

# 1st DAN BLACK BELT (SHODAN)



**REQUIREMENTS** 1. Minimum of 6 months as Shōkyū (1<sup>st</sup> Kyū) 2. Minimum age: 14 years

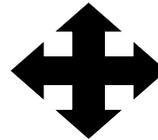
## Kihon Part 1: Combinations 1-5 Left + Right

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

1. **60 seconds of Impact Drills** on Focus Mitts/Kicking shields/pads in 30 seconds preset + 30 seconds free (to assess reactions, distance, timing, power, continuity of movement)
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.**

**1. Criteria for Kumite**

**This type of Kumite has elements from Competition Kumite but it does not stop after a score. It continues to build on the first score/opening and one continues with the flow without stopping to admire his score.**

**It is a Continuous type of kumite where control and good technique are imperative.**

**Skin touch to face and harder contact to body is allowed.**

**Ability to attack and Defend and Counter attack must be shown, using a good mix of foot and hand techniques and not just relying on one technique/combination.**

**Good distance and timing must be shown.**

**Ability to adapt and continue despite reseanable contact to face/body or exhaustion.**

**Strong attitude and fighting spirit. Controlled aggression**

**Adequate fitness to take a minimum of 3 minutes continuous work.**

- 2. Kata Performance: a break in sequence can happen during exam due to nervous tension. If this happens, the candidate will be given another chance to do the same kata again and rectify his position. A failure is given if a second break in sequence happens again.**