



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

**24 months & 288 lessons & 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.