



## Shodan 1st Degree Black Belt

**Eligibility for examination - 16 years old and above 1st kyu.  
Young examinees must focus on good basics in all techniques.**

<b>Kihon Waza</b>	<b>Basics</b> ( in place) Do both sides for all techniques
Kiba dachi: 10 tsuki chudan	Horse stance: 10 stomach punches - good basics
Jiyu Kamae, Zenkutsu dachi: Sanren zuki - Jodan, Chudan tsuki (2)	Front stance, fighting position: face and 2 stomach punch - alternating hands
Jiyu Kamae, Zenkutsu dachi: jodan Age uke, chudan Soto uke, Uchi uke, gedan uke, gyaku zuki	Rising, outside, inside and down blocks - all with the same arm, not rushing, then reverse punch
Hachi Dachi: 2 Shuto uchi	Two knife hand strikes - front hand; left and right diagonally
Hiza geri, jodan Oufuku Enpi uchi	Knee strike Two elbow strikes - 1st rising chin, 2nd to the side of the head with same elbow
Mae-geri, mawashi-geri, kansetsu-geri	
Mae-geri, yoko-geri, ushiro-geri	
Mae geri, Yoko geri, Mawashi geri	front kick stomach level to front, side thrust kick to the side - stomach level, then roundhouse to the front - face level (3 kicks same leg)
<b>Ido Kihon Waza</b>	<b>Moving Techniques</b>
Sanren-zuki to sono-kodan (standard)	
Jiyu Kamae: Sanren zuki Jodan to sono kodan (advanced)	<b>(Chasing technique)</b> Fighting Position left foot forward; yori ashi/ sugi ashi 3 times; left foot stays forward for all techniques; 3 punches, face only; 1st left punch face, 2nd rt reverse punch face, 3rd left punch face. Going back, avoid 1st 2 punches then Nagashi Uke or rising block, reverse punch chudan
Mae-geri, mawashi-geri, yoko-geri, ushiro-geri, gyaku-zuki	
Mae-geri, Mawashi-geri, gyaku-zuki, uraken, yoko-geri, gyaku-zuki	
Jiyu Kamae: Mae geri chudan, Mawashi geri jodan, Ura Mawashi geri jodan to sono kodan	Fighting Position; 3 kicks-3 steps: front kick stomach, round house kick head, reverse roundhouse kick head level going back: down block, inside roundhouse block, outside roundhouse block, reverse punch
Shuto-uke, mae-ashi-geri, nukite	
<b>Kata (4)</b>	
<b>Shitei (Required): Enpi, Jion, Tekki Nidan</b>	Perform kata and show the bunkai from these katas
<b>Tokui Kata (1 Free Choice)</b>	
Kankudai, Tekki Sandan, etc.	Choose one from 1st kyu and up
<b>Kumite</b>	
Jiyu Ippon Kumite	
Shiai Kumite	
Jissen Kumite	Knee + elbow strikes. take downs, throws, ground fighting
<b>Nage Waza</b>	Funakoshi 1-5
<b>Board Breaking</b>	Break 1 inch board or rebreakable board
<b>Essay: What is karate?</b>	