi-zuki (step forward)
2. Jodan Age-uke (step back)
3. Chudan Soto-uke (step forward)
4. Kokutsu-dachi, Shuto-uke (step back)
5. Gedan Barai (step back)

Mawatte Kaki wake gedan kamae

6. Mae-geri (step forward)

From Kiba-dachi

7. Yoko ke-komi (both sides) for 10th and 9th kyu
8. Yoko Ke-Age (both sides) for 8th kyu

Kumite :

Gohon-Kumite (Jodan Oi-zuki, Chudan Oi-zuki)

Kata :

- 10th Kyu - Jo-no-Kata
- 9th Kyu - Heian Shodan
- 8th Kyu - Heian Nidan



The JKS Dan - Kyu Examination Curriculum

7th – 6th Kyu

7th Kyu



6th Kyu



Kihon

From Zenkutsu-dachi Gedan Kamae

1. Jodan Oi-zuki, Chudan Gyaku-zuki
(Frontal hip position for both punches) (step forward)
2. Jodan Age-uke (step back)
3. Chudan Soto-uke (step forward)
4. Chudan Uchi-uke (step back)
5. Gedan Barai (step forward)
6. Kokutsu-dachi, Shuto-uke (step back)

From Jiyu-na-kamae

7. Mae-geri (step forward)
8. Mawashi geri (step forward)

From Kiba-dachi

9. Yoko Ke-age (step forward)
10. Yoko Ke-komi (step forward)

Kumite

Gohon-Kumite (Jodan Oi-zuki, Chudan Oi-zuki, Mae-geri)

Kata

7th Kyu Heian Sandan

6th Kyu Heian Yondan



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5th – 4th Kyu

5th Kyu

4th Kyu

Kihon

From Zenkutsu-dachi Gedan Kamae

1. Jodan Oi-zuki, Chudan Gyaku-zuki
*(Frontal hip position for both punches) (step forward)
2. Jodan Age-uke, Gyaku-zuki (step back)
3. Chudan Soto-uke, Gyaku zuki (step forward)
4. Chudan Uchi-uke, Gyaku-zuki (step back)
5. Gedan Barai, Gyaku zuki (step forward)
6. Kokutsu-dachi, Shuto-uke, Nekoashi-dachi Gedan Barai (step back)

From Zenkutsu-dachi Gedan Kamae

7. Mae-geri, Oi-zuki (step forward)

Mawatte Gedan Kamae

8. Mawashi-geri, Gyaku-zuki (step forward)
* (Keep the hand at the same position before kicking)

From Kiba-dachi

9. Yoko Ke-age switch legs Yoko Ke-komi

Mawatte Gedan Kamae

10. Turning and stepping forward Ura-ken, Gyaku-zuki

Kumite

Kihon Ippon Kumite

(Jodan Oi-zuki, Chudan Oi-zuki, Mae-geri, Yoko-geri, Mawashi-geri)

Kata

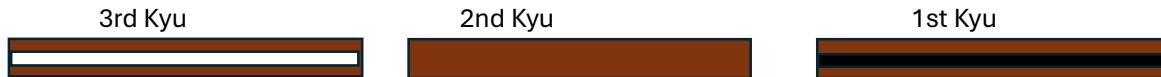
5th Kyu Heian Godan, Junro Shodan

4th Kyu Tekki Shodan, Junro Nidan



The JKS Dan - Kyu Examination Curriculum

3rd – 2nd – 1st Kyu



Kihon

From Zenkutsu-dachi Gedan Kamae

1. Sanbon-zuki (step forward)
2. Jodan Age- uke, Nekoashi- dachi Gedan Barai, front Leg Mae-geri, Zenkutsu –dachi Gyaku-zuki (step back)
*(Keep Nekoashi-dachi after kicking, then shift into Zenkutsu-dachi Gyaku-zuki)
3. Chudan Soto-uke, Kiba-dachi Enpi (step forward)
4. Kokutsu-dachi, Shuto- uke, Nukite (step back)
5. Gedan Barai, Nekoashi- dachi, Uchi- uke, Zenkutsu –dachi, Ura -zuki, Gyaku-zuki (step forward)

Mawatte Gedan-kamae

6. Mae-geri , Jodan Oi-zuki, Chudan Gyaku-zuki (step forward)
* In Oi-zuki (hanmi, side facing),
* Gyaku - zuki (shomen, frontal facing)
7. Mae-geri, Mawashi-geri, Ushiro-geri, Ura Mawashi-geri (both sides)

Mawatte Gedan-kamae

8. Yoko Ke-age, same leg Ke-komi (step forward)

Mawatte Gedan Kamae

9. Turning & stepping forward Ura Shuto-uchi, Haito uchi (step forward)

Kumite

Jiyu Ippon Kumite

(Jodan Oi-zuki, Chudan Oi-zuki, Mae-geri, Yoko-geri, Mawashi-geri, Ushiro-geri)

Kata

- | | |
|---------|---|
| 3rd Kyu | Junro-Sandan, Kata of choice (Jion, Kanku Dai, Enpi, Bassa-dai) |
| 2nd Kyu | Junro-Yondan, Kata of choice (Jion, Kanku Dai, Enpi, Bassa-dai) |
| 1st Kyu | Junro Godan, Kata of choice (Jion, Kanku Dai, Enpi, Bassa-dai) |



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Shodan (1st Dan)

Kihon

From Zenkutsu-dachi Gedan Kamae

1. Long step forward Sanbon-zuki (step forward)
2. Long step backwards Jodan Age-uke, Front leg Mae-geri, Gyaku-zuki (step back)
3. Chudan Soto-uke, Kiba-dachi Enpi, Zenkutsu-dachi Ura-ken, Gyaku-zuki (step forward)
4. Kokutsu-dachi, Shuto-uke, Nekoashi-dachi Gedan Barai, Front leg Mae-geri Gyaku-zuki (step back)
 - * Keep Nekoashi-dachi after kicking, then shift into Zenkutsu-dachi Gyaku-zuki
5. Mae-geri Oi-zuki, Mawashi-geri Gyaku-zuki, Ushiro-geri Gyaku-zuki, Ura Mawashi-geri Gyaku-zuki (both sides)
6. From Zenkutsu-dachi, same leg Yoko Ke-age, Yoko Ke-komi, Gyaku-zuki (step Forward)

Mawatte Jiyu-na-kamae (both sides acceptable, choose either left or right side)

7. Yose ashi (move back leg half step) Kizami-zuki, Gyaku-zuki (step forward)
8. Yori ashi (long slide forward) Gyaku-zuki, change side Gyaku zuki (step forward)
9. Move with front leg forward, Mae-geri, Oi-zuki, Gyaku-zuki (step forward)

Kumite

Jiyu Kumite

Kata

Kata of choice

(Heian Shodan - Heian Godan, Tekki Shodan, Junro Shodan - Junro Godan)

Tokui Kata

(Kata of choice from Bassai-dai, Kanku-dai, Enpi, Jion)



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Nidan – 2nd Dan

Kihon

From Jiyu-no-Kamae

1. Long slide forward Kizami-zuki, Gyaku-zuki (both sides)

+ Mae-geri, Oi-zuki, Gyaku-zuki

+ Mawashi-geri, uraken, gyaku zuki

** going out, the three combinations should be performed in three counts. Returning all three combinations should be performed in one count. Can be performed either left or right side (examiners choice)*

2. Yori Ashi (long slide forward) Kizami zuki, Gyaku Zuki, step back Jordan Nagashi-uke, Gyaku zuki

+ Mae-geri, Oizuki, Gyaku- zuki, step back 45 Degrees, Gedan Barai, Gyaku-zuki

+ Mawashi-geri, Uraken, Gyaku-zuki, step back 45 degrees Jordan Uchi-uke, Gyaku-zuki

** going out, the three combinations should perform in three counts. Returning all three combinations should be performed in one count. Can be performed either left or right side (examiners choice)*

3. From Zenkutsu-dachi In place:

same leg Mae-geri, Yoko-geri, Mawashi-geri , Ushiro-geri (both sides)

Kumite

Jiyu Kumite

Kata

Kata of choice

(Bassai-Dai, Kanku-Dai, Enpi, Jion, Junro Kata),

Tokui Kata (Kata of choice)



The JKS Dan - Kyu Examination Curriculum

Sandan – 3rd Dan

Kata

- Examinee selects 2 kata of their choice

Kumite

Jiyu Kumite

Yondan – 4th Dan

Kata

- Examinee selects 2 kata of their choice

Kumite

Jiyu Kumite

(If unable to do Jiyu Kumite, a Karate report must be presented instead, but Jiyu Kumite is preferred)