

Shodan

1st Degree

Black Belt

KIHON WAZA

Sanren-zuki
Mae-geri, jodan-chudan-zuki
Jodan-uke, chudan soto-uke and uchi-uke, gedan-uke, gyaku-zuki
Hiza-geri, jodan-oufuku-enpi
Mae-geri, mawashi-geri, kansetsu-geri
Mae-geri, yoko-geri, ushiro-geri

IDO KIHON WAZA

Sanren-zuki to sono-kodan
Niren mae-geri, gyaku-zuki to sono-kodan
Mae-geri, oi-gyaku-zuki to sono-kodan
Mae-geri, mawashi-geri, yoko-geri, ushiro-geri, gyaku-zuki
Mae-geri, Mawashi-geri, gyaku-zuki, uraken, yoko-geri, gyaku-zuki
Shuto-uke, mae-ashi-geri, nukite

KATA (3 Kata)

Shitei: Tekki Nidan
Jion
Tokui: Favourite kata (Except Heian katas)

KUMITE

Jiyu Ippon Kumite
Jiyu Kumite: Shiai Kumite
Jissen Kumite

MAKIWARA-ZUKI OR TAMESHI-WARI

GRADING STUDENTS:

1. Must train at least 50 sessions for adults, or 70 sessions for juniors since passing 1st kyu exam.
2. Must submit a thesis of three or more pages on one of the following topics:
“Karatedo: Existence and Social Life”
“Reasons for Karatedo: Aspirations and Impressions”