



Shodan - 1st Dan

Promotion Exam Requirements

The Exam:

A. Kata

Examinee's choice - Bassai-dai, Kanku-dai, Jion, Empi, Ji'in, Jitte, Hangetsu

Examiner's choice - Heian 1-5 or Tekki 1

B. Kihon

- 1) Moving forward and backward - front stance - low block, reverse hand punch, face block, reverse hand punch, outer block, reverse hand punch, inner block, reverse hand punch.
- 2) Step punch once to face and twice to stomach in front stance (sanbon zuki).
- 3) Face block, front leg front kick, reverse punch in front stance.
- 4) Inner block in front stance, shift to horse stance - elbow strike, same arm back fist strike, shift to front stance - reverse punch.
- 5) Knife-hand block in back stance, front leg front kick, reverse spear-hand thrust in front stance, pull back to knife-hand block in back stance.
- 6) From front stance - front leg front kick to stomach, followed quickly with back leg front kick to face.
- 7) From front stance - front leg round kick to stomach, followed quickly with back leg round kick to face.
- 8) From side stance, step over (crossing in front) - side snap kick.
- 9) From side stance, step over (crossing in front, behind, or together) - side thrust kick.
- 10) From front stance, front leg side thrust kick, back leg round kick - reverse punch.
- 11) From front stance, front leg round kick - side thrust kick (same leg without putting down) - step middle punch.
- 12) From stationary front stance, consecutive kicks with the back leg without putting leg down: front kick, side snap kick, back thrust kick.

C. Jiyu Ippon Kumite (one - step sparring)

Step punch to face.
Step punch to stomach.
Front kick to stomach.
Round kick to stomach.
Side thrust kick to stomach.
Back kick to stomach.

D. Free Sparring and/or Point Sparring

