

Important

- Participating in a belt test also means that you master Kihon, Kata, Hokkei-Kumite and prerequisites of **all** prior passed tests.
- The number of training hours is the minimum required since the last belt test (whether passed or not).
- Only students are allowed to participate in a belt that who are approved by the Sensei.
- All invoices of a student must be paid in full. Belt tests are linked to costs. Seishinkai wants to prevent, that potential debts towards the Karate school will be accumulated.
- A belt test must be completed within 3 months after the practice test. Otherwise, the belt test must be completely repeated.
- Children up to an age of 13 years have to pass half belt tests. Children from an age of 14 years and adults absolve full belt tests.

Kyu-Grades

Stances (Dachi-Waza)	Attacks (Uchi-Waza)	Defences (Uke-Waza)	Kicks (Geri-Waza)	Kata	Hokkei Kumite	Kumite	Lesson Hours	Condition	Courses / Theory / Administration etc.
White with blue Seishinkai patch (only for children up to 8 years)									
- Musubi-Dachi - Yoi-Dachi - Neko-Ashi-Dachi - Zenkutsu-Dachi - Moto-Dachi	- Oi-Tsuki - Gyaku-Tsuki - Maeken-Tsuki - Shuto-Uchi	- Gedan-Barai - Uchi-Ude-Uke - Jodan-Age-Uke	- Kin-Geri - Mae-Geri	Pinan Nidan	-	-	20	- 10 push-ups with hands - 10 bends from the hips - 10 row exercises	- 3 months Karate - Participation in Kata course - Participation in Kyu belt simulation
Half Yellow (+ blue Seishinkai patch)									
- Musubi-Dachi - Yoi-Dachi - Zenkutsu-Dachi - Moto-Dachi	- Oi-Tsuki - Gyaku-Tsuki - Maeken-Tsuki	- Gedan-Barai - Uchi-Ude-Uke - Soto-Ude-Uke - Jodan-Age-Uke	- Kin-Geri - Mae-Geri	Pinan Nidan	Pinan Nidan	-	25	- 5 push-ups with hands - 10 bends from the hips - 20 row exercises	- 6 months Karate training - Participation in Kata course - Participation in Kyu belt simulation - Master Kihon and Kata
Yellow (8th Kyu) (+ blue Seishinkai patch)									
- Neko-Ashi-Dachi - Shiko-Dachi - Sanchin-Dachi - Yori-Ashi	- Shuto-Uchi	- Tettsui-Uke		Pinan Nidan	Pinan Nidan	-	25	- 10 push-ups with hands - 10 bends from the hips - 20 row exercises	- 6 months Karate training - Participation in Kata course - Participation in Kyu belt simulation - Master Japanese terms of Kihon and Kata - Dress Gi, tie Obi yourself and correct and independently
Half Orange & Orange (7th Kyu)									
- Sanchin-Dachi - Hanmi-Kokutsu-Dachi	- Nukite - Ura-Tsuki	- Hiji-Sasae-Uke - Shuto-Uke		Pinan Shodan	Pinan Shodan	Ippon Kumite	25	- 15 push-ups with hands - 20 bends from the hips - 20 row exercises	- 6 months Karate training - Participation in Kata course - Participation in Kyu belt simulation - Master Japanese terms of Kihon and Kata

Stances (Dachi-Waza)	Attacks (Uchi-Waza)	Defences (Uke-Waza)	Kicks (Geri-Waza)	Kata	Hokkei Kumite	Kumite	Lesson Hours	Condition	Courses / Theory / Administration etc.
Half Green & Green (6th Kyu)									
- Yori-Ashi	- Yoko-Tsuki, - Mawashi-Tsuki	- Hiji-Barai	- Yoko-Geri	Pinan Sandan	Pinan Sandan	Ippon Kumite	25	- 15 hands Push-ups - 10 push-ups with fists - 20 bends from the hips - 20 row exercises	- 6 months Karate training - Participation in Kata course - Participation in Kyu belt simulation - Master Japanese terms in accordance with guideline - Written test during belt test
Half Blue, Blue (5th Kyu)									
- Suri-Ashi - Kosa-Dachi	- All Empi-Uchi - Age-Tsuki	- Haishu-Uke - Sukui-Uke - Koshi-Gamae - Shuto-Barai	- Hiza-Geri	Pinan Yondan	Pinan Yondan	Jiyu Kumite (free combat) semi- contact	30	- 15 push-ups with hands - 10 push-ups with fists - 30 bends from the hips - 20 row exercises	- 6 months Karate training - Participation in Kata course - Participation in Kyu belt simulation - Master Japanese terms in accordance with guideline - Written test during belt test
Half Purple, Purple (4th Kyu)									
- Heisoku-Dachi	- Kagi-Tsuki - Yoko-Barai - Uraken-Uchi	- Juji-Uke - Nagashi-Uke	- Ashi-Barai	Pinan Godan	Pinan Godan	Jiyu Kumite (free combat) semi- contact	35	- 15 push-ups with hands - 15 push-ups with fists - 30 bends from the hips - 20 row exercises	- 6 months Karate training - Participation in Kata course - Participation in Kyu belt simulation - Master Japanese terms in accordance with guideline - Written test during Kyu belt test

Stances (Dachi-Waza)	Attacks (Uchi-Waza)	Defences (Uke-Waza)	Kicks (Geri-Waza)	Kata	Kumite	Lesson Hours	Condition	Courses / Theory / Administration etc.
Braun (3rd Kyu)								
- Sagi-Ashi-Dachi	- Yama-Tsuki	- Haito-Uke - Kakete - Hara-Uke	- Fumi-Komi-Geri - Ushiro-Geri	- Bassai Dai - Naihanchin Shodan	Open combat, all techniques allowed	50	- 20 push-ups with hands - 20 push-ups with fists - 40 bends from the hips - 40 row exercises	- 6 months 4 th Kyu - Children from 16 years are allowed to absolve the test for the 3 rd Kyu - Participation in Kata course - Participation in Kyu belt simulation - Master Japanese terms in accordance with guideline - Written test during belt test
Braun (2nd Kyu)								
- Naihanchin-Dachi	- Ippon-Ashi-Tsuki - Koken-Uchi	- Koken-Uke	- Kakato-Geri	- Matsukaze - Naihanchin Nidan	Open combat, all techniques allowed	60	- 30 push-ups with hands - 30 push-ups with fists - 50 bends from the hips - 50 row exercises	- 6 months 3 rd Kyu - Participation in Kata course - Participation in Kyu belt simulation - Master Japanese terms in accordance with guideline - Written test during belt test
Braun (1st Kyu)								
- Kake-Dachi	- Teisho-Uchi	- Teisho-Uke	- Mikazuki-Geri - Kakato-Geri	- Jiin - Naihanchin Sandan	Open combat, all techniques allowed	70	- 40 push-ups with hands - 40 push-ups with fists - 70 bends from the hips - 70 row exercises	- 6 months 2 nd Kyu - Participation in Kata course - Participation in Kyu belt simulation - Master Japanese terms in accordance with guideline - Written test during belt test

Master Grades

Kihon	Kata	Hokkei Kumite Kumite	Lesson Hours	Condition	Courses /Theory / Administration etc.
1st Dan + black Seishinkai patch - █					
- Mae-Tobi-Geri, - Ushiro-Mawashi-Geri - Ura-Mawashi-Geri	- Seienchin - Shiho Kosokun - Ananku	Open combat (against several opponents), all techniques allowed	100	- 60 push-ups with hands - 60 push-ups with fists - 100 bends from the hips - 100 row exercises	- 1 year 1 st Kyu (minimum age: 1 st Dan Ho = 16 years, 1 st Dan = 18 years) - First Aid Course, similar education or certification - Participation in at least one large Seishinkai-, VaK or DNBK course, recorded in Martial Arts Passport - Extract from police records - Written Dan test (vocabulary of Japanese terms) - Written composition of a prescribed Karate subject - Participation in Kata course and test simulation - Pre-test at Seishinkai Switzerland representative - Test at Master (VaK, DNBK)
2. Dan - █ █					
- Nidan-Geri	- Rohai - Bassai Sho - Chinto	Open combat (against several opponents), all techniques allowed	200	- 60 push-ups with hands - 60 push-ups with fists - 100 bends from the hips - 100 row exercises	- 3 years 1 st Dan (minimum age for 2 nd Dan is 21 years) - Participation in at least one large Seishinkai-, VaK or DNBK course, recorded in Martial Arts Passport - Pre-test at Seishinkai Switzerland representative - Participation in Kata course and test simulation - Written Dan test (vocabulary of Japanese terms) - Learn a given Kata with Bunkai, research the history of the Kata and deliver result in written form, present Kata and Bunkai - Test at Master or panel (Seishinkai, VaK, DNBK, Japan)
3. Dan - █ █ █					
	- Kururunfa - Pachu - Nipaipo	Open combat (against several opponents), all techniques allowed	300	- 60 push-ups with hands - 60 push-ups with fists - 100 bends from the hips - 100 row exercises	- 3 years 2 nd Dan (minimum age for 2 nd Dan is 24 years) - Participation in at least one large Seishinkai-, VaK or DNBK course, recorded in Martial Arts Passport - Pre-test at Seishinkai Switzerland representative - Participation in Kata course and test simulation - Written Dan test (vocabulary of Japanese terms) - Learn a given Kata incl. Bunkai, research the history of the Kata and deliver result in written form, present Kata and Bunkai - Test at Master or panel (Seishinkai, VaK, DNBK, Japan)
4th Dan and above - █ █ █ █					
At least 300 lesson hours attended. Further details as per current test requirements of Seishinkai, VaK and/or DNBK.					

Important: Registrations for master grades have to be filed at least **6 month** before an official belt test. Swiss Seishinkai Karate-Do does **not** certify Master grades. They will either be certified by ISKU, VaK and/or DNBK. In most of the cases, such tests will **not** take place in Switzerland. Exact details can be found in document "**Swiss Seishinkai Karate-Do - Anforderungen für Dan Prüfungen**" (only available in German).