

## First Kyu to Shodan

### Kihon: Basics

- From zenkutsu-dachi (front stance), gedan-barai (downward block)
  1. Sanbon zuki—Oizuki (three punches—head, body, body)
  2. Sanbon zuki—Gyakuzuki (three punches—body, head, body)
  3. Age-uke, gedan-barai, gyakuzuki (rising block, downward block, reverse punch)
  4. Soto-uke, enpi-uchi, uraken, gyakuzuki (outer block, elbow strike, back fist, reverse punch)
  5. Uchi-uke, kizami-zuki, maegeri, gyakuzuki (inner block, front snap punch, front kick, reverse punch)
- From kokutsu-dachi (back stance)
  6. Shuto-uke, kizami-geri, zenkutsu-dachi nukite (knife hand block, front snap kick, into front stance spear hand strike)
- From zenkutsu-dachi (front stance)
  7. Maegeri, mawashigeri, gyakuzuki, gedan-barai (front kick, roundhouse kick, reverse punch, downward block)
  8. Maegeri, yokogeri-kekomi, gyakuzuki, gedan-barai (front kick, side thrust kick, reverse punch, downward block)
- From kiba-dachi (horse-riding stance)
  9. Yokogeri-keage, yokogeri-kekomi (side snap kick, side thrust kick—different legs)

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

Kime-Waza: Point focus technique—Gyakuzuki (reverse punch)

### Kata: Forms

- Tokui kata (favorite kata—choose one of the “optional” sentei kata)
- Shitei kata (compulsory kata—examiner chooses one kata from the basic Shotokan kata)

Compulsory kata are Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan and Tekki Shodan. Optional kata are Bassai-dai, Kanku-dai, Jion, Enpi, and Jitte.

### Kumite: Sparring

- Jiyu ippon-kumite (free one-step sparring)
  1. Jodan (head level) (Choose one out of four set defenses.)
  2. Chudan (middle level) (Choose one out of four set defenses.)
  3. Maegeri (front kick) (Choose one out of four set defenses.)
  4. Yokogeri (side kick) (Choose one out of three set defenses.)
  5. Mawashigeri (roundhouse kick) (Choose one out of three set defenses.)
  6. Ushirogeri (back kick) (Choose one out of three set defenses.)

7. Kizami-zuki (front snap punch) (Choose one out of three set defenses.)
8. Gyakuzuki (reverse punch) (Choose one out of three set defenses.)

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.