

SHINDEN KARATE FEDERATION
PROMOTION REQUIREMENTS (adult class)

Rank	Karate Basics	Karate Basics in motion	Fukyugata ichi	Fukyugata ni	Shinden strikes / kicks	Heion kata 1	Konbo kata	Shinden blocks	Jo kata	Tricks	Kumi sai tonfa	Tsue kata	Bo kata	Kumibo	Hanbo	Tonfa kata	Nunchaku kata	Sai kata	Nihon Konbo kata	Heion kata 2	Tonfa-reverse kata	Double Nunchaku kata	Shinden Dai kata	Kama kata
5 Kyu Orange	X	X																						
4 Kyu Blue	X	X	X	X																				
3 Kyu Green	X	X	X	X	X	X	X																	
2 Kyu Purple	X	X	X	X	X	X	X	X	X	X	X													
1 Kyu Brown	X	X	X	X	X	X	X	X	X	X	X	X	X	X										
1 Dan Black	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X						
2 Dan	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X				
3 Dan	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		
4 Dan	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
5 Dan	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X