

Shodan to Nidan

Kihon: Basics

- From jiyu-na gamae (free stance)
 1. Kizami-zuki, maegeri, junzuki (front snap punch, front kick, front punch)
 2. (Moving backward) Age-uke, (forward) mawashigeri, uraken, junzuki (rising block, roundhouse kick, back fist, front punch)
- From fudo-dacho (immovable stance)
 3. Oizuki (front punch)
 4. Sanbon-zuki (three punches moving backwards, all Chudan—middle level; second punch is in zenkutsu-dachi—front stance; final punch is back into fudo-dachi—immovable stance)
- From zenkutsu-dachi (front stance) facing forward, same leg on the spot
 5. Maegeri, mawashigeri (front kick, roundhouse kick)
 6. Mawashigeri, yokogeri-kekomi (roundhouse kick, side thrust kick)
 7. Maegeri, yokogeri-keage, ushirogeri (front kick—forward, side snap-kick—to the side, back kick—behind)

All basic movements are done to count on examiner's command.

Kime-waza: Point focus technique—Kizami-zuki (front snap punch)

Kata: Forms

- Tokui kata (Perform two of your favorite kata; one must be chosen from the compulsory kata list)

Compulsory kata are Bassai-dai, Kanku-dai, Jion, and Enpi. Suggested optional kata are Hangetsu, Tekki Nidan, Bassai-sho, Gankaku, and Kanku-sho.

Kumite: Sparring

- Okuri jiyu ippon-kumite (follow-through free one-step sparring)
- Jiyu kumite (free sparring)

Note: For all black belt gradings, examinee must present all records of previous gradings up to and including examinee's present level and the dates on which those gradings were taken and with whom. Failure to do so may result in examinee not being accepted for testing. Examinee should have been a holder of the Shodan level for at least two years.