

1st DAN BLACK BELT (SHODAN)

REQUIREMENTS 1. Minimum of 6 months as Shokyu (1st Kyu) 2. Minimum age: 14 years



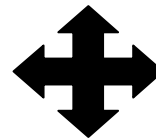
Kihon Part 1: Combinations 1-5 Left + Right

(All 5 combinations start with Left Leg Zengutsu Dachi (ZD), Gedan Barai (GB) + Gyaku Zuki (GZ)) Right (R) & Left (L)

	STEP FORWARD (SF)	STEP BACK (SB)	SLIDE UP (Front Leg+ Back Leg Kick)	SPECIAL STANCES	REPEAT
1	SF R Chudan Zuki ZD	SB, L Age Uke, otoshi Uraken GZ	L Ashi Mae Geri + BL mae geri, L Kizami + Gyaku on R ZD	Shift weight to Back leg. Left okinawan kokutsu dachi, gedan barai + Gyaku zuki on ZD	Other side
2	SF Left gyaku zuki on ZD	Stepping back, left uchi uke + Kizami + Gyaku zuki on ZD	L Ashi Yoko Geri + BL yoko geri + uraken + gyaku zuki on R ZD	R Shiko daci, R gedan barai,+ left gyaku zuki on ZD.	Other side
3	SF Ren Zuki (Right Kizami + gyaku zuki)	SB left soto uke, yoko empi on kiba dachi + uraken + Gyaku zuki	L Ashi mawashi geri + BL mawashi geri+ uraken + gyaku zuki on R ZD	R Shiko dachi, R gedan barai, shift to kiba dachi, kage zuki, go in fudo dachi + tate shuto, ZD Gyaku zuki	Other side
4	SF Sanbon Zuki	SB, L gedan barai,	Slide Up, L Ashi ura mawashi geri + BL spin hook to front R uraken + L gyaku zuki on ZD	Step R leg back sanchin dachi mawashi uke x 2. R tate shuto uke fudo dachi + gyaku zuki ZD	Other side
5	SF Tate Zuki	SB, L shuto uke on kokutsu dachi, L ashi mae geri, gyaku nukite, uchi shuto uchi + soto shuto uchi on ZD	Pull L leg back into neko ashi dachi, L age uke, R gyaku zuki. Pull L fist onto R fist (koshi gamae), L ashi yoko geri + uraken + gyaku zuki. BL yoko geri behind you + uraken + GZ. Same leg ushiro geri to front + uraken + GZ	Slide up R Kizami + gyaku zuki	Other side

Kihon Part 2: SHIHO WAZA

GyakuZuki / Yoko Tettsui / Otoshi Tettsui / Uraken
Tate empi / Yoko empi / Otoshi empi / Mawashi empi
Gyaku Soto Shuto uchi / Haito uchi / Gyaku Nukite / Uchi Shuto uchi
Teisho Uchi / Gyaku Keito uchi / Haishu uchi / Washide
Gyaku Kumade uchi / Seiruto Uchi / Gyaku Kakato Uchi / Hiraken



KATA & Bunkai

1. **Heian Oyo Shodan** (Obligatory)
2. **Bassai Dai, Kanku Dai, Jion** - One kata from Candidate's Choice. Another Kata from Examiner's Choice (2 Kata needed but to know all 3)
3. **Bunkai no Kata:** 2 sequences from Heian Oyo Shodan & 2 sequences from one Tokui Kata (4 Practical Sequences in all)

KUMITE & Fitness

1. **30 seconds of Impact Drills** on Focus Mitts/Kicking shields/pads (to assess reactions, distance, timing, power, continuity of movement) followed by **Conditioning Work** with Push Ups, Abdominals and Squats:

	Push-Ups	Crunches	Squats/Lunges	
- Under 17 years	15	25	20	
- Under 20 years	20	30	25	
- Under 30 years	25	40	30	
- Over 30 years	15	25	20	Female Athletes 5 reps less than Male Athletes

2. **Ju Kumite (Free Sparring 2-4 rounds)**
3. **Continuous Line attacks**

WRITTEN ASSIGNMENT (300 words or more covering the following points):

Why did you start Karate? What kept you going so far? Outline reasons for your practicing Karate
Getting your first Dan Black Belt in Karate is a big personal achievement and actually signifies the beginning of your Martial Arts Training.
What does a Black Belt mean to you? What does it imply?
What plans do you have, if any, regarding your future Karate Training? Which aspect of Karate do you like most – Kata or Kumite? Why?
How do you intend to keep developing these? **Expression of your personal opinion and views is greatly encouraged.**