



4th Dan (Yondan) Syllabus

Kata

Tokui Kata: Kata of choice

Shitei Kata: Examiners choice of Junro 1-5 and 26 standard Shotokan kata

Kumite

Jiyu Kumite

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

Minimum Requirements

4 years of continuous training & 21 yrs of age. Active participation in club activities.
Strong record of course and seminar attendance.

The Examiners

Examiners test for an understanding and mastery of all karate techniques; for an understanding of the philosophy of karate; for an ability to apply these fundamentals and functional aspects in practice; and for an ability to instruct.

Kaizen No-Michi School of Shotokan Karate

Grimsby H.Q Dojo: Ormiston Maritime Academy, Westward Ho, Grimsby, DN34 5AH

Cleethorpes Dojo: Cleethorpes Leisure Centre, Parkway, Cleethorpes, DN35 0BY