



# SATO-HA SHITO-RYU KOKU SAI RENGO DAN TEST GUIDELINE Revised March 2022

RANK	BASICS REQUIRED ALL BELT LEVELS	KUMITE	TECHNIQUE APPLICATIONS	MANDATORY KATA	OPTIONAL KATAS	OTHER QUALIFIERS	MINIMUM AGE	TRAINING EXPERIENCE	TOTAL YEARS TRAINING
SHO DAN	Basic Techniques  Kyu Basic Kata 1-20  Kyu Basic Kumite 1-20  Attacks and Strikes: Chudan, Jodan, Tsuki  Kicks: Maegeri, mawashi, sokuto, ushiro, ura- mawashi  Defence: Any Defence	Jiyu Ippon  Jiyu Kumite	Kata Bunkai 3-4 Bunkai  Combination Techniques  Counter Techniques  Defence Techniques	Bassai Dai Sanchin Tensho	Sanchin Tensho Heian Godan Jitte Jiin Jion	Teaching Experience 5+ classes per month  Tournament Record  Referee & Judging Exposure  Devotion To Karatedo	18 Years	1 Year After Brown Belt	2 – 3 Years
NI DAN				Bassai Dai Seienchin Sanchin Tensho	Matsumora-Rohai Rohai-Shodan Kusanku-Dai Naifanchin-Shodan Saifa		20 Years	2 Years After Shodan	4 – 6 Years
SAN DAN					Wankan Kusanku-Sho Bassai-Sho Naifanchin-Nidan Rohai-Nidan		25 Years	3 Years After Nidan	7 – 9 Years
YON DAN					Shiho-Kusanku Chinte Niseishi Naifanchin-Sandan Seisan		30 Years	4 Years After Sandan	10 – 15 Years
GO DAN					Wanshu Gojushiho Chinto Sochin Seipai		35 Years	5 Years After Yondan	15 – 20 Years
ROKU DAN					Suparinpei Matsumura-Bassai Tomari-Bassai Kururunfa Nipaipo		45 Years	6 Years After Godan	20 – 25 Years
NANA DAN					Free Choice of Kata		55 Years	7 Years After Rokudan	25 – 30 Years
HACHI DAN					Free Choice of Kata		65 Years	8 Years After Nanadan	40 – 50 Years
KU DAN					Free Choice of Kata		75+ Years	9 Years After Hachidan	50 – 55 Years