

Shodan Examination Requirements Black Belt

Kihon

Free style stance	1. <i>Kizami zuki</i>	6x fwd & back
<i>Kamae</i>	2. <i>Uraken uchi</i>	6x fwd & back
	3. <i>Gyaku zuki</i>	6x fwd & back
	4. <i>Oi zuki</i>	4x fwd & back
	5. <i>Oi-gyaku zuki</i>	4x fwd & back
	6. <i>Kizami zuki, oi zuki</i>	4x fwd & back
	7. <i>Kizami zuki, gyaku zuki</i>	4x fwd & back
	8. <i>Oi zuki, half step, kizami zuki</i>	2x fwd & back
	9. <i>Oi zuki, half step, uraken uchi</i>	2x fwd & back
	10. <i>Oi zuki, half step, gyaku zuki</i>	2x fwd & back
	11. <i>Gyaku zuki, step forward, gyaku zuki</i>	4x fwd & back
	12. <i>Gyaku zuki, step forward, uraken uchi</i>	4x fwd & back
	13. <i>Kizami zuki, oi zuki, half step, gyaku zuki</i>	2x fwd & back
	14. <i>Tsuki combination</i>	1x fwd & back
	15. <i>Mae geri keage, oi zuki</i>	6x fwd & back
	16. <i>Gyaku zuki, mae geri keage</i>	6x fwd & back
	17. <i>Gyaku zuki, mawashi geri</i>	6x fwd & back
	18. <i>Gyaku zuki, yoko geri kekomi</i>	6x fwd & back
	19. <i>Ushiro geri, gyaku zuki</i>	6x fwd & back
	20. <i>Mae geri keage, oi zuki, half step, gyaku zuki</i>	2x fwd & back
	21. <i>Keri combination</i>	1x fwd & back
	Stationary kick	22. <i>Mae geri keage, yoko geri keage, mawashi geri, ushiro geri</i>
Focus Pencil	23. <i>Gyaku zuki</i>	

Kata

Pre-Shodan 1: Bassai Dai, Jion, Kanku Dai, Hangetsu
Pre-Shodan 2: Bassai Dai, Jion, Kanku Dai, Hangetsu, Empi
Pre-Shodan 3: Bassai Dai, Jion, Kanku Dai, Hangetsu, Empi, Tekki Nidan
Shodan: All katas for pre-shodan 3 plus the application of the katas

Kumite

Competitive: *Jyu kumite* (tournament style) *Shobu Ippon*
 Non-competitive: *Jyu ippon kumite*