

CURRICULUM REQUIREMENTS

Shodan / 1st Degree Black Belt



Hojo Undo

- Complete

Kata (Form)

- Sanchin
- Seisan

Body Conditioning

- Forearm Conditioning
- Leg Conditioning

Yakusoku Kumite

- Sequences #1-10 (with partner)

Bunkai

- Seisan Bunkai (complete)

Sparring

- Two 2-Minute Rounds

Terminology & Culture

- Written Open Response