

HNKI

伝統空手道

Hidetaka Nishiyama Karate Institute



KARATE-DO RANKING

GRADING SYLLABUS

&

EXAMINATION GUIDE

“Of all the world’s creatures, only the human being has been granted the capacity to expand and improve the mental and physical abilities by his/her own accord. And so it is with karate-do that this capacity is given another interpretation through the unlimited seeking of improved technique and human character. This unlimited seeking becomes a part of the overall expansion of human abilities.

Although ranking levels may be finite by their very definition, The seeking of karate-do development has no limits. The human Capacity to expand and the potential to achieve are frontiers That call for continued exploration.”

- Hidetaka Nishiyama



Hidetaka Nishiyama Karate Institute

HISTORY

- The JIA (Japan Karate Association International of America) was an organization created by Sensei Nishiyama in the 1970's for the purpose of governing his specific training of JKA-Shotokan. The authorization and establishment of this organization (JIA) was the result of a contract made between the JKA Headquarters in Japan and Sensei Nishiyama to develop the Western Hemisphere of JKA.
- Sensei Nishiyama's specific system of JKA-Shotokan is distinguishable from other styles of traditional karate, including JKA by its qualification and Dan-ranking system, among other technical differentiators.
- Sensei Nishiyama formed and shaped ITKF as well as his style line organization to maintain the integrity of Traditional Karate based on the principles of Budo. These concern the holistic development of the individual practitioner. This continues the historical philosophy of Master Gichin Funakoshi, known as the founding father of Shotokan.
- Those who have been graded by Sensei Nishiyama will find on their Dan Registration issued by ITKF, in the designation of the "School System", JKA-Shotokan – Sensei Nishiyama's School System. After 1986, Sensei Nishiyama used only the Dan registration of ITKF officially for his specific style-line of JKA-Shotokan and no longer issued dual JKA Dan Diplomas of ITKF and JKA.
- Specific to Sensei's Nishiyama's system includes the grading syllabus developed and written by Sensei Hidetaka Nishiyama (previously named JIA Examination Guide) and the technical qualification guide he created.
- The JIA Technical Qualification Standards (now named HNKI) were also developed by Sensei Nishiyama. [Note: One common point of confusion is that the JIA Technical Qualification Standards were written to identically match that of the ITKF in order that JIA (now HNKI) would always be recognized as one of the International Eligible Style Organizations (I.E.S.O) recognized by the ITKF.]
- By request, (following the passing of Sensei Nishiyama in 2008) and to accommodate the large interest world-wide in continuing Sensei Nishiyama's style line, the name JIA was changed to Hidetaka Nishiyama Karate Institute (HNKI) in 2011. This name change was approved by the Nishiyama family representative and authorized Sensei Richard Jorgensen to Chair its Technical program.
- HNKI continues as the formal style-line of Sensei Nishiyama to honour his life work and legacy. It continues to be recognized as a I.E.S.O. of the ITKF founded by Sensei Nishiyama.
- This Examination Guide covers the core technical requirements of each level from 8th Kyu through to 10th Dan of the HNKI system of training approved by Sensei Hidetaka Nishiyama.

HNKI RANKING STANDARDS

RANK	STANDARD
HACHI-KYU (8 TH Kyu)	This is the ability level wherein the individual can perform and apply the simplest external actions and techniques.
SHICHI-KYU (7 th Kyu)	Requires an increased stage of development from previous level of technical and mental skills.
ROKU-KYU (6 th Kyu)	Requires an increased stage of development from previous level of technical and mental skills.
GO – KYU (5 th Kyu)	Requires an increased stage of development from previous level of technical and mental skills. Increased level of speed and stability.
YON-KYU (4 th Kyu)	Requires an increased stage of development from previous level of technical and mental skills. Increased speed, stability and recovery.
SAN-KYU (3 rd Kyu)	Must have the general ability to engage in 'shi-ai' of ippon kumite, displaying basic knowledge of maai and simple defensive actions required in kumite.
NI-KYU (2 nd Kyu)	Must have increased understanding of timing, maai and zanchin in ippon kumite. Must have a basic understanding of Ko-go kumite
ICHI-KYU	At this point, the individual must be capable of executing all fundamental body movements and techniques with proper application. This includes all hand and leg techniques and self-defence applications involving maai, kime and zanchin.

RANK	STANDARD
SHO-DAN (1 st – Dan)	This level necessitates a further maturation of abilities. All basic body movements and techniques, including hand and leg techniques, can be applied with extended force and proper application in basic combinations with good maai, transition and zanchin.
NI-DAN (2 nd Dan)	This stage requires the personal assimilation and performance of all basic body movements and techniques to such a degree that their application is in accord with the individual's own unique body demands, displaying Budo engagement.
SAN-DAN (3 rd Dan)	At this point, the individual has acquired an understanding of the underlying fundamental principles in all basic body movements. Moreover, this understanding can be demonstrated in the application of techniques under varied circumstances and conditions of self-defence, involving proper Budo concepts and maai to manage opponents.
YON-DAN (4 th Dan)	The individual attaining this ranking has exemplified knowledge of the principles of body movements, techniques and Budo principles with their application under varied conditions of self-defence to such a degree that the ability to instruct others has been gained.
GO-DAN (5 th Dan)	This is the level wherein research has been completed in some limited area of karate-do. This research includes its application in a manner that is both relevant and applicable to the individual's particular physique, maturity of development and growth of human character. More complex and deeper understanding and application of principles of self-defence and its instruction is gained
ROKU-DAN (6 th Dan)	The attainment of this level necessitates the performance of karate-do research in an area that by its nature has a universal benefit that can be derived by its application. The candidate must be able to explain and demonstrate the core benefit of the research.
SHICHI-DAN (7 th Dan)	To achieve this level, the individual must have undertaken advanced research through actual application and extensive testing of the general research subject. The candidate must demonstrate superior achievement and growth of human character required as a positive role model and mentor.

RANK	STANDARD
HACHI-DAN (8 th Dan)	At this point, research must have been completed in a new and previously unknown area. The candidate must demonstrate the growth of leadership characteristics in all capacities of human development.
KYU-DAN (9 th Dan)	The requirements for this standard call for an uncommon dedication for an extended period of time to the areas of individual achievement, research, technique and human development. This dedication must have culminated in karate-do achievement and development of the highest and most extraordinary order. Moreover, this accumulated knowledge and expertise must have been utilized in the general service of karate-do development across a multitude of levels.
JU-DAN (10 th Dan)	This is the stage where the individual has finally neared to the highest image of karate-do development. This has been brought about by the continuous practice and pursuit of the truth that is found in the human ideal.

REMARKS:

- (1) Basic Technique: Includes all stances, punching, kicking, blocking and striking.
- (2) Each level of ranking requires that the individual has accomplished all preceding ranking requirements, including age and active training term requirements.