



Examination requirements 1st. Dan

Wait at least a year after 1.Kyu!

Kihon 1: Perform three times (hidari / migi)

1. Zk forward ren-tsuki, age-uke, otoshi empi
2. Zk forward gyaku-tsuki, kizami-tsuki, mawashi-empi
3. Zk forward shuto-uchi, te-otoshi-uke (same arm)
4. Zk forward nagashi-uke, gyaku-tsuki, oi-tsuki
5. Zk forward taisho-uke, ren-tsuki, ushiro-mae-ashi-geri

Kihon 2: Execute once (hidari / migi)

1. Kk forward shuto-uke, kizami-mae-geri, gyaku-tsuki
2. Kk backward osae-uke, suri-ashi gyaku-tsuki
3. Kk forward haishu-uke, sukui-uke
4. Kk backwards ryowan-uke, uchi-ude-uke, gyaku-tsuki
5. Kk forward morote-uke, implement gyaku-shuto-uchi

Kihon 3: Execute once (hidari / migi)

1. Kb forward nagashi-uke, gyaku-tsuki, nagashi-uke
2. Zk backward juji-uke, ushiro-empi
3. Zk forward mae-geri, mawahi-geri, gyaku-tsuki
4. Kb forward yoko-geri-keage, yoko-geri-kekomi
5. Zk forward ushiro-geri, mawashi-geri,
ura mawashi geri
6. Zk forward kizami-mae-geri, kizami-tsuki, tate-tsuki
7. SD backwards nagashi-uke, yoko-uraken-uchi

Sonoba geri: Execute three times (hidari / migi)

1. mae-geri, mawashi-geri, yoko-geri,
2. mae-geri, ushiro-geri

Sabaki kihon:

1. Zk mae hidari-gedan-barai,
migi yoko kiba dachi, uchi-uke
hidari naname ushiro gyaku-tsuki
2. Zk migi-naname-mae, tate-shuto-uchi,
migi-kiba-dachi-tetsui-uchi-gyaku-tsuki

Kumite:

1. kaeshi ippon kumite, jodan / chudan tsuki
mae geri chudan, mawashi geri jodan
yoko geri chudan
2. jiyu kumite with changing partners

Kata:

Tokui kata, at the choice of student
Bassai-dai, Jion, Enpi and Kanku-dai

Shitai kata, at the choice of the examiner
Heian 1-5, Tekki Shodan
Kihon Kata uke ichi, Kihon Kata uke ni

Bunkai, from the chosen kata!

Goshin:

1. Various attacks, jodan / chudan
Defense techniques with appropriate
Counterattack.

Integration of sabaki-kai!

Theoretical questions:

1. Can call at least four karate style directions.
2. Four grandmasters from 6th Dan can call.
3. What is 'Maai'?
4. What is the name of our style?
5. What does 'enbusen' mean?
6. Difference between mae ashi and yoko ashi?
7. Meaning Shotokan?