



American Amateur Karate Federation

NATIONAL TRADITIONAL KARATE GOVERNING BODY OF THE UNITED STATES

TECHNICAL QUALIFICATION GUIDE

Ranking Promotion

2012

AAKF TECHNICAL QUALIFICATIONS GUIDE
FOR
RANKING PROMOTION

I. GENERAL

A. AAKF Ranking

1. The AAKF itself does issue ranking and also recognizes the ranking of each style provided the respective style's ranking requirements match the AAKF's ranking standards.
2. The AAKF recognizes only AAKF registered ranking, and no other ranking.

B. Approved Style Eligibility Requirements

The AAKF gives approval to style organizations that have ranking requirements that match the AAKF ranking criteria. These approved organizations are to be known as Approved Style Organizations (A.S.O.).

II. RANKING EXAMINATIONS

1. Examination Procedure

- a. Examinations are conducted according to each respective style's methods based on AAKF requirements.
- b. Official examinations must be sanctioned by the respective AAKF Region.
- c. Examinations are conducted by AAKF registered examiner(s).

2. For San (3rd) Dan and Above

AAKF Technical Committee makes the final approval.

III. RANKING REGISTRATION

Documents and fees are to be submitted through respective Regional Office to the AAKF National Office, within 90 days of the examination date.

1. The completed AAKF Dan Registration Application Form. It must bear the signatures of registered examiner(s) and Regional Director.

2. Each applicant for Yon (4th) Dan and above must submit a thesis on a technical subject pertinent to Traditional Karate, written in English and typed on five or more pages.
3. Registration fees, as decided by the AAKF Board of Directors.
4. The AAKF Technical Committee reviews the ranking for San (3rd) Dan and above.
5. The AAKF Technical Committee gives approval of the application resulting in automatic registration for San (3rd) Dan and above.

Remark:

In case of an application denial by the Technical Committee, the registration fee is refunded.

IV. RECOMMENDED RANK

1. Registration procedures are the same as for regular ranking registration except that on the registration form, clearly make the notation as to “Recommended ____ Dan”.
2. Send the recommendation letter from the respective Regional Technical Committee
3. Send the registration fee. The fees are decided by the AAKF Board of Directors.

V. DIPLOMA

All registered applicants receive an AAKF issued diplomas.

The date on the diploma is the same as the AAKF registration date.

VI. HONORARY RANKING

1. **The respective Region submits the following documents and fee to the AAKF Office.**
 - a. A recommendation letter including reasons for recommending honorary ranking.
 - b. Name of candidate (title, address, and short biography).
 - c. Processing fees, as decided by the AAKF Board of Directors.

2. AAKF Board of Directors Ranking Approval

The AAKF Board of Directors and Technical Committee make final decision for honorary ranking.

3. AAKF issues Honorary Ranking diplomas upon approval.

VII. RANKING PROMOTION REQUIREMENT CHART

A. Ultimate Goal of Traditional Karate

The ultimate goal of Traditional Karate is to achieve human perfection through the practice. Thus, Ranking Evaluation includes the entire progress of an individual in regards to physical, moral, spiritual and character. Each promotion will be awarded based on the progress and development toward this goal.

B. Ranking Promotion Requirement Chart

1. Kyu Ranking Chart:

Rank	8th	7 th	6th	5th	4th	3rd	2nd	1st
Description of Rank	Ability to perform simple external action and technique	Express improved technical and mental ability	Express improved technical and mental ability	Express improved technical and mental ability	Express improved technical and mental ability	Ability to perform simple and effective techniques	Ability to perform simple and effective techniques	Proper performance of all body movement and technique with correct application
Kata	Ability to perform correct body movement	Demonstrate correct body movement	Demonstrate correct body movement	Demonstrate correct body movement	Demonstrate correct body movement	Demonstrate Balance and application of power	Demonstrate Balance and application of power	Demonstrate balance and application of power
Kihon	Alignment in external action	Demonstrate external action with some power	Demonstrate external action with some power	Demonstrate external action with some power	Demonstrate external action with some power	Create correct power with control of technique	Create correct power with control of technique	Create correct power with control of technique
Kumite	Ability to perform basic technique and application	Demonstrate correct application and distance with better timing	Demonstrate correct application and distance with better timing	Demonstrate correct application and distance with better timing	Demonstrate correct application and distance with better timing	Demonstrate correct form, timing and distance	Demonstrate correct form, timing and distance	Demonstrate correct form, timing and distance

Rank	8th	7th	6th	5th	4th	3rd	2nd	1st
Self-Defense	None	As per Self-Defense committee	As per Self-Defense committee	As per Self-Defense committee	As per Self-Defense committee	As per Self-Defense committee	As per Self-Defense committee	As per Self-Defense committee
Research Paper	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Required Active Training	Minimum 3 months after previous rank	Minimum 3 months after previous rank	Minimum 3 months after previous rank	Minimum 3 months after previous rank	Minimum 3 months after previous rank	Minimum 3 months after previous rank	Minimum 3 months after previous rank	Minimum 3 months after previous rank
Age Limit	None	None	None	None	None	None	None	None
Application Required	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Fee Required	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

2. Dan Ranking Chart

Rank	Sho-Dan	Ni- Dan	San- Dan	Yon- Dan	Go- Dan
Description of Rank	Refer to 1 st Kyu; Improved ability with proper application in basic combination	Same as Sho-Dan with understanding of own unique body performance	Same as Ni-Dan under various pressure induced conditions	Same as San-Dan with ability to instruct others	Same as Yon-Dan with correct, limited research in application unique to one's physique
Kata	Proper body movement to produce proper power, effective application, smooth transition	Same as Sho-Dan with adaption to individual physique	Body dynamic, expansion/Contraction, power, speed, application, energy transmission	Same as San-Dan with full understanding	Same as Yon-Dan
Kihon	Body movement, effective application, smooth transition	Same as Sho-Dan with sharper technique and adaption to individual physique	Same as Ni-Dan	N/A	N/A
Kumite	Effective Technique with correct timing and distance	Proper timing, distance and strategy under different	Same as Ni-Dan	Same as San-Dan	N/A

		circumstances			
Self-Defense	As per Self-Defense Committee	As per Self-Defense Committee	As per Self-Defense Committee	As per Self-Defense Committee	N/A
Instructing	N/A	N/A	N/A	Instruction with demonstration	Same as Yon-Dan
Research Paper	N/A	N/A	N/A	N/A	See Active Training
Active Training	1 year after 1 st Kyu	3 years after Sho-Dan	4 years after Ni-Dan	5 years after San-Dan	6 years after Yon-Dan
Age	None	None	None	None	None
Application	Yes	Yes	Yes	Yes	Yes
Fee	Yes	Yes	Yes	Yes	Yes

Section B2. Dan Ranking Chart Continued

Rank	Roku-Dan	Sichi-Dan	Hachi-Dan	Kyu-Dan	Ju-Dan
Description of Rank	Same as Go-Dan with research to benefit Traditional Karate practitioners	Same as Roku-Dan with advanced research and extensive testing on a particular topic	Same as Sichi-Dan with completed research and conclusive findings	Same as Hachi-Dan with the highest degree of dedication to individual achievement, research and technique, service to Traditional Karate development	Same as Kyu-Dan with acquiring the fundamental, highest goal of Traditional Karate
Kata	Same as Go-Dan	N/A	N/A	N/A	N/A
Kihon	N/A	N/A	N/A	N/A	N/A
Kumite	N/A	N/A	N/A	N/A	N/A
Self-Defense	N/A	N/A	N/A	N/A	N/A
Instructing	Same as Go-Dan	N/A	N/A	N/A	N/A
Research Paper	See Active Training	See Active Training	See Active Training	N/A	N/A
Active Training	7 years after Go-Dan	8 years after Roku-Dan	9 years after Sichi-Dan	10 years after Hachi-Dan	11 years after Kyu-Dan
Age	None	40 and older	50 and older	60 and older	70 and older
Application	Yes	Yes	Yes	Yes	Yes
Fee	Yes	Yes	Yes	Yes	Yes