

Shodan

1st Degree Black Belt - Senpan

Note: Students will be tested on previous material in addition to the following:

Stretching

1. 4-in-1 exercise
2. Box splits
3. Splits left and right

Punches and Strikes

1. Hiraken-Tsuki (Jodan-Chudan)
2. Hiraken-Oroshi-Uchi
3. Hiraken-Mawashi-Uchi
4. Haisho (Jodan, Chudan)
5. Age-Jodan-Tsuki
6. Toho-Uchi (Jodan)

Blocks

1. Kake-Uke (Jodan)
2. Chudan-Haito-Uchi-Uke
3. Jodan-Haito-Uchi-Uke

Kicks

1. Tobi-Nidan-Geri
2. Tobi-Mae-Geri (Kakato, Chusoku)
3. Tobi-Ushiro-Geri
4. Tobi-Ushiro-Mawashi-Geri (Kakato)
5. Tobi-Mawashi-Geri
6. Tobi-Yoko-Geri
7. Jodan-Uchi-Haisoku-Geri
8. Oroshi-Uchi-Kakato-Geri
9. Oroshi-Soto-Kakato-Geri

Kata

1. Yantsu
2. Tsuki-No-Kata

Renraku

1. Half step Uraken, Chudan-Seiken-Gyaku-Tsuki (performed in Ura)
2. Half step Seiken Oi Tsuki, Seiken-Ago-Uchi, Seiken Oi Tsuki, Uraken

3. Half step Seiken Oi Tsuki, Half step Chudan-Gyaku-Tsuki, Uraken, Jodan-Mawashi-Geri (Haisoku)
4. Half step Jodan-Gyaku-Mawashi-Geri (Chusoku)
5. Leg block, Jodan-Gyaku-Mawashi-Geri (Chusoku)
6. One step Chudan-Mawashi-Geri-Chusoku, Ushiro-Geri
7. One step Gedan-Yoko-Geri, Jodan-Yoko-Geri (Sokuto)
8. Front foot Teisoku-Mawashi-Soto-Ke-Age, Jodan-Ushiro-Geri, Jodan-Mawashi-Geri, Gedan-Mawashi-Geri, Uraken, Chudan-Gyaku-Tsuki
9. One step Chudan-Mawashi-Geri (Chosuko), Tobi-Ushiro-Geri
10. Front foot Jodan-Mawashi-Geri (Chusoku), Jodan-Ushiro-Mawashi-Geri, Chudan-Seiken-Gyaku-Tsuki
11. One step Jodan-Mawashi-Geri, one step Chudan-Mawashi-Geri, one step Gedan-Mawashi-Geri (Haisoku)
12. One step Jodan-Mae-Geri-Chusoku, Jodan-Mawashi-Geri (Haisoku), Jodan-Ushiro-Geri, Seiken Oi Tsuki, Shita-Tsuki, Seiken hook punch, Chudan-Seiken-Gyaku-Tsuki

Conditioning

1. 40 push ups on fingers
2. 100 push ups on knuckles
3. 200 stomach crunches with legs in the air
4. 150 squats

Note: Children under 16 years are not expected to perform push ups on knuckles or fingers.

Self Defence

Self defence to be arranged by the instructor, including knife defences and throws.

Fighting

10 x two-minute fights

1. 1 x hands and feet against two opponents
2. 5 x hands and feet
3. 1 x hands only (grabbing & holding for a period of 3 seconds allowed)
4. 3 x feet only

Note: 10 x two-minute fights is the minimum number required for this grade. Additional fights can be requested ahead of time, only with the express agreement of the instructor.

Tameshiwari

1. Mandatory break with Seiken
2. Optional break (student's choice)