



**This syllabus is only a guidance.**

**We look for :**

- **the enthusiasm of the participant**
- **the progress in their social environment en their own personal development**
- **depending on the category, their personal way of expressing their technic**
- **use of breathing**
- **the regularity of training at least 1 time a week**
- **the participation on courses and IKF I-Karate Global competitions**
- **involvement of the buddy with the participant**

**IKF I-Karate Global examination syllabus (not specified)**





I-karate GLOBAL vzw  
Slangbeekstraat 21  
3511 Hasselt Belgium

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## SHODAN EXAMINATION

PROOF OF AT LEAST 2 YEAR IKF I-Karate Global MEMBER

PROOF OF KUY GRADING OVER AT LEAST 6 YEARS (club-federation licence)

OBLIGATED TO PRESENT WITH YOUR BUDDY

### Kihon

5 STEPS-ROLLS FORWARDS AND 5 STEPS-ROLLS BACKWARDS

\*EACH TIME 5 THE SAME TECHNICS FORWARD AND 5 THE SAME BACKWARDS

*FREE OF CHOICE TOTAL 10 DIFFERENT TECHNICS*

### Kumite

SHOW THE IKF KUMITE FOR YOUR I-KARATE GLOBAL CATEGORIE

\*DEMONSTRATE THE IKF PAIRS KUMITE WITH YOUR BUDDY 5 FREE ATTACK-BLOCKS

### Kata

PRESENT 5 KATAS TO THE COMMISSION (NOT YOUR FAVORITE KATA)

*\*THE COMMISSION WILL PICK 2 OUT*

*\*PRESENT YOUR FAVORITE KATA*

*\*PAIRS KATA WITH YOUR BUDDY FREE OF CHOICE*





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## **NIDAN EXAMINATION**

PROOF OF AT LEAST 4 YEAR IKF MEMBER

PROOF OF SHODAN GRADING AT LEAST 2 YEARS AT THE DAY OF EXAMINATION

Show or send us your club-federation shodan diploma.

OBLIGATED TO PRESENT WITH YOUR BUDDY

### **Kihon**

5 STEPS-ROLLS FORWARDS AND 5 STEPS-ROLLS BACKWARDS

EACH TIME 5 THE SAME TECHNICS FORWARD AND 5 THE SAME BACKWARDS

*\*FREE OF CHOICE TOTAL 10 DIFFERENT TECHNICS*

*TECHNICS FORWARDS NEED TO BE DOBBEL ALSO BACKWARDS*

### **Kumite**

SHOW THE IKF KUMITE FOR YOUR CATEGORIE

\*DEMONSTRATE THE IKF PAIRS KUMITE WITH YOUR BUDDY 5 FREE ATTACK-BLOCKS

### **Kata**

PRESENT 7 KATAS TO THE COMMISSION (NOT YOUR FAVORITE KATA)

*\*THE COMMISSION PICK 2 OUT*

\*PRESENT YOUR FAVORITE KATA

*\*PAIRS KATA WITH YOUR BUDDY FREE OF CHOICE*

