

ELORA KARATE DOJO

Requirements for belt / rank testing

Updated Jan 2024

Brown Belt: First Kyu

Eligibility for testing

- The candidate must be at least 12 years old
- At least 6 months of consistent class attendance as a brown belt
- Regular participation at CNGK events, seminars and tournaments
- Mandatory attendance at the CNGK Black Belt grading prior to 1st kyu test
- 50 consecutive push-ups and 50 consecutive sit-ups
- 500 written words about why you want to be a Black Belt

Performance requirements

Kata

- Sanchin
- Gekisai Ichi
- Gekisai Ni
- Saifa
- Shisochin
- Seiunchin
- Tenchi
- Seiryu
- Byakko
- Tensho

Kobudo

- Gekisai Ichi no bo
- Gekisai Ni no bo
- Saifa no bo
- Gekisai Ichi no sai
- Gekisai Ni no sai
- Saifa no sai
- Gekisai Ichi no tonfa
- Gekisai Ni no tonfa
- Saifa no tonfa

Kumite

- Point sparring
- Free sparring
- 2-on-1 sparring
- Renzoku Kumite
- Kakome

Bunkai

- Basic takedowns and throws
- Application of kata technique

Training expectations

- Good attendance and regular home practise is mandatory for this level.
- This rank is a preparatory exam for Black Belt level.
- Expected timing for a Shodan or Shodan-ho test is 6 months after First Kyu.
- Candidates are expected to know their full kata requirements at least one month prior to being tested. The goal is understanding, not memorization.
- Candidates should have a basic understanding of the history of Goju-ryu karate, and the lineage of CNGK from Miyagi to present day.

LEARN MORE ABOUT BELT TESTS

www.EloraKarate.ca/belts