

Hinode Dan Grading Syllabus



Japanese

Nidan

Kihon

Kizami zuki jodan, then oizuki sanbon zuki (jodan, then twice chudan) - *in zenkutsu dachi*

Kizami zuki jodan. Step back, soto uke chudan. Kizami zuki jodan, then gyaku zuki chudan (all in zenkutsu dachi)

Kizami zuki jodan. Step back, age uke jodan. In place, uraken jodan, then gyaku zuki chudan (all in zenkutsu dachi)

Kizami zuki jodan. Step back, age uke jodan. Mawashi geri forward with uraken jodan, then oizuki sanbon zuki (all in zenkutsu dachi)

Kizami zuki jodan. Step back shuto uke in kokutsu dachi. Kizami mai geri, then gyaku zuki (all in kokutsu dachi).

Step back, uchi ude uke in kokutsu dachi. Kizami zuki, then change to zenkutsu dachi, gyaku zuki.

Kizami zuki jodan. Step forward maigeri with kizami zuki jodan and gyaku zuki chudan (all in zenkutsu dachi).

Kizami mai geri, step forward maigeri rengeru and gyaku zuki - *in zenkutsu dachi*

Kizami mawashi geri, step forward mawashi geri and gyaku zuki - *in zenkutsu dachi*

In place, and together, kizami maigeri and kizami zuki. Step forward kizami zuki and gyaku zuki (*in zenkutsu dachi*).

From kiba dachi, sugiashi to kosa dachi, yoko keage. Turn, yoko kekomi in kiba dachi.

Balance test - Maigeri jodan, then same leg, yoko geri keage or yoko geri kekomi to the side and ushirogeri to the rear - *in zenkutsu dachi*

Kata

The grading candidate must perform two kata; one selected by the examiner, and one selected by the grading candidate themselves from the following kata:

Heian Shodan to Heian Godan
Bassai Dai, Enpi, Jion, Kanku Dai

Tekki Shodan, Tekki Nidan
Hengetsu

Kumite

Jyu Kumite

English

Second Step (2nd degree black belt)

Basics

Shift forward jab, then step forward and punch three times (face level, then twice solar plexis) - *in forward stance*

Shift forward jab. Step back, outside forearm block. In place jab face, then reverse punch solar plexis (*in forward stance*).

Shift forward jab. Step back, rising forearm block. In place backfist strike face level, then reverse punch solar plexis (all in forward *stance*).

Shift forward jab. Step back, rising forearm block. Step forward roundhouse kick with backfist strike face level, then step forward, punch three times (face, then twice solar plexis) - forward stance

Shift forward, jab face level. Step back, knife hand block in back stance. Front leg licks solar plexis level, then reverse punch (all in back stance).

Step back, inside forearm block in back stance. Jab to face level, then change to forward stance, reverse punch.

Shift forward, jab face level. Step forward front kick with jab face level and reverse punch solar plexis level (front stance).

Front leg kicks "front kick". Step forward twice with front kick, then reverse punch - all in front stance.

Front leg kicks roundhouse kick, step forward roundhouse kick and reverse punch - all in front stance.

In place, and together - front leg performs front kick and jab face level. Step forward, jab face level and reverse punch solar plexis level (*in front stance*).

From horse riding stance, shift feet together to cross legged stance, side rising kick. Turn, side thrust kick in horse riding stance.

Balance test - Front kick face level, then same leg, side snap kick or side thrust kick to the side, then back thrust kick to the rear - *in zenkutsu dachi*

Form

Sparring

Freestyle Sparring