

## **BLACK BELT 1st Dan (Shodan)**

### KIHON

#### Zenkutsu Dachi, Gedan Barai

- Sanbon jun zuki (Jodan, chudan, chudan)
- Sanbon gyaku zuki (Chudan, jodan, chudan)
- Jodan age uke, gedan barai, gyaku zuki
- Chudan soto ude uke (zenkutsu), enpi uchi, uraken (kiba dachi), gyaku zuki (zenkutsu)
- Chudan uchi ude uke, jodan kizami zuki, mae geri, chudan gyaku zuki

#### Kokutsu Dachi

- Chudan shuto uke (kokutsu dachi), kizami geri, nukite (zenkutsu dachi)

#### Zenkutsu Dachi, Gedan Barai

- Mae geri, mawashi, gyaku zuki, gedan barai
- Mae geri, yoko geri kekomi, gyaku zuki, gedan barai

#### Kiba Dachi

- Yoko geri keage, (stepping — change leg), yoko geri kekomi

#### KIME WAZA Gyaku zuki

### KATA

- (A) Shitei Kata

#### Heian 1 - 5, Tekki Shodan

- (B) Sentei Kata (choose one Kata from this group):

#### Bassai Dai

#### Kanku Dai

#### Jion

#### Enpi

#### Jitte

## KUMITE

- Jiyu Ippon Kumite (Hidari / Migi)

One of each technique: Jodan, Chudan, Mae geri, Yoko geri, Mawashi geri, Ushiro geri,

Jodan kizami zuki, Chudan gyaku zuki