



This syllabus is only a guidance.

We look for :

- **the enthusiasm of the participant**
- **the progress in their social environment en their own personal development**
- **depending on the category, their personal way of expressing their technic**
- **use of breathing**
- **the regularity of training at least 1 time a week**
- **the participation on courses and IKF I-Karate Global competitions**
- **involvement of the buddy with the participant**

IKF I-Karate Global examination syllabus (not specified)





I-karate GLOBAL vzw
Slangbeekstraat 21
3511 Hasselt Belgium

SHODAN EXAMINATION

PROOF OF AT LEAST 2 YEAR IKF I-Karate Global MEMBER

PROOF OF KUY GRADING OVER AT LEAST 6 YEARS (club-federation licence)

OBLIGATED TO PRESENT WITH YOUR BUDDY

Kihon

5 STEPS-ROLLS FORWARDS AND 5 STEPS-ROLLS BACKWARDS

EACH TIME 5 THE SAME TECHNICS FORWARD AND 5 THE SAME BACKWARDS

FREE OF CHOICE TOTAL 10 DIFFERENT TECHNICS

Kumite

SHOW THE IKF KUMITE FOR YOUR I-KARATE GLOBAL CATEGORIE

SCHOW THE IKF PAIRS KUMITE WITH YOUR BUDDY 5 FREE ATTACK-BLOCKS

Kata

PRESENT 5 KATAS TO THE COMMISSION (NOT YOUR FAVORITE KATA)

THE COMMISSION PICK 2 OUT

PRESENT YOUR FAVORITE KATA

PAIRS KATA WITH YOUR BUDDY FREE OF CHOICE





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NIDAN EXAMINATION

PROOF OF AT LEAST 4 YEAR IKF MEMBER

PROOF OF SHODAN GRADING AT LEAST 2 YEARS AT THE DAY OF EXAMINATION

Show or send us your club-federation shodan diploma.

OBLIGATED TO PRESENT WITH YOUR BUDDY

Kihon

5 STEPS-ROLLS FORWARDS AND 5 STEPS-ROLLS BACKWARDS

EACH TIME 5 THE SAME TECHNICS FORWARD AND 5 THE SAME BACKWARDS

FREE OF CHOICE TOTAL 10 DIFFERENT TECHNICS

TECHNICS FORWARDS NEED TO BE DOBBEL ALSO BACKWARDS

Kumite

SHOW THE IKF KUMITE FOR YOUR CATEGORIE

SCHOW THE IKF PAIRS KUMITE WITH YOUR BUDDY 5 FREE ATTACK-BLOCKS

Kata

PRESENT 7 KATAS TO THE COMMISSION (NOT YOUR FAVORITE KATA)

THE COMMISSION PICK 2 OUT

PRESENT YOUR FAVORITE KATA

PAIRS KATA WITH YOUR BUDDY FREE OF CHOICE

