



**Kata: Tensho**

*10 peroson kumite 5 Black Belts & 5 Kyu Ranks*

<b>Nage Circle:</b>	<b>Procedure:</b>	<b>Kumite:</b>	<b>Physical Fitness:</b>
1. Grab Techniques	1. Group Class	1. Kumite 5 Kyu Rank	60 Sit ups
2. Hand Techniques	2. Private Class	2. Kumite 5 Black Belt Rank	60 Pushups
3. Foot Techniques	3. Answering Phone	Be efficient in Self Defense	60 Squat Kicks
4. Combinations of the above	4. Conduct Interviews		60 Mountain Climbers
			60 Jumping Jacks

*You may test for your black belt when your instructor says you are prepared.  
 You will be awarded your black belt with ID Card and Certificate with the date of your promotional when you pass.  
 You will also have your name and rank on the AKKO web page.*

**Teaching: Level 2 Teacher™s Certification**

**Shodan-Ho**

*Shodan Ho, this means you tested for your Black belt and you know the material but were not quite to the standing of Shodan*

**Shodan**

*Must be able to teach and recommend rank up to Brown belt and know all charts up to and including Shodan.*

**Nidan 2nd Dan**

*Must have been or assisting teaching for a minimum of one year and has been a Shodan for Two years.*

*Kata: Saifa, Seienchin, Nohi, Weapon Set and Family Lao*

**Sandan 3rd Dan**

*Must have been or assisting teaching as a Nidan for a minimum of Two year and has been a Nidan for Three.*

*Kata: Garyu, Sushiho and Seipai*

**Yondan 4th Dan**

*Can assume responsibility of conducting his /hers own class or school when needed. Must have been or assisting teaching as a Sandan for a minimum of Two year and has been responsible as a teacher or co-teacher for promoting at least one Blackbelter to Nidan and has been a Sandan for Five Years.*

*Kata: Kanku-dai*

**Godan 5th Dan**

*Must have been or assisting teaching as a Yondan for a minimum of Two year and has been a Yondan for Five. The rank of 5th Dan and above will be ranked by the council members or a board appointed by such Council. The Rank of 5th Dan and above will be issued at the Annual Meeting each year.*

**Rokkudan 6th Dan**

*Must have been or assisting teaching as a Godan for a minimum of Two year and has been a Godan for Five years.*

**Shishdan 7th Dan**

*Minimum of 15 years of Teaching experience. You must be a minimum age of 45 years old.*

***Hachidan 8th Dan***



***Must have met the above requirements while continuing to be active as teacher or practitioner and be at least 55 years of age.***

***Kudan 9th Dan***



***Must have met the above requirements while continuing to be active as teacher or practitioner and be at least 62 years of age***



***...Why there are no 10'th degree Black Belts in Kyokushin Karate? When Master Oyama died, he was a 10'th degree Black Belt. Out of respect to Master Oyama, no living Kyokushin Black Belts will ever wear more than a 9'th degree Black Belt. Hanshi Don Buck received his 10th Dan after he joined Sosai Mas Oyama in the Big Dojo in the Sky from His students to honor him for what he has done for us.***