



Shodan Examination Requirements Black Belt

Kihon

Free style stance

Kamae

	1. Kizami zuki	6x fwd & back
	2. Uraken uchi	6x fwd & back
	3. Gyaku zuki	6x fwd & back
	4. Oi zuki	4x fwd & back
	5. Oi-gyaku zuki	4x fwd & back
	6. Kizami zuki, oi zuki	4x fwd & back
	7. Kizami zuki, gyaku zuki	4x fwd & back
	8. Oi zuki, half step, kizami zuki	2x fwd & back
	9. Oi zuki, half step, uraken zuki	2x fwd & back
	10. Oi zuki, half step, gyaku zuki	2x fwd & back
	11. Gyaku zuki, step forward, gyaku zuki	4x fwd & back
	12. Gyaku zuki, step forward, uraken zuki	4x fwd & back
	13. Kizami zuki, oi zuki, half step, gyaku zuki	2x fwd & back
	14. Tsuki combination	1x fwd & back
	15. Mae geri keage, oi zuki	6x fwd & back
	16. Gyaku zuki, mae geri keage	6x fwd & back
	17. Gyaku zuki, mawashi geri	6x fwd & back
	18. Gyaku zuki, yoko geri kekomi	6x fwd & back
	19. Ushiro geri, gyaku zuki	6x fwd & back
	20. Mae geri keage, oi zuki, half step, gyaku zuki	2x fwd & back
	21. Keri combination	1x fwd & back
Stationary Kick	22- Mae geri keage, yoko geri keage, mawashi geri, ushiro geri	5 sets each leg
Focus Pencil	23- Gyaku zuki	

Kata

Pre-Shodan1: Bassai Dai, Jion Kanku Dai, Hangetsu

Pre-Shodan 2: Bassai Dai, Jion, Kanku Dai, Hangetsu, Empi

Pre-Shodan1: Bassai Dai, Jion, Kanku Dai, Hangetsu, Empi, Tekki Nidan

Shodan: All katas for pre-shodan 3 plus the application of the Katas

Kumite

Competitive : Jyu Kumite (tournament style) Shobu Ippon

Non- competitive: Jyu ippon kumite