



Sensei Roman Herman, Branch Chief USA, NJ

## Shin-Kyokushin Rank Requirements

<b>Kyu Kata:</b>	<b>Black Belts Kata:</b>
<p><b><u>10<sup>th</sup> Kyu</u></b> No Kata Requirements</p> <p><b><u>9<sup>th</sup> Kyu</u></b> Kihon-Sono-Ichi Taikyoku-Sono-Ichi</p> <p><b><u>8<sup>th</sup> Kyu</u></b> Taikyoku-Sono-Ni Taikyoku-Sono-Son</p> <p><b><u>7<sup>th</sup> Kyu</u></b> Pinan-Sono-Ichi Sakugi-Sono-Ichi</p> <p><b><u>6<sup>th</sup> Kyu</u></b> Kihon-Sono-Ni Pinan-Sono-Ni</p> <p><b><u>5<sup>th</sup> Kyu</u></b> Taikyoku-Sono-Ichi-Ura Pinan-Sono-Son</p> <p><b><u>4<sup>th</sup> Kyu</u></b> Sanchin-No-Kata (slow Ibuki Sankai) Sokugi-Sono-Ni</p> <p><b><u>3<sup>rd</sup> Kyu</u></b> Pinan- Sono Yon Sakugi-Sono-San</p> <p><b><u>2<sup>nd</sup> Kyu</u></b> Pinan-Sono-Go Taikyoku-Sono- Ni &amp; Son- Ura</p> <p><b><u>1 Kyu</u></b> Yantsu Tsuki-No-Kata</p>	<p><b><u>Shodan I</u></b> Tensho Saiha Pinan-Sono- Ichi-Ura</p> <p><b><u>Nidan II</u></b> Gekisai-Dai Gekisai-Sho Garyu</p> <p><b><u>Sandan III</u></b> Seienchin Seipai Pinan-Sono-Ni-Ura</p> <p><b><u>Yondan IIII</u></b> Kanku-Dai</p> <p><b><u>Godan IIIII</u></b> Sushiho</p>



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**Note:**

At the moment in USA other requirements as Ippon Kumite or Renyaku are not implemented for the Rank Test.

**Requirements are very simple: Kata to perfection, Arranged Combination in various steps and focus on Free Fighting Performance, physical test as pushups, squads etc.**

