

Japanese

Shodan

Kihon

Oizuki Sanbon zuki (jodan, then twice chudan) - *in zenkutsu dachi*

Jodan ageuke and kizami mai geri, then in place, chudan gyaku zuki - *in zenkutsu dachi*

Chudan soto udeuke *in zenkutsu dachi*, then chudan enpiuchi *in kiba dachi*, followed by jodan tate urakenuchi *in kiba dachi*, and chudan gyaku zuki *in zenkutsu dachi*

Chudan shutouke *in kokutsu dachi*, kizami maegeri *in kokutsu dachi*, then in place, gyaku yohon nukite *in zenkutsu dachi*

Chudan uchi udeuke, then jodan kizami zuki and chudan kizami maegeri (same time), followed by gyaku zuki chudan, *all in zenkutsu dachi*

Maegeri rengeru - kizami maegeri chudan, then maegeri jodan - *in zenkutsu dachi*

Mawashigeru rengeru - kizami mawashigeru chudan, then mawashigeru jodan - *in zenkutsu dachi*

Jodan yoko geri keage - *in kiba dachi*

Chudan yoko geri kekomi - *in kiba dachi*

Kizami mawashigeru chudan, same leg kizami yoko kekomi chudan, then step oizuki chudan - *in zenkutsu dachi*

Kizami yoko kekomi chudan, same leg kizami mawashigeru, then in place gyaku zuki chudan - *in zenkutsu dachi*

Maegeri jodan, then step jodan yoko geri keage, *in zenkutsu dachi*

Balance test - Maigeru jodan, then same leg, yoko geri keage, yoko geri kekomi and ushirogeru to the rear - *in zenkutsu dachi*

Kata

Grading candidate must perform two kata; one selected by the examiner from Heian Shodan to Heian Godan or Tekki Shodan, and one selected by the candidate from the following "sentei kata" (selection kata):

Bassai Dai; Jion; Enpi; Kanku Dai

Kumite

Jyu Kumite

English

First Step (1st degree black belt)

Basics

Step forward once, punch three times (face level, then twice solar plexis) - *in forward stance*

Rising block face level and front kick lead leg, then in place, reverse punch solar plexis level - *in forward stance*

Outside forearm block solar plexis *in forward stance*, then elbow strike solar plexis & backfist strike face *in side/horse riding stance*, followed by reverse punch solar plexis *in forward stance*

Knifehand block, then front kick (lead leg) solar plexis, *both in back stance*, then 4 finger spearhand strike solar plexis *in front stance*

Inside forearm block solar plexis, then jab face level and front kick lead leg solar plexis same time, followed by reverse punch solar plexis level, *all in forward stance*

Two continuous front kicks - lead leg solar plexis, then rear leg face level - *in forward stance*

Two continuous roundhouse kicks - lead leg solar plexis, then rear leg face level - *in forward stance*

Side kick snap face level - *in side, or horse riding stance*

Side kick thrust solar plexis - *in side / horse riding stance*

Roundhouse kick lead leg solar plexis, same leg side thrust kick solar plexis, then step lunge punch solar plexis - *in forward stance*

Side thrust kick lead leg, same leg roundhouse kick solar plexis, then in place reverse punch solar plexis - *in forward stance*

Front kick face level, step side snap (rising) kick, face level *in forward stance*

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

Kata

"Extract from a fortress"; the temple "Jion-Ji"; "Flying Swallow"; "The View of the Sky"

Sparring

Freestyle Sparring