



## Malaysia Gishinkan Karate Federation

(Registration No: 0075/98)

Training Headquarter: Y.M.C.A, No. 211 Jalan Macalister, 10450 Penang

Tel no: 04-2288211

Chief Instructor/Examiner: Shihan Koay Chin Heng, PJK, P.K.T

H/P no: +60164517765

Website: <https://gishinkankarate.org.my/>

# Gishinkan Karate Grading Certification Requirements

(Revision 2023.2)

There are 9 Colored Belt levels in Gishinkan Karate-do, starting from 9th Kyu (White Belt) to 1st Kyu (Brown 1).

In a grading, students will be tested on their Basics (Kihon), Choreographed Pattern (Kata) and Sparring (Kumite) as detailed in this document.

The panel of examiners will evaluate each of the students according to their belt level. Form, balance, precision, power and speed are some of the criterias being assessed.

A minimum of **2 months of continuous practice** at the current grade is required to be eligible for grading.

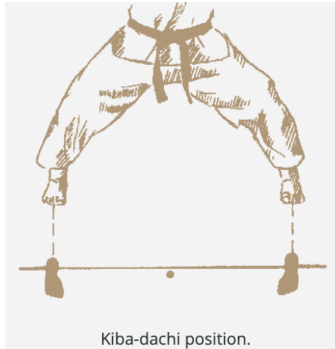



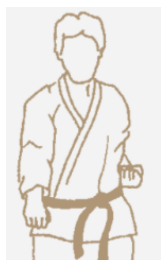

## Kihon






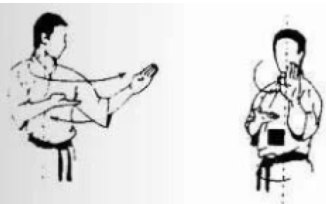

Tests will include Kihon from the previous belt levels and additional basics for the new belt level.


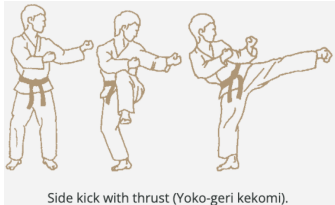
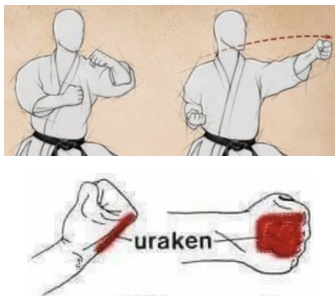
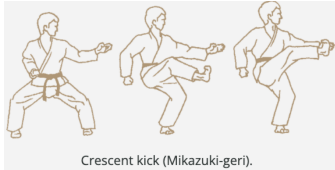
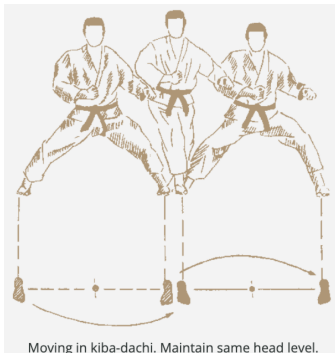
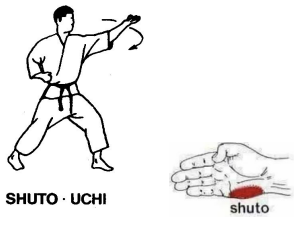
The Kihon for yellow belt and above will include a combination of blocks and punches (eg. a block followed by a punch).


The Kihon for green belt and above will include a combination of blocks, punches and kicks (eg. a kick followed by a block).

Kihon will be executed while moving forward, backward, sideward (only for horse riding stance) or in-place.

Belt	Kihon	Type	Image
White (9th Kyu)	Stance	Horse riding (kiba-dachi)	 <p>Kiba-dachi position.</p>
		Forward stance (zenkutsu-dachi)	 <p>Zenkutsu</p>
	Punch	Middle punch (chudan-zuki)	
		Lounge punch (oi-zuki)	
	Block	Downward block (gedan-barai)	
		Upper block (age-uke)	 <p>AGE UKE</p>

		Inner block / inward block (uchi-uke)	 <p>UCHI UKE</p>
		Outer block / outward block (soto-uke)	 <p>SOTO UKE</p>
	Kick	Front kick (mae-geri)	 <p>Front kick with thrust (Mae-geri kekomi).</p>
<b>Yellow (8th Kyu)</b>	Stance	Back stance (kokutsu-dachi)	 <p>Kokutsu Dachi</p>
	Punch	Upper punch (jodan-zuki)	
		Lower punch (gedan-zuki)	
	Block	Knife hand block (shoto-uke)	 <p>SHUTO UKE</p>
	Kick	Middle roundhouse kick / side kick (chudan mawashi-geri)	

Green (7th Kyu)	Punches	Spear hand thrust (yohon-nukite)	
	Stance	Back stance to forward stance	
	Kick	Middle side kick (yoko-geri)	
Blue (6th Kyu)	Strike	Backfist strike (uraken-uchi)	
	Kick	Crescent kick (mikazuki-geri)	
		Horse riding stance and cross side kick	
Purple (5th Kyu)	Strike	Knife hand chop (shoto-uchi)	

	Kick	Back kick (ushiro-geri)	
Brown 4 (4th Kyu)		No additional kihon	
Brown 3 (3rd Kyu)		No additional kihon	
Brown 2 (2nd Kyu)	Kick	3 kicks back to back	
Brown 1 (1st Kyu)	Kick	4 kicks back to back	

# Kata

Kata is an essential part in the training of Karate. From training Kata, a practitioner builds muscle memory, power, speed, footwork, stability, and focus among other things.

At every grade, students will have to perform the katas from the previous belt levels up until the new belt level.

The katas performed must be the form of kata taught in this school.

Brown belts will be instructed, on the spot, to perform the Bunkai for a specific move in the kata of that level.

<b>Belt</b>	<b>Kata</b>
<b>White (9th)</b>	Taikyoku Sho-dan
<b>Yellow (8th)</b>	Heian Sho-dan
<b>Green (7th)</b>	Heian Ni-dan
<b>Blue (6th)</b>	Heian San-dan
<b>Purple (5th)</b>	Heian Yon-dan
<b>Brown (4th)</b>	Heian Go-dan with Bunkai
<b>Brown (3rd)</b>	Tekki Sho-dan with Bunkai
<b>Brown (2nd)</b>	Bassai-Dai, Enpi, Jion, or Kanku Dai with Bunkai (choose 1)
<b>Brown (1st)</b>	Bassai-Dai, Enpi, Jion, or Kanku Dai with Bunkai (choose 2)

# Kumite

Kumite tests will check a student's understanding of the basics and kata as well as how to apply the techniques learnt.

At the lower belt level, step sparring involves demonstrating ways to block an incoming attack. Students will partner up with one side executing an offence and another executing a block (defence) followed by a counter attack.

A 5 steps sparring means stepping forward with an attack, a total of 5 steps. The defending student will have to demonstrate blocking each of these attacks with a blocking technique.

Each round of step sparring allows the students to demonstrate different types of blocking techniques. A total of 4 types of blocking techniques must be demonstrated.

For lower belt levels, the kumite test will require either a 5 Steps, 3 Steps or 1 Step sparring. The level of difficulty increases with fewer steps. 1 step (no repetition) is considered more difficult than 5 steps (more repetitions).

For Brown 4 and above, in the semi free sparring, the examiner will give the instruction to perform a technique from a list of predefined techniques.

For free sparring, the students will be required to demonstrate effective application of multiple kumite techniques. Effective application means the ability to estimate distance, target area (part of body to hit), reflexes / timing (seeing the opponent as a whole), movement coordination, speed, overcoming fear of being hit (avoidance), assertiveness, self control (able to control impact), among other things.

Belt	Kumite
White (9th)	Not required
Yellow (8th)	5 steps, 4 types, no counter Round 1: Attack with lower lounge punch, defend with downward block Round 2: Attack with upper lounge punch, defend with upper block Round 3: Attack with middle lounge punch, defend with outer block

	<p>Round 4: Attack with middle lounge punch, defend with inner block</p>
<b>Green (7th)</b>	<p>3 steps, 4 types, counter with punch after the last block.</p> <p>Round 1: Attack with lower lounge punch, defend with downward block, counter with middle reverse punch</p> <p>Round 2: Attack with upper lounge punch, defend with upper block, counter with middle reverse punch</p> <p>Round 3: Attack with middle lounge punch, defend with outer block, counter with middle reverse punch</p> <p>Round 4: Attack with middle lounge punch, defend with inner block, , counter with middle reverse punch</p>
<b>Blue (6th)</b>	<p>1 step, 4 types, counter with punch or kick. Must demonstrate at least 1 kick.</p> <p>Round 1: Attack with lower lounge punch, defend with downward block, counter with middle reverse punch or front/snap kick.</p> <p>Round 2: Attack with upper lounge punch, defend with upper block, counter with middle reverse punch or front/snap kick.</p> <p>Round 3: Attack with middle lounge punch, defend with outer block, counter with middle reverse punch or front/snap kick.</p> <p>Round 4: Attack with middle lounge punch, defend with inner block, , counter with middle reverse punch or front/snap kick.</p>
<b>Purple (5th)</b>	<p>1 steps, 2 types of blocks for punch, 2 types of blocks for kicks, counter with punch and kick</p> <p>Round 1: Attack with front kick, defend with downward block, counter with middle reverse punch and front/snap kick.</p> <p>Round 2: Attack with upper snap kick, defend with square side block (in heian nidan), counter with middle reverse punch and front/snap kick.</p> <p>Round 3: Attack with middle lounge punch, defend with outer block, counter with middle reverse punch and front/snap kick.</p> <p>Round 4: Attack with middle lounge punch, defend with inner block, counter with middle reverse punch and front/snap kick.</p>

<b>Brown (4th)</b>	<p>Semi free sparring:</p> <ul style="list-style-type: none"> <li>● Attack with middle punch, block and counter with punch and kick</li> <li>● Attack with upper jab, block and counter with punch and kick</li> <li>● Attack with front/snap kick, block and counter with punch and kick</li> </ul> <p>3 minutes free sparring (evaluate technique)</p>
<b>Brown (3rd)</b>	<p>Semi free sparring:</p> <ul style="list-style-type: none"> <li>● Attack with middle punch, block and counter with punch, kick and throw</li> <li>● Attack with upper jab, block and counter with punch, kick and throw</li> <li>● Attack with front/snap kick, block and counter with punch, kick and throw</li> </ul> <p>3 minutes free sparring (evaluate technique)</p>
<b>Brown (2nd)</b>	<p>3 minutes free sparring (evaluate technique) - demonstrate 5 types of techniques</p>
<b>Brown (1st)</b>	<p>3 minutes free sparring (evaluate technique) - demonstrate 5 types of techniques</p>

# References

