

Dan Grading Syllabus

BLACK BELT

Shodan

**1st
Dan**

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 dachi), enpi uchi uraken (kiba dachi), gyaku zuki (zenkutsu dachi)
- Chudan uchi ude uki, jodan kizami zuki, mae geri, chudan gyaku zuki

Kokutsu dachi, gamae

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

Zenkutsu dachi, gamae

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

Kiba dachi

- Yoko geri keage, yoko geri kekomi

Zenkutsu dachi, shomen (both sides)

- Mae geri, yoko geri keage
- Ushiro geri, neko ashi dachi
- Nami ashi, kiba dachi

KIME WAZA

- Gyaku zuki

KATA

- Shitei Kata (*Instructor's choice*):
Heian 1- 5, Tekki Shodan
- Jion
- Enpi

KUMITE

Jiyu Ippon Kumite (Hidari / Migi)

- 1 Jodan
- 1 Chudan
- 1 Mae geri
- 1 Yoko geri kekomi
- 1 Mawashi geri
- 1 Ushiro geri
- 1 Jodan kizami zuki

Jiyu Ippon Kumite (Advanced)

3 x opponents