

# SHODAN - BLACK BELT - 1<sup>ST</sup> DEGREE

## BASICS

### No    Technique

### Procedure

Following Basics from Jiyu Dachi Stance

5	Age Uke/Mae Geri/Gyaku Zuki/Gedan Barai	Forward and stepping back
5	Soto Ude Uke/Gyaku Zuki/Kizami Zuki/Gyaku Zuki/Gedan Barai	Forward and stepping back
5	Uchi Uke /Kizami Zuki/Gyaku Zuki/Gedan Barai	Forward and stepping back
5	Shuto Uke/ Kizami Mawashi Geri/Nukite/Shuto Uke	Forward and stepping back
5	Kizami Zuki, Mae Geri, Oi Zuki Jodan, Gyaku zuki, Gedan Barai	Forward and stepping back
5	Kizami Mawashi Geri/turn Ushiro Geri/Uraken/Ghaku Zuki	Forward turn the same back
5	Kizami Kekomi/stepping forward Mae Geri/Uraken/Gyaku Zuki	Forward turn the same back
5	Gyaku Zuki, Mae Geri, Mawashi Geri, turning Shuto uchi, Gyaku Zuki	Forward turn the same back
5	Mae Geri/Mawashi Geri/Uraken/Gyaku Zuki/Gedan Barai	Forward turn the same back
5	Mae Geri/Kekomi/Shuto Uchi/Gyaku Zuki/Gedan Barai	Forward turn the same back
5	Ushiro Geri	Forward turn the same back
5	Gyaku Zuki/ Mawashi Geri Uraken/Gyaku Zuki	Forward turn the same back
5	Kekomi, Uraken	Forward turn the same back
5	Step up Ushiro Mawashi Geri	Forward turn the same back
5	Keage Kekomi (same leg) from kiba dachi	Forward turn the same back
5	Mae Geri/Kekomi/Ushiro Geri	On the spot

## KUMITE

- Kihon Ippon Kumite    -    Sets 1 to 3 (when performing these kumites they will be in groups of three)
- Jiyu Ippon Kumite    -    Sets 1 to 3 (when performing these kumites they will be in groups of three)

Jiyu Kumite against two consecutive Dan Grades

## KATA

- Kankudai -    Ji'in, Wankan plus any previous kata  
See pages 204 - 219

Written Exam plus Oral Exam.