

SHODAN - BLACK BELT - 1ST DEGREE

All following basics will be performed starting and ending in jiyu dachi

KIHON

- 5 Kizami Zuki, Mae Geri, Oi Zuki Jodan, Gyaku Zuki, Gedan Barai
- 5 Age Uke, Mae Geri, Gyaku Zuki, Gedan Barai
- 5 Soto Uke, Gyaku Zuki, Kizami Zuki, Gyaku Zuki, Gedan Barai
- 5 Uchi Uke, Kizami Zuki, Gyaku Zuki, Gedan Barai
- 5 Shuto Uke, Kizami Mawshi Geri, Nukite, Shuto Uke
- 5 Mae Geri, Mawashi Geri, Uraken, Gyaku Zuki, Gedan Barai
- 5 Mae Geri, Kekomi, Shuto Uchi, Gyaku Zuki, Gedan Barai
- 5 Kizami Mawashi Geri, turn Ushiro Geri, Uraken, Gyaku Zuki
- 5 Kizami Kekomi, stepping forward Mae Geri, Uraken, Gyaku Zuki
- 5 Gyaku Zuki, Mae Geri, Mawashi Geri, turning Shuto Uchi, Gyaku Zuki
- 5 Ushiro Geri
- 5 Gyaku Zuki, Mawashi Geri, Uraken, Gyaku Zuki
- 5 Kekomi, Uraken
- 5 Kizami Zuki Jodan, step up Ushiro Mawashi Geri
- 5 Keage, Kekomi same leg (from kiba dachi)
- 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)
- Plus Jiyu kumite (free sparring)

KATA

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

Written Exam plus Oral Exam.